



Physical Education
Second Grade

1.0 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 1.1 Uses spatial awareness in travel activities.
- 1.2 Uses smooth transitions between sequential motor skills.
- 1.3 Uses loco-motor skills in rhythmical patterns.
- 1.4 Uses control and balance activities on a variety of body parts.

2.0 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

- 2.1 Uses basic movement and a variety of relationships with objects.
- 2.2 Uses feedback to improve performance.
- 2.3 Develops critical elements of basic movement patterns.

3.0 The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 3.1 Achieves and maintains a health-enhancing level of physical fitness.
- 3.2 Knows how to measure cardio-respiratory fitness.

4.0 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- 4.1 Understands the social contributions of physical activity.

5.0 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

- 5.1 Understands the importance of playing, cooperating and respecting others regardless of personal differences.