



# Standards Overview

Subject: Physical Education

Monday, December 16, 2013, 10:25AM

## Physical Education Kindergarten

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

- K.1.a Demonstrate basic locomotor skills in a variety of ways. [ [Targeted Standards:4 Assessments:1](#) ]
- K.1.b Demonstrate basic object control skill, such as rolling a ball. [ [Targeted Standards:2](#) ]
- K.1.c Demonstrate basic non-locomotor skills in a variety of ways. [ [Targeted Standards:3](#) ]
- K.1.d Demonstrate use of appropriate body control while moving.

## Physical Education Grade 1

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

- 1.1.a Demonstrate basic locomotor skills while changing direction and/or speed. [ [Targeted Standards:45 Assessments:47](#) ]
- 1.1.b Demonstrate basic object control skill in a variety of ways. [ [Targeted Standards:33 Assessments:35](#) ]
- 1.1.c Demonstrate basic non-locomotor skills in a variety of ways. [ [Targeted Standards:14 Assessments:18](#) ]
- 1.1.d Demonstrate appropriate body control in travel

## Physical Education Grade 2

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

- 2.1.a Demonstrate basic locomotor skills, weight transfer, and balance skills. [ [Targeted Standards:2 Assessments:1](#) ]
- 2.1.b Demonstrate basic object control in a variety of ways. [ [Targeted Standards:2 Assessments:1](#) ]
- 2.1.c Combine non-locomotor and locomotor skills. [ [Targeted Standards:2 Assessments:1](#) ]
- 2.1.d Demonstrate control in travel activities at

## Physical Education Grade 3

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

- 3.1.a Demonstrate running as a basic locomotor skill. [ [Targeted Standards:2 Assessments:2](#) ]
- 3.1.b Demonstrate object control, such as catching a variety of objects and dribbling. [ [Targeted Standards:7 Assessments:6](#) ]
- 3.1.c Combine non-locomotor and locomotor skills to complete a task. [ [Targeted Standards:5 Assessments:3](#) ]

## Physical Education Grade 4

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

- 4.1.a Demonstrate leaping as a basic locomotor skill. [ [Targeted Standards:3 Assessments:3](#) ]
- 4.1.b Demonstrate object control, such as kicking a ball to a moving target, dribbling, and catching. [ [Targeted Standards:6 Assessments:4](#) ]
- 4.1.c Combine non-locomotor and locomotor skills to complete a sequence of movements. [ [Targeted Standards:8 Assessments:6](#) ]
- 4.1.d Demonstrate

## Physical Education Grade 5

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

- 5.1.a Demonstrate use of locomotor skills in a sequence. [ [Targeted Standards:12 Assessments:10](#) ]
- 5.1.b Demonstrate object control skills to complete a task, such as dribbling with control. [ [Targeted Standards:7 Assessments:3](#) ]
- 5.1.c Combine non-locomotor and locomotor skills to complete a sequence of movements. [ [Targeted Standards:6 Assessments:4](#) ]
- 5.1.d Demonstrate ability to adapt a skill to the

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[ [Targeted Standards:4 A sssessments:1](#) ]

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

- K.2.a Respond to visual and verbal cues. [ [Targeted Standards:4 A sssessments:1](#) ]
- K.2.b Demonstrate knowledge of movement concepts. Identify basic body parts and move them in a variety of ways. [ [Targeted Standards:3 A sssessments:1](#) ]
- K.2.c Differentiate among locomotor skills and non-locomotor skills. [ [Targeted Standards:1](#) ]

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activities. [ [Targeted Standards:39 A sssessments:41](#) ]

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

- 1.2.a Demonstrate patterns of over, under, around, and through. [ [Targeted Standards:10 A sssessments:12](#) ]
- 1.2.b Demonstrate knowledge of movement vocabulary and identify basic body planes. [ [Targeted Standards:18 A sssessments:20](#) ]
- 1.2.c Differentiate among manipulative skills. [ [Targeted Standards:12 A sssessments:14](#) ]

**3: Participate in regular physical activity.**

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Grade 2**

various speeds and static balance. [ [Targeted Standards:2 A sssessments:1](#) ]

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

- 2.2.a Demonstrate patterns of left/right, forward/backward, and zigzag when given verbal cues. [ [Targeted Standards:1](#) ]
- 2.2.b Apply movement concepts to modify performance. [ [Targeted Standards:1](#) ]
- 2.2.c Identify elements which lead to successful performance of locomotor, non-locomotor, and manipulative skills.

