

# Grades K-2

Develops a variety of motor skills. [2.DMS](#)

- 1 Demonstrates a variety of locomotor skills with the concepts of space, effort, and relationship awareness.** [2.DMS.1](#)

---

- 2 Demonstrates jumping and landing in a non-dynamic environment.** [2.DMS.2](#)

---

- 3 Demonstrates transferring weight on multiple body parts.** [2.DMS.3](#)

---

- 4 Demonstrates non-locomotor skills with the concepts of space, effort, and relationship awareness.** [2.DMS.4](#)

---

- 5 Demonstrates balancing on different body parts in a non-dynamic environment.** [2.DMS.5](#)

---

- 6 Demonstrates bouncing a ball in a variety of non-dynamic practice tasks.** [2.DMS.6](#)

---

- 7 Demonstrates rolling a ball in a variety of non-dynamic practice tasks.** [2.DMS.7](#)

---

- 8 Demonstrates catching in a variety of non-dynamic practice tasks.** [2.DMS.8](#)

---

- 9 Demonstrates throwing in a variety of non-dynamic practice tasks.** [2.DMS.9](#)

---

- 10 Demonstrates kicking a ball in a variety of non-dynamic practice tasks.** [2.DMS.10](#)

---

- 11 Demonstrate dribbling with feet in a variety of non-dynamic practice tasks.** [2.DMS.11](#)

---

- 12 Demonstrates striking with hands in a variety of non-dynamic practice tasks.** [2.DMS.12](#)

---

- 13 Demonstrates striking with a short-handled implement in a variety of non-dynamic practice tasks.** [2.DMS.13](#)

---

- 14 Demonstrates striking with a long-handled implement in a variety of non-dynamic practice tasks.** [2.DMS.14](#)

---

- 15 Demonstrates locomotor, non-locomotor, and manipulative movements based on a variety of dance forms or other rhythm activity/rhythmic beat.** [2.DMS.15](#)

---

- 16 Demonstrates jumping rope in a non-dynamic environment.** [2.DMS.16](#)

---

- 17 Demonstrates water safety skills. If a pool facility is available, demonstrates water safety and basic swimming skills.** [2.DMS.17](#)

**Applies knowledge related to movement and fitness concepts.** 2.AMF

- 1 Recognizes personal space and where to move in general space.** 2.AMF.1
- 2 Identifies simple strategies in chasing and fleeing activities.** 2.AMF.2
- 3 Identifies movement concepts related to locomotor, non-locomotor, and manipulative skills.** 2.AMF.3
- 4 Demonstrates knowledge of locomotor, non-locomotor, and manipulative skills in movement settings.** 2.AMF.4
- 5 Demonstrates knowledge of non-locomotor, locomotor and movement concepts used in dance and rhythms.** 2.AMF.5
- 6 Identifies physical activities that contribute to fitness.** 2.AMF.6
- 7 Recognizes the importance of stretching before and after physical activity.** 2.AMF.7
- 8 Identifies the heart as a muscle that gets stronger with physical activity.** 2.AMF.8
- 9 Recognizes that regular physical activity is good for their health.** 2.AMF.9
- 10 Recognizes physiological changes in their body during physical activities.** 2.AMF.10
- 11 Recognizes food and hydration choices that provide energy for physical activity.** 2.AMF.11
- 12 Demonstrates knowledge of water safety skills. Demonstrates knowledge of basic swimming skills.** 2.AMF.12

**Develops social skills through movement.** 2.SSM

- 1 Recognizes the feelings of others during a variety of physical activity.** 2.SSM.1
- 2 Demonstrates ability to encourage others.** 2.SSM.2
- 3 Uses communication skills to share space and equipment.** 2.SSM.3
- 4 Responds appropriately to directions and feedback from the teacher.** 2.SSM.4
- 5 Demonstrates respectful behaviors that contribute to positive social interactions in movement.** 2.SSM.5
- 6 Describes why following rules is important for safety and fairness.** 2.SSM.6
- 7 Makes safe choices with physical education equipment.** 2.SSM.7
- 8 Discusses problems and solutions with teacher support in a physical activity setting.** 2.SSM.8
- 9 Makes fair choices as directed by teacher.** 2.SSM.9

---

**10 Identifies and participates in physical activities representing different cultures.** 2.SSM.10

---

**Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity.** 2.PSB

**1 Identifies physical activities that can meet the need for self-expression.** 2.PSB.1

---

**2 Identifies physical activities that can meet the need for social interaction.** 2.PSB.2

---

**3 Lists ways that movement positively affects personal health.** 2.PSB.3

---

**4 Identifies preferred physical activities based on personal interests.** 2.PSB.4

---

**5 Recognizes individual challenges through movement.** 2.PSB.5

---

**6 Sets observable short-term goals.** 2.PSB.6

---

**7 Recognizes movement strengths and the need for practice for individual improvement.** 2.PSB.7

---

**8 Recognizes the opportunity for physical activity within physical education class.** 2.PSB.8

---

**9 Demonstrates techniques (e.g., breathing, counting) to assist with managing emotions and behaviors in a physical activity.** 2.PSB.9

---

**10 Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful.** 2.PSB.10

---