

**GRADE 2**

<u>Standard</u>	<u>Benchmarks</u>	<u>Content/Assessment</u>
<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>• 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>• <b>Performs smooth and continuous locomotor skills as directed by teacher for skill check (skipping, gallop, hop, leaping, jump, slide).</b></li> <li>• Responds to musical selection requesting specific locomotor responses.</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>• <b>Dribbles a ball with dominate hand in a stationary position.</b></li> <li>• <b>Jump a self turned rope a variety of ways.</b></li> <li>• Experience lifelong recreation/leisure activity (e.g., Frisbee, juggling, jump rope, scoops, etc.).</li> <li>• Demonstrate proper method of carrying a football while running.</li> <li>• <b>Demonstrate kicking a rolled ball with proper form.</b></li> <li>• <b>Demonstrate a bounce pass to a partner or wall with proper form.</b></li> <li>• Trap with foot: trap a propelled ball with proper form.</li> <li>• Experience dribble, bounce and chest passing with proper form.</li> </ul>
	4. Students will demonstrate a variety of rhythmical patterns.	<ul style="list-style-type: none"> <li>• Performs appropriate folk dances.</li> <li>• Use lummi sticks to repeat simple rhythmical patterns.</li> <li>• Performs appropriate contemporary dances (e.g., Bunny Hop).</li> <li>• <b>Keeps specific tempo while performing simple dance steps.</b></li> <li>• <b>Recognize basic dance concepts and vocabulary.</b></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>• <b>Demonstrate balance by momentary stillness in. symmetrical and nonsymmetrical shapes on a variety of body parts.</b></li> <li>• <b>Demonstrate weight bearing on the hands, e.g., cartwheel, wall walk, puppy dog run, etc.</b></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>• 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> <li>• Basic base running with proper form.</li> <li>• <b>Name three items needed to perform a proper over-hand throw (turn/step/throw).</b></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> <li>• Teacher gives cues to improve student performance.</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.</li> <li>• Corrects movement errors in response to peer feedback.</li> <li>• Corrects movement errors in response to self.</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>
<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 Low-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>• Continuously jumps a long rope.</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>

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<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>• <b>Run/Jog/Speedwalk 1/2 mile.</b></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>• Breathing faster with vigorous activity.</li> </ul>
	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"> <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.</li> <li>• <b>Intro abdominal crunches.</b></li> <li>• <b>Maintain a flat back in push-up position.</b></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>• <b>Follows rules in simple games.</b></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>• <b>Cooperatively works at a station with a partner or small group.</b></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.</li> <li>• <b>Manage conflict appropriately.</b></li> <li>• <b>Behave in a manner that does not distract others.</b></li> <li>• <b>Continue to try despite frustration.</b></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.	
	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"> <li>• Positively discusses with other students the outcomes of an activity.</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>• Students gain new friendships during activities from the different interaction.</li> <li>• Identifies favorite activities or games played in physical education.</li> </ul>