

Physical Education

1- Uses a variety of basic and advanced movement forms

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
<p>K.1 The student will use a variety of basic motor skills.</p> <p style="padding-left: 40px;">K.1.1 Walking, running, skipping, hopping, galloping, jumping, leaping, and sliding</p> <p>K.2 The student will use a variety of basic non-locomotor skills.</p> <p style="padding-left: 40px;">K.2.1 Bending, twisting, stretching, turning, and lifting</p> <p>K.3 The student will use a variety of basic object control skills.</p> <p style="padding-left: 40px;">K.3.1 Underhand and overhand throw, catch, hand dribble, foot dribble, kick, and strike</p> <p>K.4 The student will use combinations of fundamental movement skills.</p> <p style="padding-left: 40px;">K.4.1 Locomotor, non-locomotor, object control, body control, and rhythmical skills</p>	<p>3.1 The student will use proper form in object control skills.</p> <p style="padding-left: 40px;">3.1.1 Underhand and overhand throw, catch, hand dribble, foot dribble, kick and strike, batting, punt, and pass</p> <p>3.2 The student will use basic sport-specific skills for a variety of physical activities.</p> <p style="padding-left: 40px;">3.2.1 Basketball chest pass, soccer dribble, fielding a softball with a glove</p> <p>3.3 The student will use proper form and appropriate sequence in combinations of fundamental locomotor, object control, and rhythmical skills that are components of selected modified games, sports, and dances.</p> <p style="padding-left: 40px;">3.3.1 Combining steps to perform certain dances; combining running, stopping, throwing, shooting, kicking for sideline/multi-ball soccer</p>	<p>6.1 The student will use intermediate sport specific skills for individual, dual and team sports.</p> <p style="padding-left: 40px;">6.1.1 Demonstrate gross motor skills in game situations</p> <p>6.2 The student will use intermediate sport specific skills for dance and rhythmical activities.</p> <p style="padding-left: 40px;">6.2.1 Demonstrate gross motor skills for dance and rhythmical activities</p> <p>6.3 The student will use intermediate sport specific skills for outdoor activities.</p> <p style="padding-left: 40px;">6.3.1 Demonstrate gross motor skills for outdoor activities.</p>

Physical Education

1- Continued

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
<p>K.5 The student will use control in weight-bearing activities on a variety of body parts.</p> <p style="padding-left: 40px;">K.5.1 Jumping and landing using combinations of one and two foot take-offs and landings.</p> <p>K.6 The student will use control in balance activities on a variety of body parts.</p> <p style="padding-left: 40px;">K.6.1 One foot, one hand and one foot, hands, knees, scales and headstands</p> <p>K.7 The student will use control in travel activities on a variety of body parts.</p> <p style="padding-left: 40px;">K.7.1 Travel in backward direction and changes direction quickly and safely, without falling; changes speeds and directions in response to various rhythms; combines traveling patterns to music</p>	<p>3.4 The student will use proper form in balance activities on a variety of apparatuses.</p> <p style="padding-left: 40px;">3.4.1 Balance board and large apparatus</p> <p>3.5 The student will use beginning strategies for net and invasions games.</p> <p style="padding-left: 40px;">3.5.1 Keeping object going with partner using striking pattern, placing ball away from opponent in racket sport, hand/foot dribble while preventing an opponent from stealing the ball in basketball/soccer</p>	

