

GRADE 2

<u>Standard</u>	<u>Benchmarks</u>	<u>Content/Assessment</u>
<p>1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)</p>	<p>1. Students will demonstrate skills of chasing, fleeing, and dodging in a variety of situations.</p>	<ul style="list-style-type: none"> • Travels through space avoiding people and objects during movement exploration activities.
	<p>2. Students will demonstrate progress toward mature locomotor and non-locomotor skills in a variety of settings.</p>	<ul style="list-style-type: none"> • Performs smooth and continuous locomotor skills as directed by teacher for skill check (skipping, gallop, hop, leaping, jump, slide). • Responds to musical selection requesting specific locomotor responses.
	<p>3. Students will demonstrate progress toward a mature form in manipulative skills.</p>	<ul style="list-style-type: none"> • Strikes a ball from a tee. • Dribbles a ball with dominate hand in a stationary position. • Jump a self turned rope a variety of ways. • Experience lifelong recreation/leisure activity (e.g., Frisbee, juggling, jump rope, scoops, etc.). • Demonstrate proper method of carrying a football while running. • Demonstrate kicking a rolled ball with proper form. • Demonstrate a bounce pass to a partner or wall with proper form. • Trap with foot: trap a propelled ball with proper form. • Experience dribble, bounce and chest passing with proper form.
	<p>4. Students will demonstrate a variety of rhythmical patterns.</p>	<ul style="list-style-type: none"> • Performs appropriate folk dances. • Use lummi sticks to repeat simple rhythmical patterns. • Performs appropriate contemporary dances (e.g., Bunny Hop). • Keeps specific tempo while performing simple dance steps. • Recognize basic dance concepts and vocabulary.
<p>2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)</p>	<p>1. Students will demonstrate motor patterns in simple combinations.</p>	<ul style="list-style-type: none"> • Demonstrate balance by momentary stillness in. symmetrical and nonsymmetrical shapes on a variety of body parts. • Demonstrate weight bearing on the hands, e.g., cartwheel, wall walk, puppy dog run, etc.

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	2. Students will apply movement concepts to a variety of basic skills.	<ul style="list-style-type: none"> • Twist trunk when throwing an object overhand. • Be able to explain that the harder you kick an object the further it will travel (e.g., concept of force). • Absorb force when landing by bending your knees. • Basic base running with proper form. • Name three items needed to perform a proper over-hand throw (turn/step/throw).
	3. Students will follow cues to improve performance.	<ul style="list-style-type: none"> • Keep eyes focused on an object when striking or receiving. • Keep elbow above your shoulder when performing an overhand throw. • Use wrists to continue moving a self turned rope. • Teacher gives cues to improve student performance.
	4. Students will use feedback to improve performance.	<ul style="list-style-type: none"> • Corrects movement errors in response to teacher feedback. • Corrects movement errors in response to peer feedback. • Corrects movement errors in response to self.
	5. Students will identify at least one activity related to the components of health-related fitness.	<ul style="list-style-type: none"> • List an activity that is associated with flexibility. • List an activity that is associated with muscular strength and endurance. • List an activity that is associated with cardio-respiratory endurance. • List an activity that affects body composition.
3. Participates regularly in physical activity. (Physical Activity)	1. Students will experience and express pleasure from participation in physical activity.	<ul style="list-style-type: none"> • Enjoys Low-organized games. • Expresses satisfaction after learning various ways of jumping rope and other new skills. • Enjoys rhythmic activities.
	2. Students will engage in moderate to vigorous physical activity.	<ul style="list-style-type: none"> • Continuously jumps a long rope.
	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"> • Practices age-appropriate fitness tests. • Engages in arm strength and endurance activities (e.g., modified pushups). • Engages in abdominal strength and endurance activities (e.g., modified curl ups). • Participates in continuous aerobic activities (e.g., jogging, jumping rope). • Participates in stretching activities.

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4. Achieves and maintains a health-enhancing level of fitness.	1. Students will engage in sustained physical activity that causes an increased heart rate and heavy breathing.	<ul style="list-style-type: none"> • Run/Jog/Speedwalk 1/2 mile. • Engages in continuous activity during physical education class. • Uses jogging as a means of a warm-up activity.
	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"> • Relates sweating to everyday activities. • Knows that one's heart beat is directly related to the amount of one's effort. • Breathing faster with vigorous activity.
	3. Students will progress in their ability to participate in moderate physical activities.	
	4. Students will participate in physical activities that reflect the components of health-related fitness.	<ul style="list-style-type: none"> • Participates in beginning rope climbing. • Move hand over hand along a horizontal ladder (e.g., monkey bars). • Support one's body on a balance beam. • Participate in a variety of games that increase breathing and heart rate. • Stretch muscles before physical activity. • Intro abdominal crunches. • Maintain a flat back in push-up position.
5. Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)	1. Students will apply rules, procedures and safe practices with few reminders.	<ul style="list-style-type: none"> • Follows rules in simple games.
	2. Students will work cooperatively with a partner or small group to complete a task.	<ul style="list-style-type: none"> • Cooperatively practices tossing and catching with a partner. • Cooperatively works at a station with a partner or small group. • Honestly reports results of work.
	3. Students will practice conflict resolution skills.	<ul style="list-style-type: none"> • Talks out simple solutions regarding minor conflict with partner. • Peers talk through conflict, with teacher assistance, and choose an appropriate solution for resolution. • Takes turns fairly within a small group. • Manage conflict appropriately. • Behave in a manner that does not distract others. • Continue to try despite frustration.

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6. Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)	1. Students will gain competence to provide enjoyment of movement.	
	2. Students will try new skills and games for challenge.	
	3. Students will enjoy interaction with friends through physical activity.	<ul style="list-style-type: none"> • Positively discusses with other students the outcomes of an activity. • Offers words of encouragement to students throughout the class.
	4. Students will demonstrate the ability to play with others regardless of differences (e.g., gender, ethnicity, disability).	<ul style="list-style-type: none"> • Students gain new friendships during activities from the different interaction. • Identifies favorite activities or games played in physical education.