

## GRADE 2: PHYSICAL EDUCATION CURRICULUM FRAMEWORKS

Standard	Benchmarks	Description	Activities
<b>1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)</b>	1. Students will demonstrate skills of chasing, fleeing, and dodging in a variety of situations.	<ul style="list-style-type: none"> <li>• Plays a variety of tag games (midnight, crows and cranes, dragon’s tail).</li> <li>• Travels through space avoiding people and objects during movement exploration activities.</li> </ul>	
	2. Students will demonstrate progress toward mature locomotor and non-locomotor skills in a variety of settings.	<ul style="list-style-type: none"> <li>• Performs smooth and continuous locomotor skills as directed by teacher.</li> <li>• Responds to musical selection requesting specific locomotor responses.</li> <li>• Demonstrates locomotor skills in relay or game format with partners.</li> </ul>	
	3. Students will demonstrate progress toward a mature form in manipulative skills.	<ul style="list-style-type: none"> <li>• Strikes a ball from a tee.</li> <li>• Dribbles a ball alternating hands.</li> <li>• Catches a ball bounced by a partner.</li> <li>• Jumps a self-turned rope a variety of ways.</li> <li>• Kicks a rolled ball.</li> </ul>	
	4. Students will demonstrate a variety of rhythmical patterns.	<ul style="list-style-type: none"> <li>• Performs appropriate contemporary dances (e.g., Bunny Hop).</li> <li>• Keeps specific tempo while performing simple dance steps.</li> </ul>	
<b>2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)</b>	1. Students will demonstrate motor patterns in simple combinations.	<ul style="list-style-type: none"> <li>• Performs a routine, using a locomotor skill in combination with levels, pathways, direction, and/or speed. (e.g., skipping at a medium level in a zigzag pattern backwards).</li> <li>• Pass and catch a ball with a partner using a variety of levels.</li> <li>• Performs a simple tumbling routine by combining a roll, turn, and balance.</li> </ul>	

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	2. Students will apply movement concepts to a variety of basic skills.	<ul style="list-style-type: none"> <li>• Recognize appropriate safety practices in general space (throwing or kicking in a safe area).</li> <li>• Twist trunk when throwing an object overhand.</li> <li>• Be able to explain that the harder you kick an object the further it will travel. (e.g., concept of force).</li> <li>• Absorb force when landing by bending your knees.</li> </ul>	
	3. Students will follow cues to improve performance.	<ul style="list-style-type: none"> <li>• Keep eyes focused on an object when striking or receiving.</li> <li>• Keep elbow above your shoulder when performing an overhand throw.</li> <li>• Use wrists to continue moving a self-turned rope.</li> </ul>	
	4. Students will use feedback to improve performance.	<ul style="list-style-type: none"> <li>• Corrects movement errors in response to teacher feedback. (e.g., bat above shoulder when striking a ball).</li> <li>• Corrects movement errors in response to peer feedback. (e.g., moves closer to allow partner to receive an accurate throw).</li> <li>• Corrects movement errors in response to self-feedback (e.g., adjust distance to provide a more accurate kick towards a target).</li> </ul>	
	5. Students will identify at least one activity related to the components of health-related fitness.	<ul style="list-style-type: none"> <li>• List an activity that is associated with flexibility.</li> <li>• List an activity that is associated with muscular strength and endurance.</li> <li>• List an activity that is associated with cardio-respiratory endurance.</li> <li>• List an activity that affects body composition.</li> </ul>	

