

2nd Grade Physical Education Targets

Motor Skills	Movement Knowledge	Self Control	Lifetime Behaviors
<p>___ I can demonstrate mature grade level form in loco-motor (run, hop, skip, jump, gallop) and non-loco-motor skills (catch, throw, etc.)</p>	<p>___ I can locate and correctly count my heartbeats.</p>	<p>___ I can tag or play contact games with appropriate force.</p>	<p>___ I can work cooperatively in a game or group situation.</p>
<p>___ I can jump rope continuously for 10 or more seconds.</p>	<p>___ I can explain why I sweat when exercising.</p>	<p>___ I can use equipment for its intended purposes.</p>	<p>___ I can be honest during game or group activities.</p>
<p>___ I can demonstrate the mature grade level form of dribble/bounce pass.</p>	<p>___ I can explain activities that focus on flexibility, strength, muscles, cardio-respiratory endurance and body composition.</p>	<p>___ I can identify elements of being a good sport.</p>	<p>___ I can take turns appropriately.</p>
<p>___ I can demonstrate correct form of a jumping jack.</p>	<p>___ I can explain what healthy food choices are.</p>	<p>___ I can listen to and follow directions as well as stay on task.</p>	<p>___ I can follow rules and procedures of game/activity play.</p>