



## **Second Grade Essential Skills for Physical Education (PE)**

### **September:**

- I can participate in a variety of activities with others regardless of differences showing positive social interactions.
- I can apply movement concepts safely in general space (throwing or kicking in a safe area).

### **October:**

- I can participate in moderate to vigorous physical activity for longer periods of time (ex. 1/2 mile).
- I can apply movement concepts to a variety of basic skills (ex. kick a stationary or rolled ball; throw overhand with proper form by stepping with opposite foot).

### **November:**

- I can demonstrate skills of chasing, fleeing and dodging in a variety of tag games.
- I can recognize increased heart rate and heavy breathing are related to moderate to vigorous physical activity.

### **December:**

- I can practice conflict resolution skills regarding minor problems with teacher assistance.
- I can participate in activities for increasing amounts of time that are enjoyable and challenging.

### **January:**

- I can demonstrate progress towards mature locomotor and non locomotor skills in relay or game situations with partners.
- I can use feedback from self, peers and teacher to improve performance.

### **February:**

- I can demonstrate the ability to follow rules, procedures and safe practices with few reminders while moving randomly through general space during movement in activities.
- I can increase my endurance for jogging by increasing the length of timed runs.

**March:**

- I can enjoy positive interaction with classmates through physical activity.
- I can participate in age appropriate fitness tests such as shuttle run/sit-ups.

**April:**

- I can follow cues to improve performance.
- I can catch and pass a ball with a partner using a variety of balls.

**May:**

- I can work cooperatively with a partner or small group to complete a task.
- I can participate in an activity to improve my cardio-respiratory endurance.