

STANDARDS FOR PHYSICAL EDUCATION: GRADE 2

CATALINA FOOTHILLS SCHOOL DISTRICT

Standard 1: Motor Skills and Movement Patterns

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.2.1.1 Perform age-appropriate locomotor skills (skipping, running) using a mature pattern.

PE.2.1.2 Perform a teacher/student-designed rhythmic activity with correct response to simple rhythms (using a variety of locomotor and nonlocomotor skills).

PE.2.1.3 Perform nonlocomotor (stability) skills.

- roll in different directions with either a narrow or curled body shape (log roll, forward roll, back roll, side roll, shoulder roll)

PE.2.1.4 Explore manipulative skills (required: throwing, dribbling, volleying, jumping rope).

- throw overhead demonstrating two of the five critical elements of a mature pattern
- dribble with the feet in general space with control of ball and body
- volley an object upward with consecutive (2 or more) hits
- jump a self-turned rope consecutively (2 or more) with a mature pattern (forward, backward, rocking horse, 2-foot)

Standard 2: Movement and Performance

The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

PE.2.2.1 Combine locomotor skills in general space to a rhythm (basic dances, basic combination movements with a rhythm).

PE.2.2.2 Combine shapes, levels, and pathways into simple travel, dance, and gymnastics sequences (for example: high, low, medium, zigzag, curve, straight, round, flat, square, narrow, wide, tall, short).

PE.2.2.3 Vary time and force with gradual increases and decreases.

Standard 3: Physical Activity and Fitness

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

PE.2.3.1 Describe large-motor and/or manipulative physical activities (walking, jumping, maintaining balance, throwing a ball) for participation outside physical education class (for example: before and after school, at home, at the park, with friends, with family – riding a bicycle, hiking, swimming).

PE.2.3.2 Actively engage in physical education class in response to instruction and practice.

- identify physical activities that contribute to fitness (for example: walking, running/jogging, jumping rope, swimming)

PE.2.3.3 Use own body as resistance (for example: holds body in plank position, animal walks) for developing strength.

PE.2.3.4 Identify the “good health balance” of good nutrition with physical activity. [Connect to Health]

Standard 4: Responsible Personal and Social Behavior

The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment.

PE.2.4.1 Practice skills with minimal teacher prompting.

PE.2.4.2 Accept responsibility for class protocols with behavior and performance actions.

- follow teacher directions for safe participation and proper use of equipment
- exhibit good sportsmanship

PE.2.4.3 Accept specific corrective feedback from the teacher.

PE.2.4.4 Work safely with a partner or independently in physical education class.

Standard 5: Value of Physical Activity

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

PE.2.5.1 Compare physical activities that bring confidence and challenge.

PE.2.5.2 Identify physical activities that provide opportunities for self-expression (for example: dance, gymnastics routines, practice tasks/games environments).