

KASC ACADEMIC STANDARDS CHECKLIST

PHYSICAL EDUCATION

User's Name:



Use the columns as a checkoff or a place to take notes to track any curriculum issue. For instance, you might list the unit or marking period in which a standard was mastered, the areas where teachers want additional professional development opportunities, or any issue you need to analyze as you work to enhance your students' performance. See the folder labeled Ideas for Usage for further suggestions on ways to use the checklists and cards.

SECOND GRADE

1. Demonstrate competency in a variety of motor skills and movement patterns.

2.1.L1	Perform a variety of locomotor movements traveling in different directions, at different speeds and in different pathways.	
2.1.NL1	Perform non-locomotor skills, with and without equipment.	
2.1.BM1	Perform a variety of balances using different body parts with and without equipment.	
2.1.BM2	Transfer weight to different body parts using control, with and without equipment.	
2.1.MS1	Demonstrate manipulative skills with a variety of objects using appropriate performance cues.	

2. Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

2.2.SP1	Perform movement skills in general space.	
2.2.PS1	Combine shapes, levels and pathways into travel sequences.	
2.2.SD1	Vary time and force with gradual increases and decreases.	
2.2.ST1	Apply a variety of simple tactics to increase chances of success during the performance of physical activities.	

3. Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

2.3.PA1	Identify opportunities to participate in physical activity in various settings.	
2.3.PF1	Identify the importance of daily physical activity and track the amounts in a variety of settings.	
2.3.PF2	Describe different activities that improve strength of the heart and lungs.	
2.3.N1	Describe the balance between nutrition and physical activity.	

4. Demonstrate responsible personal and social behavior that exhibits respect for self and others.

2.4.SW1	Work with others independently in partner environments.	
2.4.RE1	Recognize and follow the established rules, protocols and etiquette in physical education.	
2.4.SA1	Follow teacher directions for safe participation and proper use of equipment, independently and with others.	

5. Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

2.5.H1	Identify physical activities that contribute to a healthy lifestyle.	
2.5.C1	Compare physical activities that bring confidence and challenge.	
2.5.SE1	Identify physical activities that provide self-expression.	
2.5.SI1	Identify the benefits of working cooperatively with others.	
2.5.A1	Identify various ways to encourage peers to be physically active.	