Physical Education

2- Uses movement concepts and principles in the development of motor skills

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
<p>K.1 The student will understand a vocabulary of basic movement concepts</p> <p style="padding-left: 40px;">K.1.1 Personal space, high/low levels, fast/slow speeds, light/heavy weights, balance, twist</p> <p>K.2 The student will understand terms that describe a variety of relationships with objects.</p> <p style="padding-left: 40px;">K.2.1 Over/under, forward/back, behind, alongside, through</p> <p>K.3 The student will understand concepts of space awareness and movement control with a variety of basic skills while interacting with others.</p> <p style="padding-left: 40px;">K.3.1 Running, hopping, skipping</p>	<p>3.1 The student will use information from a variety of internal and external sources to improve performance.</p> <p style="padding-left: 40px;">3.1.1 Group projects, student journal self-assessment, peer and coach review</p> <p>3.2 The student will understand principles of practice and conditioning that improve performance.</p> <p style="padding-left: 40px;">3.2.1 Pre- and post-testing</p> <p>3.3 The student will understand proper warm-up and cool-down techniques and reasons for using them.</p> <p style="padding-left: 40px;">3.3.1 Move each joint through a full range of motion</p>	<p>6.1 The student will understand principles of training and conditioning for specific physical activities.</p> <p style="padding-left: 40px;">6.1.1 Pre- and post-testing</p> <p>6.2 The student will understand the critical elements of advanced movement skills.</p> <p style="padding-left: 40px;">6.2.1 Such as a quick start in the 50 meter dash</p> <p>6.3 The student will use basic offensive and defensive strategies in a modified version of a team and individual sport.</p> <p style="padding-left: 40px;">6.3.1 A variety of lead-up activities</p>

Physical Education

2 - Continued

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
<p>K.4 The student will understand the critical elements of a variety of basic movement patterns such as throwing.</p> <p style="padding-left: 40px;">K.4.1 The ready position, arm preparation, step with leg opposite the throwing arm, follow-through, accuracy of throw</p> <p>K.5 The student will use feedback to improve performance.</p> <p style="padding-left: 40px;">K.5.1 Peer / coach review</p> <p>K.6 The student will understand the importance of practice in learning skills.</p> <p style="padding-left: 40px;">K.6.1 <i>Practice in following rules and instructions</i></p>	<p>3.4 The student will use basic offensive and defensive strategies in unstructured game environments.</p> <p style="padding-left: 40px;">3.4.1 Limited rules, modified equipment, small numbers of participants.</p>	<p>6.4 The student will understand movement forms associated with highly skilled physical activities.</p> <p style="padding-left: 40px;">6.4.1 Moves that lead to successful serves, passes, and spikes in an advanced volleyball game.</p>

Physical Education

3 - Understand the benefits and costs associated with participation in physical activity

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
<p>K.1 The student will understand the health benefits of physical activity.</p> <p style="padding-left: 40px;">K.1.1 <i>Personal hygiene habits necessary for good health and physical endurance</i></p>	<p>3.1 The student will know about opportunities for participation in physical activities both in and out of school.</p> <p style="padding-left: 40px;">3.1.1 Recreational leagues, intramural sports, clubs</p> <p>3.2 The student will choose physical activities based on a variety of factors.</p> <p style="padding-left: 40px;">3.2.1 Personal interests and capabilities, perceived social and physical benefits, challenge and enjoyment</p> <p>3.3 The student will know factors that inhibit physical activity.</p> <p style="padding-left: 40px;">3.3.1 Substance abuse</p> <p>3.4 The student will know how to modify activities to be more health-enhancing.</p> <p style="padding-left: 40px;">3.4.1 Walking instead of riding, taking the stairs rather than the elevator.</p>	<p>6.1 The student will understand long-term physiological benefits of regular participation in physical activity.</p> <p style="padding-left: 40px;">6.1.1 Improved cardiovascular and muscular strength, improved flexibility and body composition</p> <p style="padding-left: 40px;">6.1.2 Intramural leagues will be provided on campus for student participation</p> <p>6.2 The student will understand long-term psychological benefits of regular participation in physical activity.</p> <p style="padding-left: 40px;">6.2.1 Healthy self-image, stress reduction, strong mental and emotional health.</p>

Physical Education

3 - Continued

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
	<p>3.5 The students will understand detrimental effects of physical activity.</p> <p>3.5.1 Muscle soreness, overuse injuries, over-training, temporary tiredness, and discovering inability to perform</p> <p>3.6 The students will understand activities that provide personal challenge.</p> <p>3.6.1 Risk-taking, adventure, and competitive activities</p>	

