

NASPE Benchmarks Second Grade

As a result of participating in a quality physical education program it is reasonable to expect that the student will be able to:

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| Has | 1. Travel in a backward direction and change direction quickly, and safely, without falling. |
| Has | 2. Travel, changing speeds and directions. |
| Has | 3. Combine various traveling patterns. |
| Has | 4. Jump and land using a combination of one and two foot take-offs and landings. |
| Has | 5. Demonstrate skills of chasing, fleeing, and dodging to avoid or catch others. |
| Has | 6. Roll smoothly in a forward direction without stopping or hesitating. |
| Has | 7. Balance, demonstrating momentary stillness, in symmetrical and asymmetrical shapes on a variety of body parts. |
| Has | 8. Move feet into a high level by placing the weight on the hands and landing with control. |
| Has | 9. Use the inside or instep of the foot to kick a slowly rolling ball into the air or along the ground. |
| Has | 10. Throw a ball hard demonstrating an overhand technique with opposition. |
| Has | 11. Catch, using properly positioned hands, a gently thrown ball. |
| Has | 12. Continuously dribble a ball, using the hands or feet, without losing control. |
| Has | 13. Use at least three different body parts to strike a ball toward a target. |
| Has | 14. Strike a ball repeatedly with a paddle. |
| Has | 15. Consistently strike a ball with a bat from a tee or cone, using a correct grip and side orientation. |
| Has | 16. Repeatedly jump a self-turned rope. |
| Has | 17. Combine shapes, levels, and pathways into simple sequences. |
| Has | 18. Skip, hop, gallop, and slide using mature motor patterns. |
| Is | 19. Manage own body weight while hanging and climbing. |
| Does | 20. Demonstrate safety while participating in physical activity. |
| Does | 21. Participate in a wide variety of activities that involve locomotion, non locomotion, and the manipulation of various objects. |
| Knows | 22. Recognize similar movement concepts in a variety of skills. |
| Knows | 23. Identify appropriate behaviors for participating with others in physical activity. |
| Knows | 24. Identify changes in the body during physical activity. |
| Knows | 25. State reasons for safe and controlled movements. |
| Knows | 26. Realize the benefits that accompany cooperation and sharing. |
| Values | 27. Accept the feelings resulting from challenges, successes, and failures in physical activity. |
| Values | 28. Be considerate of others in physical activity settings. |

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