

# Grade 2

Adopted 2013

**Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.**

**Demonstrate locomotor movements at the intermediate level.**

**Demonstrate non-locomotor movements with proficiency.**

**Demonstrate manipulative movements at the beginner level.**

**Demonstrate rhythmic movements, timing, and following a beat.**

**Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.**

**Identify the different body planes (i.e., front, back, side) and involve each while performing locomotor skills.**

**Apply movement concepts and principles to a variety of basic skills.**

**Understand the benefits of trying new or difficult tasks.**

**Participates regularly in physical activity.**

**Engage in moderate to vigorous activities such as bike riding, swimming, etc., outside of class.**

**Discover the positive effects physical activity has on the body (i.e., enhances respiratory functions, stimulates muscle growth, decreases hyperactivity, increases heart rate).**

**Achieve and maintain a health-enhancing level of physical fitness.**

**Engage in and recognize the benefits of sustained physical activity that causes increased heart rate and respiration.**

**Recognize components of physical fitness such as muscular strength, muscle endurance, and flexibility at an introductory level.**

**Perform activities that result in the development of muscle strength and endurance, flexibility, and coordination at an introductory level.**

**Exhibit responsible personal and social behavior that respect self and others in physical activity settings.**

**Apply rules, procedures, and safe practices with little or no reinforcement.**

**Work cooperatively with a partner or group and recognize the enjoyment of shared play.**

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**Recognize and experience physical activities from other cultures.**

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**Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

**Cooperate in helping others to achieve goals.**

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**Be aware of the feelings resulting from challenges, successes, and failures during physical activity.**