

# Health and Physical Education

## GRADE 2

### STANDARD 1

*The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness, and nutrition.*

To meet this standard, the student will:

**Benchmark 2.1.1:** Develop fundamental physical skills and progress to complex movement activities as physically able

**Indicators:**

- 2.1.1.1 Jump and land in mature movement patterns
- 2.1.1.2 Demonstrate skills of chasing, fleeing, and dodging to avoid others
- 2.1.1.3 Identify and demonstrate the major characteristics of mature walking, running, hopping and skipping
- 2.1.1.4 Balance, demonstrating momentary stillness, in symmetrical and asymmetrical shapes on a variety of body parts
- 2.1.1.5 Engage in rhythm activities following basic movement cues to music
- 2.1.1.6 Repeatedly jump a self-turned rope
- 2.1.1.7 Use concepts of space awareness and movement control to run, hop, and skip in different ways in a large group without bumping into others or falling
- 2.1.1.8 Receive and send an object in a continuous step
- 2.1.1.9 Kick a rolling ball using a smooth continuous step
- 2.1.1.10 Continuously dribble an object with alternating feet without losing control
- 2.1.1.11 Strike an object repeatedly with a paddle
- 2.1.1.12 Identify four characteristics of a mature throw
- 2.1.1.13 Participate in a wide variety of activities that involve locomotion, non-locomotion, and manipulation of objects outside of physical education class

*Available Assessments:*

*Locomotor Skill Assessments (pgs. 43-49)*

*Non-Locomotor Skill Assessments (pgs. 50-65)*

*Sports Skills Assessments (pgs. 66-85)*

*Dodging (pg. 81)*

*Balance (pg. 60)*

**Benchmark 2.1.2:** Incorporate rules and safety procedures into physical activities

**Indicators:**

- 2.1.2.1 Use concepts of space awareness and movement control to run, hop, and skip in different ways in a large group without bumping into others or falling
- 2.1.2.2 Respond positively to an occasional reminder about a rule infraction
- 2.1.2.3 Respond to all signals and directions
- 2.1.2.4 Invite a peer to take his or her turn at a piece of equipment before repeating a turn
- 2.1.2.5 Cooperate with classmates without regard to personal differences
- 2.1.2.6 Use equipment and space safely and properly
- 2.1.2.7 Assist partner by sharing observations about skill performance during practice

**\*\*Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!!\*\***

*Key: 1. Grade 1.1 Standard 1.1.1 Benchmark 1.1.1.1 Indicator*

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- 2.1.2.8 Practice specific skills as assigned until the teacher signals the end of practice
- 2.1.2.9 Honestly report the results of work

*Available Assessments:*

*Self-space (pg. 61)*

*Cooperation (pgs. 39-40)*

**Benchmark 2.1.3: Understand the concepts of physical fitness and develop and monitor progress on personal fitness goals**

**Indicators:**

- 2.1.3.1 Participate in gross motor activity of a moderate to vigorous nature
- 2.1.3.2 Identify an activity that helps develop each component of health-related fitness (cardiovascular endurance, muscular strength and endurance, flexibility, and body composition)
- 2.1.3.3 Move each joint through a full range of motion
- 2.1.3.4 Sustain activity for longer periods of time while participating in chasing or fleeing, traveling activities in physical education, and/or on the playground
- 2.1.3.5 Identify changes in the body during vigorous physical activity
- 2.1.3.6 Maintain continuous aerobic activity for a specified time and/or activity
- 2.1.3.7 Use dynamic postural muscles and a vertical back when lifting objects
- 2.1.3.8 Practice healthy posture for sitting and standing using all postural muscles
- 2.1.3.9 Perform exercise that strengthen the dynamic postural muscles
- 2.1.3.10 Perform safe stretching exercises that keep dynamic postural muscle groups and joints flexible

