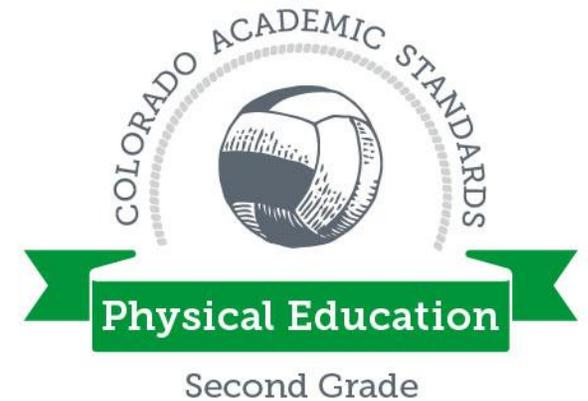


# A Guide to the Colorado Academic Standards



## Working Together

To support families and teachers in realizing the goals of the Colorado Academic Standards, this guide provides an overview of the learning expectations for Second Grade Physical Education. This guide offers some learning experiences students may engage in during this school year, experiences that may also be supported at home.

## Why Standards?

Created by Coloradans for Colorado students, the Colorado Academic Standards provide a grade-by-grade road map to help ensure students are successful in college, careers, and life. The standards aim to improve what students learn and how they learn in ten content areas – emphasizing critical-thinking, creativity, problem solving, collaboration, and communication as important life skills in the 21st century.

## Physical Education for Elementary Schools (k-5)

The Physical Education standards in the elementary years focus on enhancing health-related components of fitness and skill-related components of fitness and personal activity. In each grade, the standards ask students to demonstrate various movement concepts, assess personal behaviors, connect fitness development to body systems, and utilize safety procedures during physical activities.

## Where can I learn more?

- Contact your school district regarding local decisions related to standards, curriculum, resources, and instruction.
- Colorado Academic Standards Booklets: <http://www.cde.state.co.us/standardsandinstruction/GradeLevelBooks.asp>
- Phyllis Reed, Comprehensive Health at 720-498-2059, [Reed\\_p@cde.state.co.us](mailto:Reed_p@cde.state.co.us)



**COLORADO**  
Department of Education

**Colorado**  
**PTA**  
everychild. onevoice.

At the end of  
Second Grade,  
students can...



## Physical Education Learning Expectations for Second Grade

### Movement Competence and Understanding

Demonstrate the elements of movement in combination with a variety of locomotor skills (walking, running sliding); demonstrate control and balance using a variety of body parts and sports equipment (balls, ropes, gymnastic bars and beams).

### Physical and Personal Wellness

Recognize the importance participating in a variety of activities; identify positive health habits.

### Emotional and Social Wellness

Demonstrate positive and helpful verbal and non-verbal behavior toward others.

### Prevention and Risk Management

Apply rules, procedures, and safe practices to create a safe school environment.

## Throughout the Second Grade, you may find students...

- Demonstrating skipping, hopping, galloping, and sliding; using space awareness and movement control to run, hop, and skip in safe ways in different places (outside versus inside).
- Jumping rope repeatedly.
- Throwing, catching, striking, and trapping objects while being stationary and while moving toward a partner; balancing objects on various body parts.
- Identifying healthy food choices to fuel the body; talking about the importance of sleep to physical health.
- Identifying changes in the body during exercise.
- Encouraging others by using verbal and nonverbal communication.
- Demonstrating safe use of sporting/activity equipment; following safety rules in the gymnasium and on the playground.

