

ICS Elementary Physical Education Standards

The documents used in drafting these physical education standards include the North Dakota Physical Education Content and Achievement Standards, the National Standards for Physical Education, and the Ohio Department of Education Physical Education Standards.

Grade K - 5

1: Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.

Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
K.1.a Demonstrate basic locomotor skills in a variety of ways.	1.1.a Demonstrate basic locomotor skills while changing direction and/or speed.	2.1.a Demonstrate basic locomotor skills, weight transfer, and balance skills.	3.1.a Demonstrate running as a basic locomotor skill.	4.1.a Demonstrate leaping as a basic locomotor skill.	5.1.a Demonstrate use of locomotor skills in a sequence.
K.1.b Demonstrate basic object control skill, such as rolling a ball.	1.1.b Demonstrate basic object control skill in a variety of ways.	2.1.b Demonstrate basic object control in a variety of ways.	3.1.b Demonstrate object control, such as catching a variety of objects and dribbling.	4.1.b Demonstrate object control, such as kicking a ball to a moving target, dribbling, and catching.	5.1.b Demonstrate object control skills to complete a task, such as dribbling with control.
K.1.c Demonstrate basic non-locomotor skills in a variety of ways.	1.1.c Demonstrate basic non-locomotor skills in a variety of ways.	2.1.c Combine non-locomotor and locomotor skills.	3.1.c Combine non-locomotor and locomotor skills to complete a task.	4.1.c Combine non-locomotor and locomotor skills to complete a sequence of movements.	5.1.c Combine non-locomotor and locomotor skills to complete a sequence of movements.
K.1.d Demonstrate use of appropriate body control while moving.	1.1.d Demonstrate appropriate body control in travel activities.	2.1.d Demonstrate control in travel activities at various speeds and static balance.	3.1.d Demonstrate control in static and dynamic balance activities.	4.1.d Demonstrate ability to adapt a skill to the demands of the environment.	5.1.d Demonstrate ability to adapt a skill to the demands of the environment.

2: Demonstrate understanding and use of movement concepts, principles, strategies, and tactics to learn and perform physical activities.

Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
K.2.a Respond to visual and verbal cues.	1.2.a Demonstrate patterns of over, under, around, and through.	2.2.a Demonstrate patterns of left/right, forward/backward, and zigzag when given verbal cues.	3.2.a Demonstrate basic movement concepts and strategies.	4.2.a Demonstrate basic offensive/defensive strategies.	5.2.a Demonstrate basic offensive/defensive strategies.
K.2.b Demonstrate knowledge of movement concepts. Identify basic body parts and move them in a variety of ways.	1.2.b Demonstrate knowledge of movement vocabulary and identify basic body planes.	2.2.b Apply movement concepts to modify performance.	3.2.b Demonstrate basic tactics and principles of movement, such as understanding boundaries and modify movement to meet demand.	4.2.b Demonstrate basic tactics and principles of movement, such as understanding spacing and weight transfer.	5.2.b Demonstrate basic tactics and principles of movement, such as modifying movement, use of balance, understanding of positioning, and decision-making capabilities.
K.2.c Differentiate among locomotor skills and non-locomotor skills.	1.2.c Differentiate among manipulative skills.	2.2.c Identify elements which lead to successful performance of locomotor, non-locomotor, and manipulative skills.	3.2.c Demonstrate knowledge of essential elements for more complex motor skills, such as explaining how performance improves with practice.	4.2.c Demonstrate knowledge of essential elements for more complex motor skills, using self assessment to refine movement skills.	5.2.c Apply concepts that impact quality of movement and apply feedback to improve motor performance.

3: Participate in regular physical activity.

Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade5
K.3.a Identify basic health benefits of regular physical activity.	1.3.a Demonstrate understanding that physical activity has a temporary and lasting effect on the body.	2.3.a Describe health benefits of regular physical activity.	3.3.a Compare types of physical activities that enhance health and identify the benefits of flexibility.	4.3.a Identify benefits of cardio-respiratory endurance.	5.3.a Identify health benefits associated with muscular strength and endurance.
K.3.b Participate in physical activity.	1.3.b Participate in a variety of moderate physical activity.	2.3.b Participate in a variety of moderate physical activity.	3.3.b Participate in moderate to vigorous physical activity.	4.3.b Participate in moderate to vigorous physical activity.	5.3.b Participate in moderate to vigorous physical activity.

