

I can practice and apply correct technique while hopping, galloping, running, sliding, and skipping.

I can demonstrate correct jumping and landing technique while consecutively jumping in place, forward and backward, side to side, half turns, and in tuck position.

I can demonstrate  
basic balancing, cross  
lateralization, and  
sequencing of three  
skills with repetition.

Second Grade b.1.C

I can spin and  
roll at different  
levels, speeds,  
and positions.

Second Grade b.1.D

I can demonstrate  
maintaining balance  
standing on one foot  
while placing the free  
leg in a variety of  
different positions for  
eight seconds.

I can differentiate  
between bending,  
stretching, twisting,  
curling, pushing,  
pulling, and swaying.

Second Grade b.2.B

I can demonstrate key elements in underhand throwing to a partner and overhand throwing to a target with opposite foot forward.

Second Grade b.3.A

I can demonstrate key elements when catching an accurately and softly thrown large ball without trapping against the body.

I can  
demonstrate key  
elements of hand  
dribbling while  
walking.

I can dribble a  
ball with control  
using both feet  
while walking.

Second Grade b.3.D

I can kick a  
moving ball using  
a continuous  
running approach.

Second Grade b.3.E

I can volley a  
lightweight object  
with consecutive  
hits to myself or a  
partner.

I can strike a stationary object off the ground or an elevated surface with a hand or short- or long-handled implement consecutively.

I can jump  
forward and  
backward with a  
self-turned rope.

I can demonstrate  
turning and  
jumping a long  
rope.

Second Grade b.3.I

I can demonstrate  
locomotor, non-  
locomotor, and  
manipulative skills  
safely in personal and  
general space.

Second Grade b.4.A

I can combine  
pathways,  
shapes, and  
levels into simple  
sequences.

I can combine  
speed and  
direction as  
directed by the  
teacher.

I can demonstrate  
competency in  
rhythmic activities  
and rhythmic  
combinations.

I can apply the skills of chasing, fleeing, and dodging to avoid or catch others during a variety of games at low, middle, and high levels with appropriate speed and direction.

I can participate in appropriate drills and activities to enhance the learning of specific motor development skills.

Second Grade b.6.B

I can demonstrate safe practices by using equipment appropriately and respecting personal space with minimal teacher guidance.

Second Grade b.6.C

I can demonstrate  
competency in  
outdoor and  
recreational  
pursuits.

I can list the  
benefits of  
regular physical  
activity on the  
heart and lungs.

I can define  
frequency and  
endurance as it  
relates to physical  
activities.

I can demonstrate  
correct technique of  
exercises that  
promote health-  
related fitness.

Second Grade b.8.C

I can develop  
health-and skill-  
related goals with  
teacher guidance.

Second Grade b.9.A

I can identify how to  
measure  
improvement and  
track progress in  
physical skills with a  
measuring tool.

I can identify the  
types of food  
that produce  
energy to enhance  
physical activity.

Second Grade b.10.A

I can explain the  
need for proper  
hydration to  
enhance physical  
activity.

I can explain how proper attire and safety equipment promote safe participation and prevent injury in a variety of physical activities.

I can identify and explain safety precautions, including pedestrian, water, sun, cycling, and skating safety.

Second Grade b.11.B

I can differentiate  
between the positive  
and negative  
consequences of  
personal actions.

Second Grade b.12.A

I can explain and demonstrate respect for differences and similarities in abilities of myself and others.

I can identify  
self-management  
skills to control  
personal impulses  
and emotions.

Second Grade b.12.C

I can identify the causes of problems and propose solutions with teacher guidance.

I can communicate  
feelings and  
thoughts  
appropriately  
without cue.

I can  
persevere while  
addressing  
challenges.

I can accept  
and provide  
constructive  
feedback.

I can participate  
in moderate to  
vigorous physical  
activity on a  
regular basis.

I can identify and  
select physical  
activities for  
personal  
enjoyment.