

Grade Two

Students in second grade begin their progression toward locomotor skill patterns. They vary movement patterns and begin to combine skills in educational game, dance, and gymnastic activities. Progress is apparent in skill development and in understanding key elements of fundamental movement skills, including understanding movement concepts, health-related fitness concepts, and the benefits of physical activity. Students work cooperatively and responsibly in groups and are capable of resolving conflicts. They participate in physical activities at school and identify opportunities to participate in regular physical activity outside of school.

Skilled Movement

- 2.1 The student will continue to demonstrate correct critical elements (small, isolated parts of the whole skill or movement) of locomotor, non-locomotor, and manipulative skills.
 - a) Demonstrate individually and with a partner the manipulative skills of throwing, catching, kicking, striking, volleying, and dribbling.
 - b) Demonstrate educational gymnastic sequences, including balance, roll, transfer of weight, and flight.
 - c) Demonstrate moving to a rhythm by combining locomotor and non-locomotor skills to perform basic educational folk and creative dance sequences.

Movement Principles and Concepts

- 2.2 The student will apply the basic movement concepts to change performance of locomotor, non-locomotor, and manipulative skills.
 - a) Use the concept of relationships (e.g., over, under, around, in front of, behind, and through) in dynamic movement situations.
 - b) Use the concepts of spatial awareness (e.g., location, directions, levels), and effort (time, force, flow) in static and dynamic movement situations.

Personal Fitness

- 2.3 The student will identify and participate in physical activities that promote aerobic capacity, muscular strength, endurance, and flexibility.
 - a) Identify that physical fitness is the ability to work and play with energy to spare.
 - b) Name and locate the large muscle groups.
 - c) Demonstrate activities that utilize specific muscle groups.

Responsible Behaviors

- 2.4 The student will exhibit, in physical activity settings, cooperative, respectful, and safe behaviors.

Physically Active Lifestyle

- 2.5 The student will identify opportunities to participate in regular physical activity outside of school.