

Physical Education (2011)

Physical Education

Nursery

Standard 1: Uses a variety of basic and advanced movement forms

- 1.1 use a variety of basic locomotor movements (e.g., running, skipping, hopping, sliding)
- 1.2 use a variety of basic non-locomotor skills (e.g., bending, twisting, stretching, turning, lifting)
- 1.3 use a variety of basic object control skills (e.g., underhand and overhand throw, catch, hand dribble, foot dribble, kick and strike)
- 1.4 use simple combinations of fundamental movement skills (e.g., locomotor, non-locomotor, object control, body control, and rhythmical skills)
- 1.5 use control in weight-bearing activities on a variety of body parts (e.g., jumping and landing using combinations of one and two foot take-offs and landings)
- 1.6 use control in balance activities on a variety of body parts (e.g., one foot, one hand and one foot, hands and knees, headstands)
- 1.7 use control in travel activities on a variety of body parts (e.g., travels 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)
- 1.8 use smooth transitions between sequential motor skills (e.g., running into a jump)
- 1.9 use locomotor skills in rhythmical patterns (e.g., even, uneven, fast, and slow)

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

- 2.1 understand a vocabulary of basic movement concepts (e.g., personal space, high/low levels, fast/slow speeds, light/heavy weights, balance, twist)
- 2.2 understand terms that describe a variety of relationships with objects (e.g., over/under, behind, alongside, through)
- 2.3 use concepts of space awareness and movement control with a variety of basic skills (e.g., running, hopping, skipping) while interacting with others

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

- 4.1 engage in basic activities that cause cardio-respiratory exertion (e.g., running, galloping, skipping, hopping)
- 4.2 engage in activities that develop muscular strength and endurance (e.g., climbing, hanging, taking weight on hands)
- 4.3 engage in activities that require flexibility (e.g., stretching toward the toes while in the sit-and-reach position, moving each

joint through its full range of motion)

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

- 5.1 follow rules and procedures (e.g., playground, classroom, and gymnasium rules) with little reinforcement
- 5.2 use equipment and space safely and properly (e.g., takes turns using equipment, puts equipment away when not in use)
- 5.3 understand the purpose of rules in games
- 5.4 understand the social contributions of physical activity (e.g., learning to cooperate and interact with others, having a role in team sports)
- 5.5 work cooperatively (e.g., takes turns, is supportive, assists partner) with another to complete an assigned task
- 5.6 understand the elements of socially acceptable conflict resolution in physical activity settings (e.g., cooperation, sharing, consideration)
- 5.7 understand the importance of playing, cooperating, and respecting others regardless of personal differences (e.g., gender, ethnicity, disability) during physical activity

KG

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Grades 1-2

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1.2 Uses a variety of basic non-locomotor skills (e.g., bending, twisting, stretching, turning, lifting)

1.3 Uses a variety of basic object control skills (e.g., underhand and overhand throw, catch, hand dribble, foot dribble, kick and strike)

1.4 Uses simple combinations of fundamental movement skills (e.g., locomotor, non-locomotor, object control, body control, and rhythmical skills)

1.5 Uses control in weight-bearing activities on a variety of body parts (e.g., jumping and landing using combinations of one and two foot take-offs and landings)

1.6 Uses control in balance activities on a variety of body parts (e.g., one foot, one hand and one foot, hands and knees, headstands)

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

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2.2 Understands terms that describe a variety of relationships with objects (e.g., over/under, behind, alongside, through)

2.3 Uses concepts of space awareness and movement control with a variety of basic skills (e.g., running, hopping, skipping) while interacting with others

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

4.1 Engages in basic activities that cause cardio-respiratory exertion (e.g., running, galloping, skipping, hopping)

4.2 Engages in activities that develop muscular strength and endurance (e.g., climbing, hanging, taking weight on hands)

4.3 Engages in activities that require flexibility (e.g., stretching toward the toes while in the sit-and-reach position, moving each joint through its full range of motion)

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

5.1 Follows rules and procedures (e.g., playground, classroom, and gymnasium rules) with little reinforcement

5.2 Uses equipment and space safely and properly (e.g., takes turns using equipment, puts equipment away when not in use)