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<b>3. Participates regularly in physical activity. (Physical Activity)</b>	1. Students will experience and express pleasure from participation in physical activity.	<ul style="list-style-type: none"> <li>• Enjoys organized games.</li> <li>• Expresses satisfaction after learning various ways of jumping rope and other new skills.</li> <li>• Enjoys rhythmic activities.</li> </ul>	
	2. Students will engage in moderate to vigorous physical activity.	<ul style="list-style-type: none"> <li>• Jogs/speed walks continuously from 5 – 12 minutes.</li> <li>• Continuously jumps a long rope.</li> <li>• Engages in activity provided by a continuous obstacle course.</li> </ul>	
	3. Students will identify and participate in at least one activity related to the components of health-related fitness.	<ul style="list-style-type: none"> <li>• Practices age-appropriate fitness tests.</li> <li>• Engages in arm strength and endurance activities (e.g., modified pushups).</li> <li>• Engages in abdominal strength and endurance activities (e.g., modified curl ups).</li> <li>• Participates in continuous aerobic activities (e.g., jogging, jumping rope).</li> <li>• Participates in stretching activities.</li> </ul>	
<b>4. Achieves and maintains a health-enhancing level of fitness.</b>	1. Students will engage in sustained physical activity that causes an increased heart rate and heavy breathing.	<ul style="list-style-type: none"> <li>• Run/Jog/Speed walk 1/2 mile.</li> <li>• Engages in continuous activity during physical education class.</li> <li>• Uses jogging as a means of a warm-up activity.</li> </ul>	
	2. Students will recognize the physiological indicators that accompany moderate to vigorous physical activity (e.g., sweating, increased heart rate, heavy breathing).	<ul style="list-style-type: none"> <li>• Relates sweating to everyday activities.</li> <li>• Knows that one's heart beat is directly related to the amount of one's effort.</li> <li>• Knows that breathing controls oxygen input.</li> </ul>	
	3. Students will progress in their ability to participate in moderate physical activities.	<ul style="list-style-type: none"> <li>• Increases continuous jogging time.</li> <li>• Increases number of modified arm strength exercise.</li> <li>• Climbs higher or further as arm strength increases.</li> </ul>	

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	4. Students will participate in physical activities that reflect the components of health-related fitness.	<ul style="list-style-type: none"> <li>• Participates in beginning rope climbing.</li> <li>• Move hand over hand along a horizontal ladder (e.g., monkey bars).</li> <li>• Support one’s body on a balance beam.</li> <li>• Participate in a variety of games that increase breathing and heart rate.</li> <li>• Stretch muscles before physical activity (dynamic vs. static).</li> </ul>	
<b>5. Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)</b>	1. Students will apply rules, procedures and safe practices with few reminders.	<ul style="list-style-type: none"> <li>• Tags with appropriate force during tag games.</li> <li>• Follows rules in simple games.</li> <li>• Moves randomly through general space safely during movement exploratory activities.</li> <li>• Uses equipment and space safely and properly.</li> </ul>	
	2. Students will work cooperatively with a partner or small group to complete a task.	<ul style="list-style-type: none"> <li>• Cooperatively practices tossing and catching with a partner.</li> <li>• Cooperatively works at a station with a partner or small group.</li> <li>• Completes a cooperative motor task with a small group.</li> <li>• Honestly reports results of work.</li> </ul>	
	3. Students will practice conflict resolution skills.	<ul style="list-style-type: none"> <li>• Talks out simple solutions regarding minor conflict with partner.</li> <li>• Peers talk through conflict, with teacher assistance, and choose an appropriate solution for resolution.</li> <li>• Takes turns fairly within a small group. (We talk about it, but do not emphasize it.)</li> </ul>	

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<b>6. Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)</b>	1. Students will gain competence to provide enjoyment of movement.	<ul style="list-style-type: none"> <li>• Dribbles a ball fluently.</li> <li>• Walks, jogs, and runs without colliding into another student.</li> <li>• Participates in modern dance and rhythmic with positive attitude.</li> </ul>	
	2. Students will try new skills and games for challenge.	<ul style="list-style-type: none"> <li>• Understands and participates in a modified bowling game.</li> <li>• Tries simple juggling skills.</li> </ul>	
	3. Students will enjoy interaction with friends through physical activity.	<ul style="list-style-type: none"> <li>• Positively discusses with other students the outcomes of an activity.</li> <li>• Able to accept a tag from a classmate.</li> <li>• Offers words of encouragement to students throughout the class.</li> </ul>	
	4. Students will demonstrate the ability to play with others regardless of differences (e.g., gender, ethnicity, disability).	<ul style="list-style-type: none"> <li>• Participates in partner style games without hesitation (e.g., catch with a ball).</li> <li>• Gives examples of cooperation and sharing.</li> <li>• Students gain new friendships during activities from the different interaction.</li> </ul>	