

2ND GRADE PHYSICAL DEVELOPMENT CHECKLIST
Goals 19 - 24
Illinois Learning Standards A-C
Performance Descriptors

MOVEMENT AND SAFETY

- _____ Recognize the safety factors associated with participating in physical activities.
- _____ Discuss cues that enhance the development of selected manipulative skills.
- _____ Demonstrate basic locomotor, non-locomotor, and manipulative skills using developmentally appropriate form.
- _____ Combine two or more locomotor and/or non-locomotor skills in a sequence.
- _____ Demonstrate an awareness of others while moving in general and/or personal space.
- _____ Identify personal space.
- _____ Demonstrate a combination of two simple weight bearing and/or balance movements or activities.
- _____ Distinguish between moving behind, ahead of, next to, near to, over, under, on, through, beside.
- _____ Participate in dodging/ fleeing activities in slower speeds without running into others or objects.
- _____ Apply class rules, procedures, and safety practices.
- _____ Choose between safe and unsafe practices/behaviors.
- _____ Identify safety procedures when participating in a group physical activity.
- _____ Move with an awareness of others in general space.

FITNESS

- _____ Identify safe and unsafe exercise practices.
- _____ Participate in health-related fitness activities.
- _____ Identify activities that help improve health-related fitness.

This checklist is a suggested guideline.

- _____ Identify activities that will change your heart rate.
- _____ Discuss changes that take place in the body after physical activity.
- _____ Recall the immediate effects of exercise on the body.
- _____ Match the components of health-related fitness to fitness assessments.
- _____ Match Fitnessgram test items to health-related fitness components.
- _____ Participate in health related fitness activity.
- _____ Identify personal preferences related to physical activity.
- _____ Set goals based on fitness gram data with teacher guidance.
- _____ Participate in teacher directed activities that can develop health-related fitness goals.
- _____ Discuss behavioral choices that impact wellness levels.

RESPONSIBLE PLAY

- _____ Recall the class procedures followed for participation in physical activity.
- _____ Repeat the safety procedures followed when participating in physical activity.
- _____ Participate safely in physical activity.
- _____ Choose between safe and unsafe practices and/or behavior.
- _____ Follow directions when participating in physical activity.
- _____ Perform independently when participating in a physical activity.
- _____ Complete a task when participating in physical activity.

GROUP PHYSICAL ACTIVITY

- _____ Repeat safety practices and/or behaviors when working with a partner during physical activity.
- _____ Demonstrate the ability to work cooperatively with a partner or small group during physical activity.

This checklist is a suggested guideline.

_____ Complete a task when working with a partner or group with some teacher intervention during physical activity.