5.3 Understands the purpose of rules in games

5.4 Understands the social contributions of physical activity (e.g., learning to cooperate and interact with others, having a role in team sports)

5.5 Works cooperatively (e.g., takes turns, is supportive, assists partner) with another to complete an assigned task

5.6 Understands the elements of socially acceptable conflict resolution in physical activity settings (e.g., cooperation, sharing, consideration)

5.7 Understands the importance of playing, cooperating, and respecting others regardless of personal differences (e.g., gender, ethnicity, disability) during physical activity

Grades 3-4

Standard 1: Uses a variety of basic and advanced movement forms

1.1 Uses mature form in object control skills (e.g., underhand and overhand throw, catch, hand dribble, foot dribble, kick and strike, batting, punt, pass)

1.2 Uses mature form and appropriate sequence in combinations of fundamental locomotor, object control, and rhythmical skills that are components of selected modified games, sports, and dances (e.g., combining steps to perform certain dances; combining running, stopping, throwing, shooting, kicking for sideline soccer)

1.3 Uses mature form and appropriate sequence in combinations of fundamental locomotor, object control, and rhythmical skills that are components of selected modified games, sports, and dances (e.g., combining steps to perform certain dances; combining running, stopping, throwing, shooting, kicking for sideline soccer)

1.4 Uses beginning strategies for net and invasion games (e.g., keeping object going with partner using striking pattern, placing ball away from opponent in a racket sport, hand and foot dribble while preventing an opponent from stealing the ball in basketball)

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

2.1 Understands proper warm-up and cool-down techniques and reasons for using them

2.2 Uses basic offensive and defensive strategies in unstructured game environments (e.g., limited rules, modified equipment, small numbers of participants)

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

4.1 Engages in activities that develop and maintain cardio-respiratory endurance (e.g., timed or distance walk/run and other endurance activities at a specified heart rate)

4.2 Engages in activities that develop and maintain muscular strength (e.g., push-ups, pull-ups, curl-ups, isometric strength activities, jump rope)

4.3 Engages in activities that develop and maintain flexibility of the major joints (e.g., sit and reach, trunk twists, and arm-shoulder stretches)

4.4 Meets health-related fitness standards for appropriate level of a standardized physical fitness test (e.g., aerobic capacity, body composition, muscle strength, endurance, and flexibility)

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

5.1 Knows how to develop rules, procedures, and etiquette that are safe and effective for specific activity situations

5.2 Works in a group to accomplish a set goal in both cooperative and competitive activities

[Grade 5](#)

Standard 1: Uses a variety of basic and advanced movement form

1.1 Uses mature form in object control skills

1.2 Uses basic sport-specific skills for a variety of physical activities

1.3 Uses mature form and appropriate sequence in combinations of fundamental locomotor, object control, and rhythmical skills that are components of selected modified games, sports, and dances

1.4 Uses beginning strategies for net and invasion games

1.5 Uses mature form in balance activities on a variety of apparatuses

1.6 Uses mature form in object control skills

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

- 2.1 Uses basic offensive and defensive strategies in a modified version of a team and individual sport
- 2.2 Understands movement forms associated with highly skilled physical activities
- 2.3 Understands principles of training and conditioning for specific physical activities

Standard 3: Understands the benefits and costs associated with participation in physical activity

- 3.1 Understands detrimental effects of physical activity

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

- 4.1 Engages in activities that develop maintain cardio-respiratory endurance
- 4.2 Engages in activities that develop and maintain muscular strength
- 4.3 Engages in activities that develop and maintain flexibility of major joints
- 4.4 Uses information from fitness assessments to improve selected fitness components

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

- 5.1 Knows how to develop rules, procedures, and etiquette that are safe and effective for specific activity situations
- 5.2 Works in a group to accomplish a set goal in both cooperative and competitive activities
- 5.3 Understands the role of physical activities in learning more about others of like and different backgrounds