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- 3.1.d Demonstrate control in static and dynamic balance activities. [ [Targeted Standards:4 A sssessments:3](#) ]

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

- 3.2.a Demonstrate basic movement concepts and strategies. [ [Targeted Standards:7 A sssessments:6](#) ]
- 3.2.b Demonstrate basic tactics and principles of movement, such as understanding boundaries and modify movement to meet demand. [ [Targeted Standards:4 A sssessments:2](#) ]

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ability to adapt a skill to the demands of the environment. [ [Targeted Standards:1 A sssessments:1](#) ]

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

- 4.2.a Demonstrate basic offensive/defensive strategies. [ [Targeted Standards:7 A sssessments:4](#) ]
- 4.2.b Demonstrate basic tactics and principles of movement, such as understanding spacing and weight transfer. [ [Targeted Standards:4 A sssessments:3](#) ]
- 4.2.c Demonstrate knowledge of essential elements for more complex motor skills,

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demands of the environment. [ [Targeted Standards:2 A sssessments:1](#) ]

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

- 5.2.a Demonstrate basic offensive/defensive strategies. [ [Targeted Standards:7 A sssessments:3](#) ]
- 5.2.b Demonstrate basic tactics and principles of movement, such as modifying movement, use of balance, understanding of positioning, and decision-making capabilities. [ [Targeted Standards:7 A sssessments:6](#) ]
- 5.2.c Apply concepts that impact quality of movement and apply feedback to improve motor

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**3: Participate in regular physical activity.**

- K.3.a Identify basic health benefits of regular physical activity.
- K.3.b Participate in physical activity. [ [Targeted Standards:3](#) ]

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

- K.4.a Recognize changes in the body in response to physical activity, such as perspiration, increased breathing, increased thirst, and red face.
- K.4.b Identify health-related changes in the body due to physical activity, such as increased heart

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- 1.3.a Demonstrate understanding that physical activity has a temporary and lasting effect on the body. [ [Targeted Standards:11 A sssessments:11](#) ]
- 1.3.b Participate in a variety of moderate physical activity. [ [Targeted Standards:31 A sssessments:33](#) ]

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

- 1.4.a Identify changes in the body in response to physical activity, such as increased heart rate and perspiration. [ [Targeted Standards:7 As sssessments:7](#) ]
- 1.4.b Identify activities that affect various parts of the body, such as heart

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[ [Targeted Standards:1](#) ]

**3: Participate in regular physical activity.**

- 2.3.a Describe health benefits of regular physical activity.
- 2.3.b Participate in a variety of moderate physical activity. [ [Targeted Standards:2 A sssessments:1](#) ]

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

- 2.4.a Describe body changes that result from consistent participation in physical activity. [ [Targeted Standards:1](#) ]
- 2.4.b Demonstrate

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- 3.2.c Demonstrate knowledge of essential elements for more complex motor skills, such as explaining how performance improves with practice. [ [Targeted Standards:7 A sssessments:5](#) ]

**3: Participate in regular physical activity.**

- 3.3.a Compare types of physical activities that enhance health and identify the benefits of flexibility. [ [Targeted Standards:2 A sssessments:1](#) ]
- 3.3.b Participate in moderate to vigorous physical activity. [ [Targeted Standards:8 A sssessments:3](#) ]

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using self assessment to refine movement skills. [ [Targeted Standards:3 As sssessments:1](#) ]

**3: Participate in regular physical activity.**

- 4.3.a Identify benefits of cardio-respiratory endurance. [ [Targeted Standards:1 As sssessments:1](#) ]
- 4.3.b Participate in moderate to vigorous physical activity. [ [Targeted Standards:11 A sssessments:6](#) ]

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

- 4.4.a Identify immediate and long-term physiological responses and health related benefits of fitness.

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performance. [ [Targeted Standards:7 As sssessments:2](#) ]

**3: Participate in regular physical activity.**

- 5.3.a Identify health benefits associated with muscular strength and endurance. [ [Targeted Standards:1](#) ]
- 5.3.b Participate in moderate to vigorous physical activity. [ [Targeted Standards:10 A sssessments:6](#) ]

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

- 5.4.a Describe the relationship between regular physical activity and physical fitness and set a fitness goal. [ [Targeted Standards:1 As sssessments:1](#) ]
- 5.4.b Identify

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rate.

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

- K.5.a Follow rules and procedures with teacher reinforcement. [ [Targeted Standards:3](#) ]
- K.5.b Follow directions and handle equipment safely. [ [Targeted Standards:2](#) ]
- K.5.c Identify examples of and demonstrate cooperation and respect for self and others. [ [Targeted Standards:3 A sssessments:1](#) ]

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

- K.6.a Pursue an energetic,

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and muscles. [ [Targeted Standards:7 As sessments:7](#) ]

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

- 1.5.a Follow rules and procedures. [ [Targeted Standards:45 A sssessments:47](#) ]
- 1.5.b Follow directions and handle equipment safely. [ [Targeted Standards:40 A sssessments:42](#) ]
- 1.5.c Describe examples of and demonstrate cooperation and respect for self and others. [ [Targeted Standards:12 A sssessments:12](#) ]

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

- 1.6.a Pursue an

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activities that develop muscular strength, heart fitness, and endurance. [ [Targeted Standards:1](#) ]

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

- 2.5.a Identify reasons for rules and procedures. [ [Targeted Standards:1 A sssessments:1](#) ]
- 2.5.b Follow directions and handle equipment safely. [ [Targeted Standards:3 A sssessments:2](#) ]
- 2.5.b Demonstrate cooperation and respect for self and others. [ [Targeted Standards:2 A sssessments:1](#) ]

**6: Value physical**

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]

