

## PE CONTENT STANDARD 1: Physical Activity

***Students will become competent in a variety of, and proficient in a few, physical activities***

<b><i>Grades K-2</i></b>	<b><i>Grades 3-4</i></b>	<b><i>Grades 5-6</i></b>	<b><i>Grades 7-8</i></b>	<b><i>Grades 9-10</i></b>	<b><i>Grades 11-12</i></b>
<p>Travel safely in different directions using the varying locomotor skills.</p> <p>Roll body smoothly, with-out stopping or hesitating, in forward/sideways directions.</p> <p>Balance demonstrating momentary stillness, in symmetrical and asymmetrical shapes.</p> <p>Balance with control on stationary objects.</p> <p>Catch an object effectively.</p> <p>Throw an object (at varying speeds) using a fluid motion.</p> <p>Consistently kick/strike an object with another object or body parts.</p> <p>Continuously dribble the ball using the hands or feet.</p> <p>Repeatedly jump a self-turned rope.</p> <p>Demonstrate skills of chasing, fleeing and dodging.</p>	<p>Develop patterns and combinations of locomotor and non-locomotor movements into repeatable sequences.</p> <p>Roll, in a backward direction, without hesitating or stopping.</p> <p>Consistently catch, throw or kick/strike an object with another object or body part back to a target/partner (e.g., the underhand pass in volleyball, kicking into a goal).</p> <p>Hand dribble and foot dribble a ball and maintain control while traveling within a group.</p> <p>Transfer weight, from feet to hands and land in control.</p> <p>Repeatedly jump a self-turned rope while initiating various movement patterns.</p> <p>While traveling, avoid or catch an individual or object.</p>	<p>Design and perform movement patterns in gymnastics, dance and sport activities that combine traveling, rolling, balancing and weight transfer into smooth, flowing sequences with intentional changes in direction, speed and flow.</p> <p>Throw/strike a ball or object demonstrating both accuracy and distance.</p> <p>Hand/foot dribble while preventing an opponent from stealing the ball.</p> <p>In a small group keep an object continuously in the air without catching it.</p> <p>Throw and catch a ball/object while being guarded by opponents.</p> <p>Participate in small group activities that involve cooperating with others to keep an object away from opponents (basic offensive and defensive strategies).</p>	<p>Become competent in a variety of, and proficient in a few, physical activities.</p> <p>Consistently throw and catch a ball while guarded by opponents.</p> <p>Combine skills with basic offensive and defensive strategies to participate in modified versions of team and individual sports.</p>	<p>Utilize fundamental movement skills in the execution of a variety of game, sport and dance activities.</p> <p>Demonstrate basic competence and participation in physical activities selected from the following categories: team and individual activities, outdoor pursuits, leisure/lifetime activities, and cooperative activities.</p>	<p>Demonstrate intermediate or advanced competence in physical activities selected from the following categories: team and individual activities, outdoor pursuits, leisure/lifetime activities, and cooperative activities.</p>