Grade 6

Standard 1: Uses a variety of basic and advanced movement form

- 1.1 Uses mature form in object control skills
- 1.2 Uses basic sport-specific skills for a variety of physical activities
- 1.3 Uses mature form and appropriate sequence in combinations of fundamental locomotor, object control, and rhythmical skills that are components of selected modified games, sports, and dances
- 1.4 Uses beginning strategies for net and invasion games
- 1.5 Uses mature form in balance activities on a variety of apparatuses
- 1.6 Uses mature form in object control skills

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

- 2.1 Uses basic offensive and defensive strategies in a modified version of a team and individual sport
- 2.2 Understands movement forms associated with highly skilled physical activities
- 2.3 Understands principles of training and conditioning for specific physical activities

Standard 3: Understands the benefits and costs associated with participation in physical activity

- 3.1 Understands detrimental effects of physical activity

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

- 4.1 Engages in activities that develop maintain cardio-respiratory endurance
- 4.2 Engages in activities that develop and maintain muscular strength
- 4.3 Engages in activities that develop and maintain flexibility of major joints
- 4.4 Uses information from fitness assessments to improve selected fitness components

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

- 5.1 Knows how to develop rules, procedures, and etiquette that are safe and effective for specific activity situations
- 5.2 Works in a group to accomplish a set goal in both cooperative and competitive activities
- 5.3 Understands the role of physical activities in learning more about others of like and different backgrounds

Grade 7

Standard 1: Uses a variety of basic and advanced movement form

- 1.1 Uses intermediate sport-specific skills for individual , dual, and team sports
- 1.2 Uses intermediate sports-specific skills for outdoor activities
- 1.3 Uses intermediate sport-specific skills for dance and rhythmical activities

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

- 2.1 Understands the principles of training and conditioning for specific physical activities
- 2.2 Understands the critical elements of advanced movement skills
- 2.3 Understands movement forms associated with highly skilled physical activities
- 2.4 Uses basic offensive and defensive strategies in a modified version of a team and individual sport

Standard 3: Understands the benefits and costs associated with participation in physical activity

- 3.1 Understands long-term physiological benefits of regular participation in physical activity
- 3.2 Understands long-term psychological benefits of regular participation in physical activity

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

- 4.1 Engages in activities that develop and maintain cardio-respiratory endurance
- 4.2 Engages in activities that develop and maintain muscular strength
- 4.3 Engages in activities that develop and maintain flexibility
- 4.4 Understands basic principles of training that improve physical fitness
- 4.5 Knows how to interpret the results of physical fitness assessments and use the information to develop individual fitness goals
- 4.6 Knows how to differentiate the body's response to physical activities of various exercise intensities
- 4.7 Meets health-related fitness standards for appropriate level of a standardized physical fitness test

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

- 5.1 Understands the importance of rules, procedures, and safe practice in physical activity settings
- 5.2 Understands proper attitude towards both winning and losing
- 5.3 Knows the difference between inclusive and exclusionary behaviors in physical activity settings
- 5.4 Understands physical activity as a vehicle for self-expression
- 5.5 Understands the concept that physical activity is a microcosm of modern culture and society

Grade 8

Standard 1: Uses a variety of basic and advanced movement form

- 1.1 Uses intermediate sport-specific skills for individual , dual, and team sports
- 1.2 Uses intermediate sports-specific skills for outdoor activities
- 1.3 Uses intermediate sport-specific skills for dance and rhythmical activities

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

- 2.1 Understands the principles of training and conditioning for specific physical activities
- 2.2 Understands the critical elements of advanced movement skills
- 2.3 Uses basic offensive and defensive strategies in a modified version of a team and individual sports
- 2.4 Understands movement forms associated with highly skilled physical activities

Standard 3: Understands the benefits and costs associated with participation in physical activity

- 3.1 Understands long-term physiological benefits of regular participation in physical activity
- 3.2 Understands long-term psychological benefits of regular participation in physical activity

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

- 4.1 Engages in activities that develop and maintain cardio-respiratory endurance
- 4.2 Engages in activities that develop and maintain muscular strength
- 4.3 Engages in activities that develop and maintain flexibility
- 4.4 Understands basic principles of training that improve physical fitness
- 4.5 Knows how to interpret the results of physical fitness assessments and use the information to develop individual fitness goals
- 4.6 Knows how to differentiate the body's response to physical activities of various exercise intensities
- 4.7 Meets health-related fitness standards for appropriate level of a standardized physical fitness test

