



St. Mel's Catholic School

Physical Education Guidelines

Grade Two

Students explore movement patterns with a partner to define movement in relation to another person, shape, or group. Activities should encourage students to change partners

since they are flexible with partners at this age. At this stage students learn through a variety of modalities and through kinesthetic learning.

Movement Skills and Movement Knowledge

At this stage a student learns to define movement in relation to another person, shape, group, or group shape. This type of motor development requires a total physical response

or a response from the entire body.

- Move to open spaces within boundaries while traveling at increasing rates of speed.
- The student will demonstrate balance on the ground and on objects, using bases of support other than both feet.
- Student will demonstrate skipping, leaping, hopping, galloping, and sliding using proper form.
- Student will perform dance sequences with a partner such as folk dance.

Manipulative skills: solo and with a partner

- Throw a ball for distance, using proper form.
- Catch a gently thrown ball above the waist, reducing the impact of force.
- Catch a gently thrown ball below the waist, reducing the impact of force.
- Kick a slowly rolling ball.
- Strike a balloon consistently in an upward or forward motion, using a shorthanded paddle.
- Strike a ball with a bat from a tee or cone, using correct grip and side orientation.
- Hand dribble with control a ball for a sustained period.
- Foot dribble with control a ball along the ground.
- Jump a rope turned repeatedly, self turned.
- Perform abdominal curls and push ups.
- Demonstrate proper form for stretching hamstrings, quadriceps, shoulders, biceps, and triceps.

Health and Performance:

- Students will learn the fuel requirements of the body during physical activity and non -activity.
- Student will learn the role of moderate to vigorous activity to achieve fitness or to maintain fitness levels.
- Identify ways to increase physical activity outside of school.



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- Student will learn the importance drinking enough water to help the body with temperature control and blood volume.

Self Image

Students become more aware of others as their growth rates vary. They are able to see themselves in relationship to others. They are able to identify and appreciate their own positive and negative feelings and those of others.

- Participate in a wide variety of physical activities outside the physical education class.
- Accept responsibility for one's own behavior.
- Demonstrate respect for self, others, and equipment during physical activities.

Social Development

In second grade children move from the sense of self in isolation to a sense of others and

begin to acknowledge the concept of we and partners. At this time they have an awareness of others that can help promote the knowledge of individual differences and different cultures. This awareness can be the beginning of encouraging children to accept

and appreciate differences in others.

- Participate positively in physical activities that rely on cooperation.
- Interact positively with others regardless of personal differences.
- Take turns using a piece of equipment.