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

- 3.4.a Describe immediate physiological response to various flexibility activities. [ [Targeted Standards:1](#) ]
- 3.4.b Identify strengths and areas of need based on fitness assessment. [ [Targeted Standards:4 A sssessments:4](#) ]

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

- 3.5.a Follow rules, procedures, and safe practices in physical

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[ [Targeted Standards:1](#) ]

- 4.4.b Identify strengths and areas of need based on fitness assessment. [ [Targeted Standards:4 As sessments:3](#) ]

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

- 4.5.a Follow rules, procedures, and safe practices in physical activities without reminders and accept responsibility for own actions. [ [Targeted Standards:10 A sssessments:9](#) ]
- 4.5.b Respect self, others, and equipment. [ [Targeted Standards:10 A sssessments:4](#) ]
- 4.5.c Demonstrate cooperation and respect for others when working to achieve a

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strengths and areas of need based on fitness assessment to improve health-related fitness level.

[ [Targeted Standards:5 As sessments:2](#) ]

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

- 5.5.a Follow rules, procedures, and safe practices in physical activities without reminders and accept responsibility for own actions. [ [Targeted Standards:10 A sssessments:7](#) ]
- 5.5.b Demonstrate the ability to work independently to complete a task. [ [Targeted Standards:5 As sessments:4](#) ]
- 5.5.c Demonstrate cooperation and respect for others when working to

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wholesome lifestyle by active participation in physical activities for enjoyment.

[ [Targeted Standards:2](#) ]

- K.6.b Explore a variety of movement tasks and ways to manipulate objects. [ [Targeted Standards:3](#) ]
- K.6.c Use movement to express a feeling, tell a story, or show effort [ [Targeted Standards:2](#) ]

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energetic, wholesome lifestyle by active participation in physical activities for enjoyment.

[ [Targeted Standards:8 Assessments:8](#) ]

- 1.6.b Try new movement tasks, skills, and ways of controlling objects. [ [Targeted Standards:27 Assessments:29](#) ]
- 1.6.c Express feelings on progress made on learning a new skill and from participation in physical activity. [ [Targeted Standards:8 Assessments:10](#) ]

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**activity for health, enjoyment, challenge, self-expression and/or social interaction.**

- 2.6.a Pursue an energetic, wholesome lifestyle by active participation in physical activities for enjoyment. [ [Targeted Standards:1](#) ]
- 2.6.b Practice to refine performance of movement tasks and manipulative skills. [ [Targeted Standards:1](#) ]
- 2.6.c Express feelings on progress made learning a new skill and enjoy participating with others to achieve a physical activity goal.

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activities. [ [Targeted Standards:9 Assessments:6](#) ]

- 3.5.b Follow directions and handle equipment safely. [ [Targeted Standards:6 Assessments:3](#) ]
- 3.5.c Demonstrate cooperation and respect for others when working to achieve a common goal. [ [Targeted Standards:4 Assessments:1](#) ]
- 3.5.d Identify appropriate means of communication. [ [Targeted Standards:3 Assessments:2](#) ]

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

- 3.6.a Identify positive

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common goal. [ [Targeted Standards:4 Assessments:2](#) ]

- 4.5.d Demonstrate appropriate means of communication. [ [Targeted Standards:1](#) ]

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

- 4.6.a Celebrate personal achievement and that of others due to practice and the pursuit of an energetic, wholesome lifestyle. [ [Targeted Standards:2](#) ]
- 4.6.b Select and practice skills and physically challenging activities. [ [Targeted Standards:3 Assessments:2](#) ]
- 4.6.c Demonstrate enjoyment and interact positively with

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achieve a common goal. [ [Targeted Standards:7 Assessments:2](#) ]

- 5.5.d Demonstrate appropriate means of communication. [ [Targeted Standards:6 Assessments:1](#) ]

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

- 5.6.a Celebrate personal achievement and that of others due to practice and the pursuit of an energetic, wholesome lifestyle. [ [Targeted Standards:2](#) ]
- 5.6.b Select and practice skills and physically challenging activities. [ [Targeted Standards:6 Assessments:1](#) ]
- 5.6.c Interact positively with others in a variety of

| Physical Education Kindergarten | Physical Education Grade 1 | Physical Education Grade 2 | Physical Education Grade 3   | Physical Education Grade 4   | Physical Education Grade 5  |
|---------------------------------|----------------------------|----------------------------|--|--|---|
|                                 |                            |                            | <p>feelings associated with participation in physical activity and pursuit of an energetic, wholesome lifestyle.<br/> <a href="#">[ Targeted Standards:4 Assessments:3 ]</a></p> <ul style="list-style-type: none"> <li>▪ 3.6.b Select and practice skills and physically challenging activities.<br/> <a href="#">[ Targeted Standards:4 Assessments:3 ]</a></li> <li>▪ 3.6.c Demonstrate enjoyment and interact positively with others in a variety of physical activities.<br/> <a href="#">[ Targeted Standards:6 Assessments:4 ]</a></li> </ul> | <p>others in a variety of physical activities.<br/> <a href="#">[ Targeted Standards:5 Assessments:4 ]</a></p> | <p>physical activities.<br/> <a href="#">[ Targeted Standards:8 Assessments:4 ]</a></p> |