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

- 5.1 Understands the importance of rules, procedures, and safe practice in physical activity settings
- 5.2 Understands proper attitude towards both winning and losing
- 5.3 Knows the difference between inclusive and exclusionary behaviors in physical activity settings
- 5.4 Understands physical activity as a vehicle for self-expression

5.5 Understands the concept that physical activity is a microcosm of modern culture and society

Grade 9

Standard 1: Uses a variety of basic and advanced movement forms

- 1.1 Uses sport intermediate specific skills for sports and physical activities
- 1.2 Uses skills in complex rather than modified versions of physical activities

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

- 2.1 Understands the biomechanical concepts that govern different types of movement
- 2.2 Uses offensive and defensive strategies and appropriate rules for sports and other physical activities

Standard 3: Understands the benefits and costs associated with participation in physical activity

- 3.1 Understands how various factors affect physical activity preferences and participation
- 3.2 Understands the potentially dangerous consequences and outcomes of participation in physical activity

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

- 4.1 Engages in activities that develop and maintain cardio-respiratory endurance, muscular strength, and flexibility of the major joints
- 4.2 Knows how to monitor intensity of exercise
- 4.3 Meets health-related fitness standards for appropriate levels of a standardized physical fitness test
- 4.4 Uses information from fitness assessments to improve selected fitness components

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

- 5.1 Uses leadership and follower roles, when appropriate, in accomplishing group goals in physical activities
- 5.2 Works with others in a sport activity to achieve a common goal
- 5.3 Understands how participation in physical activity fosters awareness of diversity
- 5.4 Includes persons of diverse backgrounds and abilities in physical activity
- 5.5 Understands the concept of “sportsmanship” and the importance of responsible behavior while participating in physical activities

Grade 10

Standard 1: Uses a variety of basic and advanced movement forms

- 1.1 Uses sport intermediate specific skills for sports and physical activities
- 1.2 Uses skills in complex rather than modified versions of physical activities

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

- 2.1 Understands the biomechanical concepts that govern different types of movement

2.2 Uses offensive and defensive strategies and appropriate rules for sports and other physical activities

Standard 3: Understands the benefits and costs associated with participation in physical activity

3.1 Understands how various factors affect physical activity preferences and participation

3.2 Understands the potentially dangerous consequences and outcomes of participation in physical activity

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

4.1 Engages in activities that develop and maintain cardio-respiratory endurance, muscular strength, and flexibility of the major joints

4.2 Knows how to monitor intensity of exercise

4.3 Meets health-related fitness standards for appropriate levels of a standardized physical fitness test

4.4 Uses information from fitness assessments to improve selected fitness components

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

5.1 Uses leadership and follower roles, when appropriate, in accomplishing group goals in physical activities

5.2 Works with others in a sport activity to achieve a common goal

5.3 Understands how participation in physical activity fosters awareness of diversity

5.4 Includes persons of diverse backgrounds and abilities in physical activity

5.5 Understands the concept of “sportsmanship” and the importance of responsible behavior while participating in physical activities

Grade 11-12

Standard 1: Uses a variety of basic and advanced movement forms

1.1 Uses sport intermediate specific skills for sports and physical activities

1.2 Uses skills in complex rather than modified versions of physical activities

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

2.1 Understands the biomechanical concepts that govern different types of movement

2.2 Uses offensive and defensive strategies and appropriate rules for sports and other physical activities

Standard 3: Understands the benefits and costs associated with participation in physical activity

3.1 Understands how various factors affect physical activity preferences and participation

3.2 Understands the potentially dangerous consequences and outcomes of participation in physical activity

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

4.1 Engages in activities that develop and maintain cardio-respiratory endurance, muscular strength, and flexibility of the major joints

4.2 Knows how to monitor intensity of exercise

4.3 Meets health-related fitness standards for appropriate levels of a standardized physical fitness test

4.4 Uses information from fitness assessments to improve selected fitness components

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5.5 Understands the concept of “sportsmanship” and the importance of responsible behavior while participating in physical activities