Physical Education

4 - Understands how to monitor and maintain a health-enhancing level of physical fitness

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
<p>K.1 The student will engage in basic activities that cause cardiorespiratory exertion.</p> <p style="padding-left: 40px;">K.1.1 Running, galloping, skipping, hopping</p> <p>K.2 The student will know how to measure cardiorespiratory fitness.</p> <p style="padding-left: 40px;">K.2.1 Listening to heartbeat, counting pulse rate</p> <p>K.3 The student will know the physiological indicators that accompany moderate to vigorous physical activity.</p> <p style="padding-left: 40px;">K.3.1 Perspiration, increased heart and breathing rate</p>	<p>3.1 The student will engage in activities that develop and maintain cardiorespiratory endurance.</p> <p style="padding-left: 40px;">3.1.1 Times or distance walk/run and other endurance activities at a specified heart rate</p> <p>3.2 The student will engage in activities that develop and maintain muscular strength.</p> <p style="padding-left: 40px;">3.2.1 Push-ups, pull-ups, curl-ups, isometric strength activities, jump rope</p> <p>3.3 The student will engage in activities that develop and maintain flexibility of the major joints.</p> <p style="padding-left: 40px;">3.3.1 Sit and reach, trunk twists, and arm-shoulder stretches</p>	<p>6.1 The student will engage in more advanced activities that develop and maintain cardiorespiratory endurance.</p> <p style="padding-left: 40px;">6.1.1 Timed or distance walk/run and other endurance activities at specified heart rate/heart rate recovery</p> <p>6.2 The students will engage in more advanced activities that develop and maintain muscular strength and endurance.</p> <p style="padding-left: 40px;">6.2.1 Calisthenics activities, resistance, and weight training</p> <p>6.3 The student will engage in more advanced levels of activity that develop and maintain flexibility.</p> <p style="padding-left: 40px;">6.3.1 Demonstrate proper techniques for stretching, warm-up and cool-down prior to and following physical activity</p>

Physical Education

4 - Continued

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
<p>K.4 The student will engage in activities that develop muscular strength and endurance</p> <p style="padding-left: 40px;">K.4.1 Climbing, hanging, supporting weight by using hands</p> <p>K.5 The student will engage in activities that require flexibility.</p> <p style="padding-left: 40px;">K.5.1 Stretching toward the toes while in the sit-and-reach position, moving each joint through its full range of motion.</p> <p>K.6 The student will know how body composition influences physical fitness levels.</p> <p style="padding-left: 40px;">K.6.1 Identify changes in one's body during physical activity</p> <p>K.7 The student will know similarities and differences in body height, weight, and shape.</p>	<p>3.4 The student will know the effects of physical activity and nutrition on body composition.</p> <p style="padding-left: 40px;">3.4.1 Participate daily in vigorous, large muscle activity in physical education instructional classes</p> <p>3.5 The student will know how to monitor intensity of exercise.</p> <p style="padding-left: 40px;">3.5.1 Heart rate, breathing rate, perceived exertion, and recovery rate</p> <p>3.6 The student will meet health-related fitness standards for appropriate level of a standardized physical fitness test.</p> <p style="padding-left: 40px;">3.6.1 Aerobic capacity, body composition, muscle strength, endurance, and flexibility</p>	<p>6.4 The student will understand the role of exercise and other factors in weight control and body composition.</p> <p style="padding-left: 40px;">6.4.1 Daily participation in strenuous physical activity in all physical education classes</p> <p>6.5 The student will understand basic principles of training that improve physical fitness.</p> <p style="padding-left: 40px;">6.5.1 Threshold, overload, specificity, frequency, intensity, duration, and mode of exercise</p> <p>6.6 The student will meet health-related fitness standards for appropriate level of standardized physical fitness test.</p> <p style="padding-left: 40px;">6.6.1 Aerobic capacity, body composition, muscle strength, endurance, and flexibility</p>

