

# **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

## **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

## **PS – Grade 2 Physical Education Standards and Benchmarks**

**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