



**PHYSICAL EDUCATION  
GRADE TWO**



**Physical Education - Grade 2  
36.00300**

**COURSE DESCRIPTION:** Physical Literacy in 2<sup>nd</sup> Grade is based upon the development of successful movement experiences, developing the confidence and progressive skills in the following strands: Motor Skills and Movement Patterns, Concepts, Principles, and Strategies, Health-enhancing levels of physical activity and fitness, Personal Responsibility, and Value of Physical Activity.

## Course Standard 1

### S1.E2 Demonstrates competency in a variety of motor skills and movement patterns.

- S1.E1.2 Skips using a mature pattern
- S1.E2.2a Runs with a mature pattern
- S1.E2.2b Travels showing differentiation between jogging and sprinting.
- S1.E3.2 Demonstrates 4 of the 5 critical elements for jumping and landing in a horizontal plane using a variety of 1 and 2 foot take-offs and landings.
- S1.E4.2 Demonstrates 4 of the 5 critical elements for jumping and landing in a vertical plane
- S1.E5.2 Performs a teacher and/or student designed rhythmic activity with correct response to simple rhythms.
- S1.E7.2a Balances on different bases of support combining levels and shapes
- S1.E7.2b Balances in an inverted position with stillness and supportive base
- S1.E8.2 Transfers weight from feet to different body parts/bases of support for balance and/or travel.
- S1.E9.2 Rolls in different directions with either a narrow or curled body shape
- S1.E10.2 Differentiates among twisting, curling, bending & stretching actions
- S1.E11.2 Combines balances and transfers into a 3-part sequence (i.e., dance, gymnastics)
- S1.E13.2 Throws underhand using a mature pattern.
- S1.E14.2 Throws overhand, demonstrating 2 of the 5 critical elements of a mature pattern
- S1.E16.2 Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.
- S1.E17.2a Dribbles in self-space with preferred hand demonstrating a mature pattern
- S1.E17.2b Dribbles using the preferred hand while walking in general space
- S1.E18.2 Dribbles with the feet in general space with control of ball and body
- S1.E21.2 Uses a continuous running approach and kicks a moving ball, demonstrating 3 of the 5 critical elements of a mature pattern
- S1.E22.2 Volleys an object upward with consecutive hits
- S1.E24.2 Strikes an object upward with a shot-handled implement, using consecutive hits.
- S1.E25.2 Strikes a ball off a tee or cone with a bat, using correct grip and side orientation/proper body orientation
- S1.E27.2a Jumps a self-turned rope consecutively forward and backward with a mature pattern
- S1.E27.2b Jumps a long rope 5 times consecutively with student turners

## Course Standard 2

### S2.E2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance

- S2.E1.2 Combines loco-motor skills in general space to a rhythm.
- S2.E2.2 Combines shapes, levels and pathways in simple travel, dance and gymnastics sequences.
- S3.E3.2 Varies time and force with gradual increases and decreases.

## Course Standard 3

### S3.E2 Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

- S3.E1.2 Describes large-motor and/or manipulative physical activities for participation outside physical education class (e.g., before and after school, at home, at the park, with friends, with family)
- S3.E2.2 Actively engages in physical education class in response to instruction and practice

- S3.E3.2a Uses own body as resistance (e.g., olds body in plank position, animal walks) for developing strength
- S3.E3.2b Identifies physical activities that contribute to fitness.
- S3.E6.2 Recognizes the ‘good health balance” of good nutrition with physical activity

## Course Standard 4

### **S4.E2 Exhibits responsible personal and social behavior that respects self and others**

- S4.E1.2 Practices skills with minimal teacher prompting
- S4.E2.2 Accepts responsibility for class protocols with behavior and performance actions.
- S4.E3.2 Accepts specific corrective feedback from teacher
- S4.E4.2 Works independently with others in partner environments.
- S4.E5.2 Recognizes the role of rules and etiquette in teacher-designed activities
- S4.E6.2a Works independently and safely in physical education
- S4.E6.2b Works safely with physical education equipment

## Course Standard 5

### **S5.E2 Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction**

- S5.E1 Recognizes the value of “good health balance” (Refer to S3.E62)
- S5.E2.2 Compares physical activities that bring confidence and challenge.
- S5.E3.2 Identifies physical activities that provide self-expression (e.g., dance, gymnastics routine, practice tasks/games environment)

