



Learning Targets for Physical Education Grade 2

School District of Marshfield

Even and Odd Years- Some sport related targets are taught on an alternating year basis.

A. Social Skill Learning Targets

- A.2.1 Listens and follow directions**
- A.2.2 Is willing to participate in activities**
- A.2.3 Travels and acts safely in self-space, group space, and with equipment**
- A.2.4 Works cooperatively with others**
- A.2.5 Wears proper gym shoes**

B. Heart Related Fitness Targets

- B.2.1 Jogs at a constant pace for 3 minutes 80% of attempts, increases to 4 minutes by the end of the 3rd quarter**
- B.2.2 Performs 5 curl-ups without feet being held**
- B.2.3 Performs two pushups with proper alignment**
- B.2.4 Performs sit and reach- reaches toes with both hands keeping both legs straight**
- B.2.5 Performs trunk lift to the height of 6-12 inches**

C. Sport Related Targets

- C.2.1 Kicks a rolled playground ball using 3-step approach**
- C.2.2 Dribbles with dominant hand, using finger pads, while moving the length of a gym**
- C.2.3 Skips, switching legs with alternate step-hop pattern, for 60 feet**
- C.2.4 Traverse Climbing- Uses correct climbing commands and safe mount/dismount procedures**
- C.2.5 Throws a ball (overhand) while stepping with opposite foot**
- C.2.5 Skips in time to music**
- C.2.6 Bicycling- Rides a 2 wheel bicycle forward and demonstrates a controlled stop within 10 feet then gets pedal in ready position**

- C.2.7 Performs juggling waterfall five consecutive times with 2-inch bean bags**
- C.2.8 Jumps over self-turned rope 10 times consecutively**
- C.2.9 Tumbling –Performs a tripod balance for 5 seconds [head, 2 hands, knees on elbows]**