**PE CONTENT STANDARD 2: Human Movement**

***Students will know how to prevent injury and disease.***

<i>Grades K-2</i>	<i>Grades 3-4</i>	<i>Grades 5-6</i>	<i>Grades 7-8</i>	<i>Grades 9-10</i>	<i>Grades 11-12</i>
<p>Use different pathways, levels and speeds demonstrating the various locomotor skills safely.</p> <p>Identify ready position, eye contact and absorption of force as critical elements in catching an object.</p> <p>Identify correct elements of dribbling (e.g., correct position of hand or foot and appropriate force on the ball.)</p> <p>Identify tracking of the rope, rhythm and timing, pace/speed ,and turning the rope with a fluid motion as critical elements in the successful performance of jumping rope.</p>	<p>Identify the effects of body rotation, opposition, weight transfer and follow-through on throwing an object.</p> <p>Recognize and apply eye-hand/foot coordination and spatial awareness to the skills of dribbling.</p> <p>Improve stability by keeping the center of gravity over the base of support.</p> <p>Apply beginning offensive and defensive concepts such as: blocking, shielding, protecting, as well as spatial orientation.</p>	<p>Detect, analyze and make adjustments in personal movement patterns.</p> <p>Give and receive critical feedback regarding movement performance.</p> <p>Use basic offensive and defensive strategies in modified/adapted activities.</p> <p>Recognize the carry-over of general movement skills that can be applied to specific activities.</p>	<p>Analyze the influence of personal decisions and social pressures on participation in risk-taking behavior and develop an action plan incorporating strategies to address these pressures.</p> <p>Analyze the impact of influences, personal desires and social pressures on skills necessary to avoid dangerous situation and modify/adapt these skills to avoid dangerous situations.</p> <p>Recognize basic first aid and rescue breathing techniques and be able to apply them appropriately.</p> <p>Identify personal behaviors that increase the risk of developing communicable diseases and develop strategies to minimize risk.</p> <p>Utilize resources and skills to resolve conflicts peacefully (e.g., peer mediation, support services).</p> <p>Identify strategies to protect against sexual assault, harassment and abuse.</p> <p>Assess situations that have the potential for sexual assault, harassment, or abuse and develop strategies for prevention.</p> <p>Identify professional and other resources in the home, school and community which assist individuals who have experienced these crimes.</p>	<p>Analyze movement performance using spin and rebound principles in order to learn and improve movement skills</p> <p>Apply biomechanical concepts and principles to analyze and improve individual performance.</p> <p>Identify correctly the critical elements for successful performance within the context of the activity.</p> <p>Describe and demonstrate the significance of some basic physiological principles to the development of a personal fitness program.</p>	<p>Explain and apply the overload principle in designing a personal fitness program</p> <p>Design a long-term plan for self-improvement in a movement activ and explain the relationship of physical, emotional and cognitive factors tl influence the rate of improvement.</p> <p>Use internal and external informat to modify movement during performance.</p>

PE CONTENT STANDARD 3: RESPONSIBLE BEHAVIOR

Students will exhibit responsible personal and social behaviors in physical activity settings.

Grades K-2	Grades 3-4	Grades 5-6	Grades 7-8	Grades 9-10	Grades 11-12
<p>State guidelines and behavior for the safe use of equipment and apparatus.</p> <p>Identify appropriate behaviors for participating with others in physical activity.</p> <p>State reasons for safe and controlled movements.</p> <p>Share space and equipment with others in physical activity settings.</p> <p>Respond appropriately to reinforcement of classroom and activity specific rules.</p> <p>Accept the feelings resulting from challenges, successes and failures in physical activity.</p>	<p>Distinguish between compliance and non-compliance with game rules and fair play.</p> <p>Identify the appropriate safety practices for the chosen activities.</p> <p>Analyze potential risks associated with physical activities.</p> <p>Demonstrate positive ways to resolve conflicts that occur in physical activity settings.</p>	<p>Make responsible decisions about the use of time to complete assigned tasks.</p> <p>Includes concerns for safety in self-designed activities.</p> <p>Distinguished between acts of “courage” and reckless acts.</p> <p>Make conscious decisions about applying rules, procedures and etiquette for specific activity situations</p>	<p>Identify and follow rules while playing sports and games.</p> <p>Describe personal and group conduct, including ethical behavior, appropriate for engaging in physical activity.</p> <p>Make choices based on the safety of self and others.</p> <p>Find positive ways to exert independence and creativity.</p> <p>Handle conflicts that arise with others without confrontation.</p> <p>Consider the consequences when confronted with a behavior choice.</p> <p>Resolve interpersonal conflicts with sensitivity to rights and feelings of others.</p> <p>Collaboratively solve problems by analyzing problems and solutions.</p>	<p>Participate cooperatively and ethically when in competitive physical activities.</p> <p>Positively acknowledge actions of an opponent.</p> <p>Listen to all sides before taking actions in conflict situations.</p> <p>Keep the importance of winning and losing in perspective, relative to other established goals of participation.</p> <p>Recognize elements of fair play, honesty, and ethical behavior in own performance.</p> <p>Accept personal responsibility for one’s level of achievement.</p> <p>Explain why and how a rule makes participation safe.</p>	<p>Set personal goals for activity and works toward their achievement.</p> <p>Encourage others to apply appropriate etiquette in all physical activity settings.</p> <p>Respond to situations with mature personal control.</p> <p>Diffuse potential conflicts by communicating with other participants.</p> <p>Create a safe environment for their skill practice.</p> <p>Take a supportive role in an activity.</p> <p>Cheer outstanding performances of opponents as well as the “favored” team.</p>