*Available Assessments:*

*Heart Beat Effort (pg. 64)*

*Physical Education Summary Worksheet (pg. 33)*

*Motor Skills Checklist (pg. 43)*

*Basic Locomotor Movement (pg. 44)*

*Locomotor Movement (pg. 45)*

**Benchmark 2.1.4: Understand nutrition and food nutrients and how they affect physical performance and the body**

**Indicators:**

- 2.1.4.1 Identify the benefits of movement, fitness and nutrition
- 2.1.4.2 Increase vocabulary of food and food groups
- 2.1.4.3 Choose healthful foods
- 2.1.4.4 Plan a meal

**\*\*Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!\*\***

*Key: 1. Grade 1.1 Standard 1.1.1 Benchmark 1.1.1.1 Indicator*

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# Health and Physical Education

## GRADE 2

### STANDARD 2

*The student acquires the knowledge and skills necessary to maintain a healthy life: recognize patterns of growth and development, reduce health risks, and live safely.*

To meet this standard, the student will:

#### **Benchmarks 2.2.1: Recognize patterns of growth and development**

##### **Indicators:**

- 2.2.1.1 Begin to identify body systems
- 2.2.1.2 Understand concept of responsible personal health habits

#### **Benchmark 2.2.2: Understand the transmission and control of communicable and non-communicable diseases**

##### **Indicator:**

- 2.2.2.1 Begin to understand the importance of cleanliness and how your body fights germs

#### **Benchmark 2.2.3: Acquire skills to live safely**

##### **Indicators:**

- 2.2.3.1 Begin to recognize the importance of respecting our environment (such as recycling)
- 2.2.3.2 Develop safe and healthy behaviors at school, home, and in the community
- 2.2.3.2 Identify emergency situations and helpers at home, in school and in the community
- 2.2.3.3 Begin to recognize the consequences of harmful substance abuse and identify basic strategies of resistance
- 2.2.3.4 Identify differences among health products and services

*\*\*Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!\*\**

*Key: 1 Grade 1.1 Standard 1.1.1 Benchmark 1.1.1.1 Indicator*

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# Health and Physical Education

## GRADE 2

### STANDARD 3

*The student analyzes and evaluates the impact of real-life influences on health.*

To meet this standard, the student will:

**Benchmarks 2.3.1: Understand how environmental factors affect one's health**

**Indicators:**

2.3.1.1 Begin to recognize how the environment can affect our health

**Benchmark 2.3.2: Gather and analyze health information**

**Indicators:**

2.3.2.1 Identify healthy and unhealthy environments

**Benchmark 2.3.3: Use social skills to project health and safety in a variety of situations**

**Indicators:**

2.3.3.1 Express feelings constructively and begin to verbalize needs

2.3.3.2 Begin to develop different strategies to resist peer pressure

*Available Assessments:*

*PE Personal & Social Behavior Rubric (pg. 34)*

*Behavior Self-Check (pg. 35)*

*Ways to Encourage Someone (pg. 36)*

**Benchmark 2.3.4: Understand how emotions influence decision-making**

**Indicators:**

2.3.4.1 Incorporate "Kelso's choice" when solving conflicts

*\*\*Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!\*\**

*Key: 1. Grade 1.1 Standard 1.1.1 Benchmark 1.1.1.1 Indicator*

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GRADE 2

## STANDARD 4

*The student effectively analyzes health and safety information to develop health and fitness plans based on life goals.*

To meet this standard, the student will:

### **Benchmarks 2.4.1: Assess needs and resources**

#### **Indicator:**

2.4.1.1 Identify performance strengths and weaknesses

*Available Assessments:*

*Self-Assessment Mid-term Report (pg. 28)*

*Report of Student Progress in PE (pg. 29)*

*PE Rubric (pg. 30)*

*PE Summary Worksheet (pg. 33)*

### **Benchmark 2.4.2: Develop a health and fitness plan and a monitoring system**

#### **Indicator:**

2.4.2.1 Improve performance weaknesses

*Available Assessments:*

*Self-Assessment Mid-term Report (pg. 28)*

*Report of Student Progress in PE (pg. 29)*

*PE Rubric (pg. 30)*

*PE Summary Worksheet (pg. 33)*

**\*\*Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!\*\***

Key: 1. Grade 1.1 Standard 1.1.1 Benchmark 1.1.1.1 Indicator

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