

Walton Academy
2nd Grade Physical Education
Goals and Objectives

Motor Skills

Apply competent motor skills and movement patterns needed to perform a variety of physical activities.

- Execute combinations of locomotor skills in different pathways, levels, or directions.
- Execute a variety of manipulative skills while maintaining good balance and follow-through.
- Generate smooth and timely transitions between sequential locomotor skills.
- Apply non-locomotor movements with locomotor patterns and levels in a variety of movement sequences.

Movement Concepts

Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.

- Use equipment to illustrate multiple movement concepts.
- Compare three or more of the essential elements of correct form for the five fundamental manipulative skills.
- Explain the value of feedback in improving motor performance.
- Illustrate activities that are associated with three or more of the five components of health-related fitness.

Health Related Fitness

Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

- Recognize three or more of the five health-related fitness assessments and the associated exercises.
- Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.
- Implement a weekly plan of moderate to vigorous activity that increases breathing and heart rate.

Personal/Social Responsibilities

Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

- Explain the value of working cooperatively in group settings.
- Summarize the benefits of positive social interaction to make activities more enjoyable.
- Use safe practices when engaging in physical education activities with little or no prompting.