**PE CONTENT STANDARD 4: Respect for Differences**

***Students will exhibit an understanding of and respect for differences among people in physical activity settings.***

<i>Grades K-2</i>	<i>Grades 3-4</i>	<i>Grades 5-6</i>	<i>Grades 7-8</i>	<i>Grades 9-10</i>	<i>Grades 11-12</i>
Be considerate and treat others with respect in physical activity settings.  Play and cooperate with others regardless of personal differences.  Identify ways in which all students might be included in an activity.	Appreciate differences and similarities in others during physical activity.  Respect persons from different backgrounds  Celebrate personal successes and achievement as well as those of others.	Recognize the role of games, sports, and dance in getting to know and understand others of like and different cultures.  Seek out, participate with and show respect of persons of like and different skill levels.  Recognize the attributes that individuals with differences can bring to group activities.  Acknowledge differences in the behavior of people of different gender, culture, ethnicity, and disability and seek to learn more about both similarities and differences.  Through verbal and nonverbal behavior demonstrate cooperation with peers of different gender, race and ethnicity in a physical activity setting.	Respect physical and performance limitations of self and others.  Display sensitivity to the feelings of others during interpersonal interactions.  Accept differences in the behavior of people of different gender, culture, ethnicity, and disability and seek to learn more about both similarities and differences.  Assure inclusion of all students in physical activity regardless of differences and/or challenges.	Discuss the historical roles of games, sports and dance in the cultural life of a population.  Enjoy the satisfaction of meeting and cooperating with others of diverse backgrounds during physical activity.  Adjust personal performance to accommodate the differences of individuals’ physical emotional and social characteristics.  Recognize students who do not feel included and makes a deliberate effort to involve them into the activity.	Identify the effects of age, race, gender, ethnicity socioeconomic status and culture upon physical activity references and participation.  Design, adapt and/or modify activities to include persons of diverse backgrounds and/or abilities.

PE CONTENT STANDARD 5: Fitness

Students will use fitness concepts to achieve and maintain a health-enhancing level of physical fitness.

Grades K-2	Grades 3-4	Grades 5-6	Grades 7-8	Grades 9-10	Grades 11-12
<p>Sustain moderate physical activity for longer periods of time</p> <p>Identify changes in the body during physical activity.</p> <p>Support body weight for climbing, hanging, and momentarily taking weight on hands.</p>	<p>Maintain continuous aerobic activity for a specified time.</p> <p>Maintain appropriate body alignment during activity.</p> <p>Support, lift, and control body weight in a variety of activities.</p> <p>Regularly participate in physical activity for the purpose of improving one’s personal physical fitness.</p> <p>Describe healthful benefits that result from regular and appropriate participation in physical activity.</p> <p>Participate in appropriate activity that results in the development of muscular strength.</p>	<p>Correctly demonstrate activities designed to improve and maintain muscular strength and endurance, flexibility, cardio-respiratory functioning and body composition.</p> <p>Participate in moderate activity for a sustained period of time while maintaining a target heart rate.</p> <p>Recover from moderate activity in an appropriate length of time.</p> <p>Identify proper warm up, conditioning, cool down techniques and the reason for using them.</p>	<p>Correctly demonstrate various resistance training techniques.</p> <p>Sustain an aerobic activity, maintaining a target heart rate, to achieve cardiovascular benefits.</p> <p>Participate in an individualized fitness program which includes muscular strength, endurance and flexibility.</p> <p>Maintain a daily record of moderate to vigorous physical activity.</p> <p>Describe principles of training and conditioning for specific physical activities.</p>	<p>Analyze and compare health and fitness benefits derived from various physical activities.</p> <p>Define and determine Maximum Heart Rate and Target Heart Rate, while assessing muscular strength and endurance, flexibility and body composition in order to design and implement an individualized physical fitness program.</p> <p>Participate in a variety of physical activities appropriate for enhancing physical fitness.</p>	<p>Maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility, and body composition necessary for a health lifestyle.</p> <p>Use the results of fitness assessments to guide changes in personal program of physical activity.</p> <p>Participate regularly in physical activities that contribute to the attainment of and maintenance of personal physical activity goals.</p> <p>Analyze time, cost, and accessibility factors related to regular participation in physical activities.</p>