

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.

Second Grade b.1.B

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

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

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.

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.

Second Grade b.3.C

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

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

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

Second Grade b.3.F

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

Second Grade b.3.G

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

Second Grade b.3.H

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.

Second Grade b.4.C

I can
demonstrate
competency in
rhythmic
activities and
rhythmic
combinations.

Second Grade b.5

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.

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.

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.

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.

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

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

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.

Second Grade b.15

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

Second Grade b.16.A

I can identify
and select
physical
activities for
personal
enjoyment.