

AKS	Indicators of Achievement
A - Fitness	
participate in health-enhancing physical activities (GPS) (2PE_A2009-1)	1a - identify a physical activity that is personally enjoyed and increases heart rate inside and outside of school 1b - identify changes in the body as a result of physical activity
B - Motor Skills and Movement Patterns	
demonstrate locomotor and non-locomotor movements (GPS) (2PE_B2009-2)	2a - demonstrate the ability to skip 2b - demonstrate the ability to jump a self-turned rope ten to twenty times consecutively 2c - initiate stepping to one's own steady beat 2d - match a partner's stepping beat 2e - step or walk a steady beat to a rhyme 2f - step or walk a steady beat to recorded music 2g - keep a steady beat while using locomotor movements 2h - use non-locomotor and locomotor movements to show pathways
demonstrate jumping and landing using one foot and two feet take-off and landing with or without a rope) (2PE_B2009-3)	
demonstrate static and dynamic balances (GPS) (2PE_B2009-4)	4a - demonstrate wide, narrow, round, and twisted body shapes
demonstrate an overhand throw with side orientation and stepping with opposition (GPS) (2PE_B2009-5)	5a - throw for distance 5b - throw to a target 5c - throw to a partner 5d - demonstrate the underhand throw
demonstrate ability to catch a ball (GPS) (2PE_B2009-6)	6a - catch using proper hand position 6b - catch using a scoop or other implement
explore transferring weight onto various body parts (GPS) (2PE_B2009-7)	7a - transfer weight from one set of body parts to another in a variety of ways 7b - transfer weight over low equipment in a variety of ways 7c - transfer weight from feet-to-hands, making the feet land in different places 7d - transfer weight including rolling across a mat in as many ways as possible 7e - transfer weight by traveling
demonstrate striking skills (GPS) (2PE_B2009-8)	8a - dribble a ball in self space 25 times without stopping 8b - dribble while slowly traveling in different directions 8c - dribble while slowly traveling on different pathways 8d - kick a stationary ball along the ground toward a stationary partner or target while using the inside of the foot 8e - dribble and slowly jog around stationary obstacles while using the inside of each foot 8f - trap a slowly moving ball rolling toward and away from self, contacting the

	<p>ball with the ball of the foot</p> <p>8g - punt a ball into the air using the instep (shoe laces)</p> <p>8h - travel slowly and underhand-strike a soft, lightweight ball or balloon upward with the hand or other body parts</p> <p>8i - strike a lightly tossed ball back to a partner using a variety of body parts</p> <p>8j - underhand strike a lightweight ball back and forth across a line or low net to a partner</p> <p>8k - continuously strike a suspended ball, using a forehand motion with either hand or lightweight paddle, to self or a wall 5-10 times</p> <p>8l - bounce then strike a small, lightweight ball using a hand or other paddle</p> <p>8m - use an underhand swing to strike a wiffle-type ball with a hockey stick or golf club</p> <p>8n - travel slowly in different directions and dribble a wiffle-type ball with a hockey stick</p>
C - Movement Concepts and Principles	
design and perform simple sequences that focus on changes in direction, levels, and pathways (2PE_C2009-9)	
create sequences using straight, curved, and zigzag pathways (GPS) (2PE_C2009-10)	<p>10b - create a three-part sequence that clearly demonstrates the use of high, medium, and low levels</p> <p>10c - demonstrate the ability to stop quickly without falling down</p>
demonstrate relationships of self to equipment and others (GPS) (2PE_C2009-11)	<p>11a - show the ability to mirror a leader</p> <p>11b - show the relationship of near and far with a partner or equipment</p>
D - Personal and Social Behavior	
demonstrate acceptable behaviors in a physical setting with little or no reinforcement (GPS) (2PE_D2009-12)	<p>12a - demonstrate the ability to share equipment</p> <p>12b - demonstrate the ability to take turns with a partner</p> <p>12c - demonstrate sportsmanship (respect for others, cooperation, abiding by the rules of the activity)</p>
value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction (GPS) (2PE_D2010-1)	