

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.

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.

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.

Second Grade b.3.B

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.

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.

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.

Second Grade b.4.B

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.

Second Grade b.6.B

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

I can demonstrate
competency in
outdoor and
recreational pursuits.

Second Grade b.7

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

Second Grade b.8.A

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.

Second Grade b.9.B

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.

Second Grade b.10.B

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

Second Grade b.11.A

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.

Second Grade b.12.B

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.

Second Grade b.14

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.

Second Grade b.16.B