



The physical education standards in the elementary years focus on enhancing movement concepts and skills, understanding basic health-related components and skill-related components of fitness and how it relates to personal fitness, demonstrating respect, and the ability to follow directions. In each grade, students demonstrate various movement concepts; assess personal behaviors; connect fitness development to body systems; demonstrate respect for self, others, and various physical activity environments; and utilize safety procedures during physical activities.

Expectations for 2nd Grade Students:

- **Movement Competence and Understanding:** Demonstrate the elements of movement in combination with a variety of locomotor skills (e.g., walking, running, sliding); demonstrate control and balance in traveling and weight-bearing activities using a variety of body parts and implements; use feedback to improve performance.
- **Physical and Personal Wellness:** Identify healthy habits for personal wellness.
- **Social and Emotional Wellness:** Demonstrate positive and helpful behavior and words toward other students.
- **Prevention and Risk Management:** Apply rules, procedures, and safe practices in the classroom.

Throughout 2nd Grade You May Find Students:

- Demonstrating skipping, hopping, galloping, and sliding while transitioning on command and identifying major characteristics of the skills walking, running, jumping, hopping, and leaping.
- Creating a routine that includes two types of body rolls such as a log roll, egg roll, shoulder roll, or forward roll and a stationary balance position after each roll.
- Demonstrating static and dynamic balance on lines or low beams and benches.
- Using instructor feedback to identify strengths and weaknesses.
- Identifying healthy food choices to fuel the body.
- Encouraging others by using verbal and nonverbal communication.
- Maintaining safety within personal space while using implements.