

2ND Grade PE Essential Learning: Year at a Glance 20-21

STANDARD	DESCRIPTION	Q1	Q2	Q3	Q4
PE.2.C.2.1	Describe the critical elements of locomotor skills. Clarifications: An example of a critical element of jumping is beginning and ending on two feet.	X			
PE.2.C.2.2	Identify safety rules and procedures for selected physical activities. Clarifications: An example of a safety procedure is having students stand a safe distance away from a student swinging a bat during striking activities.	X	X	X	X
PE.2.C.2.4	Explain the importance of wearing a life jacket (personal flotation device) when on a boat or near water.				X
PE.2.C.2.5	Explain how appropriate practice improves the performance of movement skills. Clarifications: An example is initially getting two out of five bean bags into a hoop while performing an underhand toss, then improving to four out of five due to practicing.		X	X	X
PE.2.C.2.6	Apply teacher feedback to effect change in performance. Clarifications: An example is a student applying teacher feedback of stepping with the opposite foot when throwing a ball in order to improve performance.	X	X		
PE.2.C.2.7	Describe movement concepts. Clarifications: Some examples of movement concepts are directions, pathways and levels.	X	X		
PE.2.C.2.9	Define offense and defense. Clarifications: Offense is when a team is attempting to score and defense is when a team is trying to prevent the other team from scoring.			X	X
PE.2.L.3.1	Identify a moderate physical activity.		X	X	
PE.2.L.3.2	Identify a vigorous physical activity.		X	X	
PE.2.L.4.2	Discuss the components of health-related physical fitness.			X	
PE.2.L.4.5	Identify the physiological signs of moderate to vigorous physical activity. Clarifications: Changes in body, increased heart rate, heavy breathing, sweating.		X	X	
PE.2.L.4.7	Identify appropriate stretching exercises.		X	X	

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PE.2.L.4.8	Categorize food into food groups.			X	
PE.2.M.1.1	Perform locomotor skills with proficiency in a variety of activity settings to include rhythms/dance.	X	X		
PE.2.M.1.2	Strike an object continuously using body parts both upward and downward. Clarifications: An example of striking an object downward is dribbling a basketball.		X	X	
PE.2.M.1.3	Strike an object continuously using a paddle/racket both upward and downward.		X	X	
PE.2.M.1.4	Strike a stationary object a short distance using a long-handled implement so that the object travels in the intended direction. Clarifications: Some examples of developmentally-appropriate, long-handled implements are bats, hockey sticks and golf clubs.		X	X	
PE.2.M.1.5	Dribble with hands and feet in various pathways, directions and speeds around stationary objects.		X		