

Kentucky Academic Standards for Physical Education Grade 2

Standard 1: Demonstrate competency in a variety of motor skills and movement patterns.	
Practices for Movement Competency: Physically literate individuals practice skills for achieving competency and confidence in a variety of physical activities. These performance indicators focus on identifying skills that will help students effectively engage in lifelong physical activities.	
Performance Indicators	
Locomotor	2.1.L1. Perform a variety of locomotor movements traveling in different directions, at different speeds and in different pathways.
Non-Locomotor	2.1.NL1. Perform non-locomotor skills, with and without equipment.
Body Management	2.1.BM1. Perform a variety of balances using different body parts with and without equipment. 2.1.BM2. Transfer weight to different body parts using control, with and without equipment.
Manipulative Skills	2.1.MS1. Demonstrate manipulative skills with a variety of objects using appropriate performance cues. <i>*See Tables 1 and 2.</i>
Standard 2: Apply knowledge of concepts, principles, strategies and tactics to movement and performance.	
Application of Performance: Physically literate individuals understand the purpose of movement through performance. These performance indicators focus on quality of movement that enhances physical activity experiences critical to their development and long-term success as healthy and productive citizens.	
Performance Indicators	
Space	2.2.SP1. Perform movement skills in general space.
Pathways, Shapes and Levels	2.2.PS1. Combine shapes, levels and pathways into travel sequences.
Speed, Direction and Force	2.2.SD1. Vary time and force with gradual increases and decreases.
Strategy	2.2.ST1. Apply a variety of simple tactics to increase chances of success during the performance of physical activities.
Standard 3: Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	
Demonstrate a Health-Enhancing Level of Physical Activity: Physically literate individuals understand the benefits and implications of lifelong physical activity to improve their quality of life. Understanding one's overall physical health and fitness status provides the basis for personal responsibility. These performance indicators focus on empowering students to commit to being lifelong physically active individuals.	

Performance Indicators	
Physical Activity Knowledge	2.3.PA1. Identify opportunities to participate in physical activity in various settings.
Physical Fitness Knowledge	2.3.PF1. Identify the importance of daily physical activity and track the amounts in a variety of settings. 2.3.PF2. Describe different activities that improve strength of the heart and lungs.
Nutrition	2.3.N1. Describe the balance between nutrition and physical activity.
Standard 4: Demonstrate responsible personal and social behavior that exhibits respect for self and others.	
Demonstrate Personal and Social Behavior: Physically literate individuals respect themselves and others in physical activity settings. These performance indicators focus on the positive development of personal, responsible and social behaviors that are demonstrated through sportsmanship, etiquette, safety, teamwork, cooperation and conflict resolution skills.	
Performance Indicators	
Social Interactions/Working with Others	2.4.SW1. Work with others independently in partner environments.
Rules and Etiquette	2.4.RE1. Recognize and follow the established rules, protocols and etiquette in physical education.
Safety	2.4.SA1. Follow teacher directions for safe participation and proper use of equipment, independently and with others.
Standard 5: Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.	
Demonstrate Value of Physical Activity: Physically literate individuals value physical activity and its contribution to a healthy lifestyle. These performance indicators focus on an active lifestyle as a vehicle for enjoyment, advocacy, challenge and social interaction of a healthy community.	
Performance Indicators	
Health	2.5.H1. Identify physical activities that contribute to a healthy lifestyle.
Challenge	2.5.C1. Compare physical activities that bring confidence and challenge.
Self-Expression and Enjoyment	2.5.SE1. Identify physical activities that provide self-expression.
Social Interaction	2.5.SI1. Identify the benefits of working cooperatively with others.
Advocacy	2.5.A1. Identify various ways to encourage peers to be physically active.