Physical Education

4 - Continued

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
<p>K.7.1 Appreciate differences and similarities in others</p>	<p>3.7 The student will know the characteristics of a healthy lifestyle.</p> <p>3.7.1 Daily health-enhancing physical activity, proper nutrition</p> <p>3.8 The student will use information from fitness assessments to improve selected fitness components.</p> <p>3.8.1 Cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition</p> <p>3.9 The student will participate in moderate to vigorous physical activity in a variety of settings.</p> <p>3.9.1 Gymnastic clubs, community sponsored youth sports</p>	<p>6.7 The student will know how to interpret the results of physical fitness assessments and use the information to develop individual fitness goals.</p> <p>6.7.1 Individual fitness cards will be kept</p> <p>6.8 The student will know how to differentiate the body's response to physical activities of various exercise intensities.</p> <p>6.8.1 Measurement of heart rate, resting heart rate, heart rate recovery; taking pulse at rest and during exercise</p>

Physical Education

5 - Understands the social and personal responsibility associated with participation in physical activity

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
<p>K.1 The student will follow rules and procedures with little reinforcement.</p> <p style="padding-left: 40px;">K.1.1 Playground, classroom and gymnasium rules</p> <p>K.2 The student will use equipment and space safely and properly.</p> <p style="padding-left: 40px;">K.2.1 Takes turns using equipment, puts equipment away when not in use</p> <p>K.3 The student will understand the purpose of rules in games.</p> <p style="padding-left: 40px;">K.3.1 Safety</p> <p>K.4 The student will understand the social contributions of physical activity.</p>	<p>3.1 The students will know how to develop rules, procedures, and etiquette that are safe and effective for specific activity situations.</p> <p style="padding-left: 40px;">3.1.1 Distinguish between compliance and non-compliance with game rules, sportsmanship and fair play</p> <p>3.2 The student will work in a group to accomplish a set goal in both cooperative and competitive activities.</p> <p style="padding-left: 40px;">3.2.1 Demonstrate responsibility and fair play as a member of a team</p> <p>3.3 The student will understand the role of physical activities in learning more about others of like and different backgrounds.</p> <p style="padding-left: 40px;">3.3.1 Gender, culture, ethnicity, and disability</p>	<p>6.1 The student will understand the importance of rules, procedures, and safe practice in physical activity settings.</p> <p style="padding-left: 40px;">6.1.1 Students will have the opportunity to officiate games</p> <p>6.2 The student will understand proper attitude toward both winning and losing.</p> <p style="padding-left: 40px;">6.2.1 Demonstrates good sportmanship</p> <p>6.3 The student will know the difference between inclusive and exclusionary behaviors in physical activity settings.</p> <p style="padding-left: 40px;">6.3.1 Changing rules of activity to include less skilled players; Failing to pass ball to less skilled players</p>

Physical Education

5 - Continued

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
<p style="text-align: center;">K.4.1 Learning to cooperate and interact with others, having a role in team sports</p> <p>K.5 The student will work cooperatively with another to complete an assigned task.</p> <p style="text-align: center;">K.5.1 Takes turns, is supportive, assists partner</p> <p>K.6 The student will understand the elements of socially acceptable conflict resolution in physical activity settings.</p> <p style="text-align: center;">K.6.1 Cooperation, sharing, consideration</p> <p>K.7 The student will understand the importance of playing, cooperating, and respecting others regardless of personal differences during physical activity.</p>	<p>3.4 The student will understand the physical challenges faced by people with disabilities.</p> <p style="text-align: center;">3.4.1 Participate in activities with an artificial disability</p> <p>3.5 The student will understand the origins of different sports and how they have evolved.</p> <p style="text-align: center;">3.5.1 Report on a sport</p>	<p>6.4 The student will understand physical activity as a vehicle for self-expression.</p> <p style="text-align: center;">6.4.1 Dance, gymnastics, and various sport activities</p> <p>6.5 The student will understand the concept that physical activity is a microcosm of modern culture and society.</p> <p style="text-align: center;">6.5.1 Sport, games, dance</p>

Physical Education

5 - Continued

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
K.7.1 Gender, ethnicity, disability		