

# *Second Grade*

---

---

## *Movement Skills and Movement Knowledge*

Competence in movement activities to maintain a health enhancing level of physical fitness.

### *Quality Indicators:*

- Understand when, why, and how to move in a variety of activities and use this information to enhance their own skills.
- Demonstrate movement skills in a defined space with a partner.
- Perform aerobic exercises.
- Demonstrate chasing, fleeing and dodging to avoid others.
- Jump a self turned rope repeatedly.
- Perform skills such as: skipping, hopping, jumping.
- Travel in relationship to objects: over, under, behind, and through.
- Dance with a partner.
- Catch a rolled, thrown, or bounced ball.
- Kick a stationary ball.
- State how the heart and lungs work as partners.



---

---

## ***Social Development***

Understand the importance of respect for others with a growing awareness of individual differences and differences in culture.

### ***Quality Indicators:***

- Recognize that activities rely on cooperation and develop the concept of movement involving others.
- Work cooperatively with a partner to complete an assigned task.
- Assist a partner by sharing positive observations about skill performance during practice.
- Resolve conflicts in socially acceptable ways.
- Treat others with respect during play.

## ***Self Image***

Demonstrate responsible behavior and become aware of themselves in relation to others.

### ***Quality Indicators:***

- Exhibit a physically active lifestyle.
- Participate in physical activity of a moderate to vigorous nature.
- Identify feelings resulting from challenges, successes, and failures in physical activity.
- Interpret an experience through movement.
- Apply rules, procedures, and safe practices with little reinforcement.
- Use equipment and space safely and properly.
- Respond positively to an occasional reminder about a rule infraction.

