

## Physical Education Kindergarten

- \_\_\_\_\_ Travel in a mature form, in any direction using a variety of loco motor and non-loco motor patterns and change directions quickly on command. PE-K-01
- \_\_\_\_\_ Identify and use a variety of relationships with object (front, back, left, right, in, out, up, down, through, over, and under.) PE-K-02
- \_\_\_\_\_ Demonstrate the ability to travel and stop in any given space and have self-space in a variety of levels. PE-K-03
- \_\_\_\_\_ Demonstrate rhythmic movements; walk beat, skipping, marching, with aid of music, instruments or other manipulative. PE-K-04
- \_\_\_\_\_ Know and follow safety directions for specific activities. PE-K-05
- \_\_\_\_\_ Participate sustained moderate to vigorous activity, regularly in health –enhancing activities. PE-K-06
- \_\_\_\_\_ Identify and associate other physical activities that elicit a faster and slower heartbeats. PE-K-07
- \_\_\_\_\_ Differentiate between activities that are more or less pleasurable. PE-K-08
- \_\_\_\_\_ Comply with the rules or procedures established in the class and work independently on tasks for short periods of time. PE-K-09
- \_\_\_\_\_ Work in a group setting without interfering with others. PE-K-10

## Physical Education Grade 1

- \_\_\_\_\_ Travel in a mature form, in any direction using a variety of loco motor and non-loco motor patterns and change directions quickly on command, using two or more skills at a time. PE-1-01
- \_\_\_\_\_ Identify and use a variety of relationships with object (front, back, left, right, in, out, up, down, through, over, and under.) PE-1-02
- \_\_\_\_\_ Use all loco motor movements in forward, sideways, and backward directions and change directions quickly on command. PE-1-03
- \_\_\_\_\_ Demonstrate rhythmic movements; walk beat, skipping, marching, with aid of music, instruments or other manipulative. PE-1-04
- \_\_\_\_\_ Use concepts of space awareness and movement control to run, hop, skip in different ways in a large group without bumping into others or falling. PE-1-05
- \_\_\_\_\_ Know and follow safety directions for specific activities. PE-1-06
- \_\_\_\_\_ Participate sustained moderate to vigorous physical activity, regularly in health enhancing physical activities. PE-1-07
- \_\_\_\_\_ Identify and associate other physical activities that elicit a faster and slower heartbeats and healthy choices. PE-1-08
- \_\_\_\_\_ Comply with the rules or procedures established in the class and work independently on tasks for short periods of time. PE-1-09
- \_\_\_\_\_ Work in a group setting without interfering with others. PE-1-10

## Physical Education Grade 2

- \_\_\_\_\_ Demonstrate skills of chasing, fleeing, and dodging to avoid others and control in a variety of loco motor and non-loco motor skills. PE-2-01
- \_\_\_\_\_ Demonstrate momentary stillness, in symmetrical and nonsymmetrical shapes on a variety of body parts. PE-2-02
- \_\_\_\_\_ Use concepts of space awareness and movement control to run, hop, skip in different ways in a large group without bumping into others or falling. PE-2-03
- \_\_\_\_\_ Demonstrate safety in traveling activities, weight bearing, and balancing activities, with little or no reinforcement. PE-2-04
- \_\_\_\_\_ Demonstrate the ability to combine loco motor patterns in time to music. PE-2-05
- \_\_\_\_\_ Seek and sustain participation in gross motor activity of a moderate to vigorous nature and recognize the physiological indicators of the different levels. PE-2-06
- \_\_\_\_\_ Identify and at least one activity associated with each component of health-related physical activity. (Cardio respiratory endurance, muscular strength and endurance, flexibility and body composition.) PE-2-07
- \_\_\_\_\_ Apply rules, procedures, and safe practices by following directions with little or no reinforcement from the teacher. PE-2-08
- \_\_\_\_\_ Work cooperatively with other students to complete an assigned task. PE-2-09

## Physical Education Grade 3

- \_\_\_\_\_ Demonstrate proper form while executing all loco motor, non-loco motor, and manipulative skills and be able to combine loco motor skills in time to music. PE-3-01
- \_\_\_\_\_ Demonstrate proper form while executing weight transfer and balance movements (e.g., balance boards, large apparatus, skates). PE-3-02
- \_\_\_\_\_ Understand repetition of fundamental skills will improve performance. PE-3-03
- \_\_\_\_\_ Demonstrate and follow safety principles when participating in activities. PE-3-04
- \_\_\_\_\_ Identify, recognize, and participate in regular sustained physical activity and their benefits of personal wellbeing. PE-3-05
- \_\_\_\_\_ Participation in gross motor activity of a moderate to vigorous nature for the purpose of improving individual levels of health-related fitness and discuss the relationship of the activity to healthy lifestyles. PE-3-06
- \_\_\_\_\_ Discuss and experience the meaning of target heart rate and how it relates to taking their pulse. PE-3-07
- \_\_\_\_\_ Apply rules, procedures, and safe practices by following directions with little or no reinforcement from the teacher while working independently and cooperatively with others. PE-3-08
- \_\_\_\_\_ Demonstrate good sportsmanship and be positive during group activity. PE-3-09

At the end of the school year, students will be able to...

Physical Education Grade 4

- \_\_\_ Demonstrate proper form while executing all loco motor, non-loco motor, and manipulative skills. PE-4-01
- \_\_\_ Demonstrate proper form while executing weight transfer and balance movements (e.g., balance boards, large apparatus, skates). PE-4-02
- \_\_\_ Analyze another students critical elements of a specific motor pattern and provide feedback to that student. PE-4-03
- \_\_\_ Demonstrate and follow safety principles, activity-specific rules, procedures, and etiquette when participating in activities as an individual and group activities. PE-4-04
- \_\_\_ Identify, recognize, and participate in regular sustained physical activity and their benefits of personal wellbeing. PE-4-05
- \_\_\_ Manually find resting heart rate and determine personal target heart rate. PE-4-06
- \_\_\_ Perform the tests from the President’s Council on Physical Fitness/ Fitness Gram and recognize the benefits of each individual test. PE-4-07
- \_\_\_ Participate regularly in gross motor activity of a moderate to vigorous nature for the purpose of improving individual levels of health-related fitness. PE-4-08
- \_\_\_ Demonstrate good sportsmanship and be positive during group activity and take responsibility for individual responsibility. PE-4-09

Physical Education Grade 5

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