4: Demonstrate understanding and use of fitness concepts to achieve and maintain a health-enhancing level of physical fitness.

Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade5
K.4.a Recognize changes in the body in response to physical activity, such as perspiration, increased breathing, increased thirst, and red face.	1.4.a Identify changes in the body in response to physical activity, such as increased heart rate and perspiration.	2.4.a Describe body changes that result from consistent participation in physical activity.	3.4.a Describe immediate physiological response to various flexibility activities.	4.4.a Identify immediate and long-term physiological responses and health related benefits of fitness.	5.4.a Describe the relationship between regular physical activity and physical fitness and set a fitness goal.
K.4.b Identify health-related changes in the body due to physical activity, such as increased heart rate.	1.4.b Identify activities that affect various parts of the body, such as heart and muscles.	2.4.b Demonstrate activities that develop muscular strength, heart fitness, and endurance.	3.4.b Identify strengths and areas of need based on fitness assessment.	4.4.b Identify strengths and areas of need based on fitness assessment.	5.4.b Identify strengths and areas of need based on fitness assessment to improve health-related fitness level.

5: Demonstrate responsible personal and social behavior in physical activity settings.

Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade5
K.5.a Follow rules and procedures with teacher reinforcement.	1.5.a Follow rules and procedures.	2.5.a Identify reasons for rules and procedures.	3.5.a Follow rules, procedures, and safe practices in physical activities.	4.5.a Follow rules, procedures, and safe practices in physical activities without reminders and accept responsibility for own actions.	5.5.a Follow rules, procedures, and safe practices in physical activities without reminders and accept responsibility for own actions.
K.5.b Follow directions and handle equipment safely.	1.5.b Follow directions and handle equipment safely.	2.5.b Follow directions and handle equipment safely.	3.5.b Follow directions and handle equipment safely.	4.5.b Respect self, others, and equipment.	5.5.b Demonstrate the ability to work independently to complete a task.
K.5.c Identify examples of and demonstrate cooperation and respect for self and others.	1.5.c Describe examples of and demonstrate cooperation and respect for self and others.	2.5.b Demonstrate cooperation and respect for self and others.	3.5.c Demonstrate cooperation and respect for others when working to achieve a common goal.	4.5.c Demonstrate cooperation and respect for others when working to achieve a common goal.	5.5.c Demonstrate cooperation and respect for others when working to achieve a common goal.
			3.5.d Identify appropriate means of communication.	4.5.d Demonstrate appropriate means of communication.	5.5.d Demonstrate appropriate means of communication.

6: Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
K.6.a Pursue an energetic, wholesome lifestyle by active participation in physical activities for enjoyment.	1.6.a Pursue an energetic, wholesome lifestyle by active participation in physical activities for enjoyment.	2.6.a Pursue an energetic, wholesome lifestyle by active participation in physical activities for enjoyment.	3.6.a Identify positive feelings associated with participation in physical activity and pursuit of an energetic, wholesome lifestyle.	4.6.a Celebrate personal achievement and that of others due to practice and the pursuit of an energetic, wholesome lifestyle.	5.6.a Celebrate personal achievement and that of others due to practice and the pursuit of an energetic, wholesome lifestyle.
K.6.b Explore a variety of movement tasks and ways to manipulate objects.	1.6.b Try new movement tasks, skills, and ways of controlling objects.	2.6.b Practice to refine performance of movement tasks and manipulative skills.	3.6.b Select and practice skills and physically challenging activities.	4.6.b Select and practice skills and physically challenging activities.	5.6.b Select and practice skills and physically challenging activities.
K.6.c Use movement to express a feeling, tell a story, or show effort	1.6.c Express feelings on progress made on learning a new skill and from participation in physical activity.	2.6.c Express feelings on progress made learning a new skill and enjoy participating with others to achieve a physical activity goal.	3.6.c Demonstrate enjoyment and interact positively with others in a variety of physical activities.	4.6.c Demonstrate enjoyment and interact positively with others in a variety of physical activities.	5.6.c Interact positively with others in a variety of physical activities.