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## Physical Education: Grade 2

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To a greater extent than in the core academic subjects, Physical Education teachers must integrate personal and social skill development as part of a student's achievement of the content standards. Consequently, the presentation of the Physical Education Standards is preceded by a list of complementary Personal and Social Development Skills (PESK) standards. Including PESK standards as part of teaching, learning and assessment in Physical Education is critical in promoting lifelong, healthy physical activity and in realizing the wide range of benefits associated with participation in dance, sports, games, and other physical activities.

Strand:

### **PESK Personal and Social Development Skills**

**Essential Understanding:**   **2PESK:**           Physical activity provides opportunities for self expression and social development and interaction.

The student will:

Standards:

- 2PESK1:**           participate fully and communicate cooperatively with others;
- 2PESK2:**           perform activities safely and follow rules of etiquette and ethical behavior;
- 2PESK3:**           display age appropriate self-control and discipline;
- 2PESK4:**           display a willingness to receive and use feedback to improve performance;
- 2PESK5:**           accept the decisions of and respond positively to teachers/officials in charge of games/activities;
- 2PESK6:**           choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction;
- 2PESK7:**           display an interest in and assist and encourage others' efforts;
- 2PESK8:**           display behaviors that are supportive and inclusive;
- 2PESK9:**           self-initiate behaviors that contribute to personal and partner/group effort;
- 2PESK10:**          adjust behavior to prevent/reconcile conflicts.

Strand:

### **PE1 Motor Skills and Movement Patterns**

**Essential Understanding:**   **2PE1**           Competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity.

The student will:

Standards:

- 2PE1a:**           demonstrate controlled locomotor skills of hopping, leaping, skipping, and galloping;
- 2PE1b:**           execute basic nonlocomotor skills (e.g., turning, twisting, balancing, rolling, transferring weight, jumping and landing, stretching, curling) and perform nonlocomotor sequences;
- 2PE1c:**           throw, catch, and kick while moving during simple games;
- 2PE1d:**           demonstrate moving to a rhythmic beat by combining locomotor, nonlocomotor, and manipulative movements to perform simple dance/rhythmic sequences;
- 2PE1e:**           demonstrate simple tumbling sequences that include balancing, rolling, transferring weight, and flight;
- 2PE1f:**           identify terminology that describes a wide variety of fundamental motor skills and patterns;

- 2PE1g:** seek feedback to improve performance;
- 2PE1h:** learn the importance of practicing motor skills;
- 2PE1i:** recognize and follow rules (i.e., class, team, activity) and safety procedures;
- 2PE1j:** use equipment and space safely and properly for movement; and
- 2PE1k:** select and use appropriate protective equipment to prevent injuries (e.g., helmets, elbow/kneepads, wrist guards, proper shoes, and clothing).

Strand:

**PE2 Physical Activity and Fitness**

Essential Understanding:

- 2PE2** Balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness.

The student will:

Standards:

- 2PE2a:** participate regularly in moderate-to-vigorous physical activities during physical education class and recess;
- 2PE2b:** engage in regular physical activities that develop aerobic capacity;
- 2PE2c:** demonstrate how to warm up before and cool down after exercise;
- 2PE2d:** engage in appropriate exercises that develop muscular strength and endurance of arms, shoulders, abdomen, and legs (e.g., holding a push-up position, partial curl-up);
- 2PE2e:** demonstrate flexibility in shoulders, legs, and trunk when performing physical activities;
- 2PE2f:** demonstrate correct breathing techniques for relaxation;
- 2PE2g:** describe physical activities that provide opportunities for enjoyment and challenge;
- 2PE2h:** identify simple ways to assess physical fitness and fitness development activities;
- 2PE2i:** compare and contrast heart rate, breathing, body temperature, feelings of fatigue, and the importance of drinking water during moderate-to-vigorous physical activity.