

PHYSICAL EDUCATION

GRADE TWO

STANDARDS

Nevada Grades K-12 Content Standards

- 1.0 Students understand and apply movement concepts and principles to the learning and development of motor skills.
- 2.0 Students demonstrate competency in many movement forms and proficiency in a few movement forms.
- 3.0 Students demonstrate an understanding of dance through skills, techniques, choreography, and as a form of communication.
- 4.0 Students achieve and maintain a health-enhancing level of individual fitness for an active lifestyle.
- 5.0 Students demonstrate personal responsibility, positive social interaction, and respect for diversity in physical activity settings.

ESSENTIAL CONCEPTS, SKILLS, AND EXPERIENCES

OBJECT MOVEMENT SKILLS

It is expected that students will:

- (2)1.1 identify the basic concepts/elements of simple object movement skills [NS 1.2.2]
- (2)1.2 perform a variety of basic level manipulative skills [NS 2.2.2]
 - a. throw an object with two hands simultaneously underhand and overhand, with weight transfer
 - b. throw an object with one hand, underhand, while stepping with the opposite foot
 - c. throw an object with one hand, overhand, while stepping with the opposite foot
 - d. catch various objects above and below the waist using proper techniques
 - e. dribble a ball with one or both hands
 - f. roll an object with one hand
 - g. strike a moving object using underhand and overhand techniques
 - h. strike a stationary object with an implement (e.g., paddle, racquet, bat)
 - i. develop foot-eye coordination by moving feet in various patterns (e.g., pathways, around obstacles, hopscotch)
 - j. kick, pass, and trap a ball with the dominant and non-dominant foot
 - k. dribble a ball with the feet
 - l. continuously jump a rope turned by others
 - m. continuously turn and jump an individual rope
- (2)1.4 participate in activities from diverse cultural and ethnic origins [NS 5.2.4]
- (2)1.5 develop a language vocabulary for object movement activities [NS 1.2.1]

PHYSICAL EDUCATION GRADE TWO (continued)

LOCOMOTOR AND NONLOCOMOTOR MOVEMENT SKILLS

It is expected that students will:

- (2)2.1 identify the basic concepts/elements of simple locomotor and nonlocomotor movements [NS 1.2.2]
- (2)2.2 perform basic locomotor movements: walk, run, hop, jump, gallop, slide, skip, leap [NS 2.2.1]
- (2)2.3 perform basic nonlocomotor movements (e.g., push/pull, sway, turn)
- (2)2.4 move safely through the general space
- (2)2.5 identify and use body parts in relation to movement
- (2)2.6 demonstrate position in space/relationship qualities (e.g., up/down, over/under, around, in/out, through, near/far) [NS 3.2.2B]
- (2)2.7 gain and terminate a variety of balances with control
- (2)2.8 demonstrate simple transfer of weight movements
- (2)2.9 demonstrate simple combinations of weight transfer movements and balances [NS 2.2.3]
- (2)2.10 develop a language vocabulary for locomotor and nonlocomotor movement activities [NS 1.2.1]

EXPRESSIVE MOVEMENT AND DANCE

It is expected that students will:

- (2)3.1 identify the basic concepts/elements of simple expressive movement skills [NS 1.2.2]
- (2)3.2 explore space as an element of movement: place, focus, pathway [NS 3.2.1]
- (2)3.3 explore force as an element of movement: sharp/smooth, tight/loose
- (2)3.4 explore time as an element of movement: speed, duration
- (2)3.5 communicate relationships/emotions/themes through movement [NS 3.2.3]
- (2)3.6 create and perform a movement sequence with a beginning, middle, and end [NS 3.2.2 A]
- (2)3.7 perform various movement patterns to a steady beat [NS 3.2.4]
- (2)3.8 use a prop to a steady beat in a stationary position [NS 3.2.4]
- (2)3.10 perform simple rhythmic activities/organized dances [NS 3.2.5]
- (2)3.11 develop a language vocabulary for expressive movement [NS 1.2.1]

PHYSICAL FITNESS

It is expected that students will:

- (2)4.1 demonstrate safety in performance of various fitness activities and exercises [NS 4.2.4]
- (2)4.2 participate in a variety of activities that develop the physical fitness components: aerobic endurance, flexibility, muscular endurance, muscular strength [NS 4.2.2]
- (2)4.3 discuss the components of physical fitness [NS 4.2.1, NS 4.2.3]
- (2)4.4 identify physiological signs of moderate physical activity (e.g., muscular fatigue) [NS 1.2.4]

PHYSICAL EDUCATION GRADE TWO (continued)

- (2)4.5 discuss the implications of physical fitness for health
- (2)4.6 demonstrate techniques for personal fitness measurement and assessment (e.g., sit-ups, sit and reach test)
- (2)4.7 develop a language vocabulary for physical fitness

RESPONSIBILITY AND COOPERATION

It is expected that students will:

- (2)5.1 apply classroom rules, procedures, and safe practices with little or no teacher reinforcement [NS 5.2.1]
- (2)5.2 share space and equipment with others [NS 5.2.2]
- (2)5.3 demonstrate respect for others during activities, regardless of personal differences [NS 5.2.3]
- (2)5.4 remain on task for short periods of time
- (2)5.6 respond appropriately to movement cues to enhance skill performance [NS 1.2.3]