

# Second Grade Physical Education Expectations

## I can...

### Demonstrates Motor Skills and Movement Patterns

1. hop, jump, skip, gallop, slide, run, jog and walk in a game.
- 2a. throw and catch with a friend.
- 2b. dribble a ball.
3. use balls, hoop, jump ropes, cups, and scarves during an activity.



### Movement Concepts

1. move without touching others or the walls.
2. use and move equipment safely.
3. tell my teacher that I need 60 minutes of exercise every day to be healthy.
4. tell the teacher at least two ways exercise helps my body.
5. identify activities that make my heart and body stronger and more flexible.

### Physical Fitness

1. play a game without stopping.
2. participate in activities that make me stronger, more flexible, and make my heart healthier (Fitnessgram).

### Values and Participates in Physical Activity

1. participate in all activities in PE class to stay healthy.
- 2a. play fair.
- 2b. play by the rules.

