

PS – Grade 2 Physical Education Standards and Benchmarks

STANDARD 1: Uses a variety of movement forms

Benchmarks: PS – Grade 2

- 1.1: Uses a variety of locomotor movements in travel activities
- 1.2: Uses a variety of object control/manipulative skills
- 1.3: Uses sport-specific skills for a variety of physical activities
- 1.4: Uses combination of movement skills

Standard 2: Applies movement concepts and principles to the learning and development of motor skills

Benchmarks: PS – Grade 2

- 2.1: Understands the difference between movement patterns
- 2.2: Uses information, both internal and external to improve performance
- 2.3: Uses feedback to improve performance

Standard 3: Understands how to achieve, monitor and maintain a health-enhancing level of physical fitness

Benchmarks: PS – Grade 2

- 3.1: Understands how to achieve monitor and maintain a health-enhancing level of physical fitness

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Standard 4: Demonstrate responsible personal and social behavior, as well as respect for difference among people in physical activity settings

Benchmarks:

PS – Grade 2

4.1 Provides support to others in physical activity settings

Standard 5: Understands that physical activity provides the opportunity for enjoyment, challenge, self-expression and social interaction

Benchmarks:

PS – Grade 2

5.1 Associates feelings with participation in physical activities