

P.E. Standards and Benchmarks

I. Uses a variety of basic and advanced movement forms

K-2 Benchmarks	3-5 Benchmarks	6-8 Benchmarks	9-12 Benchmarks
<p>A. Uses a variety of basic locomotor movements (e.g., running, skipping, hopping, galloping, sliding).</p> <p>B. Uses a variety of basic non-locomotor skills (e.g., bending, twisting, stretching, turning, lifting).</p> <p>C. Uses a variety of basic object control skills (e.g., underhand and overhand throw, catch, hand dribble, foot dribble, kick and strike).</p> <p>D. Uses control in balance activities on a variety of body parts (e.g., one foot and hand and one foot, hands and knees, headstands).</p> <p>E. Uses locomotor skills in rhythmical patterns, (e.g., even, uneven, fast and slow).</p>	<p>A. Uses mature form in object control skills (e.g., underhand and overhand throw, catch, hand dribble, foot dribble, kick and strike, batting, punt, pass).</p> <p>B. Uses basic sport-specific skills for a variety of physical activities (e.g., basketball chest pass, soccer dribble, fielding a softball with glove).</p> <p>C. Uses mature form in balance activities on a variety of apparatuses (e.g., balance board, large apparatus, skates).</p> <p>D. Uses beginning strategies for net and invasion games (e.g., keeping object going with partner using striking pattern, placing ball away from opponent).</p>	<p>A. Uses intermediate sport-specific skills for individual, dual, and team sports.</p> <p>B. Uses intermediate sport-specific skills for rhythmical activities.</p> <p>C. Uses intermediate sport-specific skills for outdoor activities.</p>	<p>A. Uses advanced sport-specific skills in selected activities (e.g., badminton, baseball, basketball, cooperative games, football, hockey, pickle ball, soccer, softball, team handball, volleyball).</p> <p>B. Uses skills in complex rather than modified versions of physical activities (e.g., more players or participants, rules or strategies).</p>

II. Uses movement concepts and principles in the development of motor skills.

K-2 Benchmarks	3-5 Benchmarks	6-8 Benchmarks	9-12 Benchmarks
<p>A. Understands terms that describe a variety of relationships with objects (e.g., over/under, behind, alongside, through).</p> <p>B. Uses concepts of space awareness and movement control with a variety of basic skills (e.g., running, hopping, skipping) while interacting with others.</p> <p>C. Understands the critical elements of a variety of basic movement patterns such as throwing.</p> <p>D. Uses feedback to improve performance.</p> <p>E. Understanding the importance of practice in learning skills.</p>	<p>A. Understands principles of practice and conditioning that improve performance.</p> <p>B. Understands proper warm-up and cool-down techniques and reasons for using them.</p> <p>C. Uses basic offensive and defensive strategies in unstructured game environments.</p>	<p>A. Understands principles of training and conditioning for specific physical activities.</p> <p>B. Uses basic offensive and defensive strategies in a modified version of a team and individual sport.</p> <p>C. Understands movement forms associated with highly skilled physical activities.</p>	<p>A. Understands how sport psychology affects the performance of physical activities.</p> <p>B. Understands the physiological principles governing fitness maintenance and improvement.</p> <p>C. Uses offensive and defensive strategies and appropriate rules for sports and other physical activities.</p>

III. Understands the benefits and costs associated with participants in physical activity.

K-2 Benchmarks	3-5 Benchmarks	6-8 Benchmarks	9-12 Benchmarks
<p>A. Understands the health benefits of physical activity (e.g., good health, physical endurance).</p>	<p>A. Knows about opportunities for participation in physical activities both in and out of school.</p> <p>B. Knows factors that inhibit physical activity.</p> <p>C. Understands detrimental effects of physical activity (e.g., muscle soreness).</p> <p>D. Understands activities that provide personal challenge.</p>	<p>A. Understands long-term physiological benefits of regular participation in physical activity.</p> <p>B. Understands long-term psychological benefits of regular participation in physical activity.</p>	<p>A. Understands factors that impact the ability to participate in physical activity.</p> <p>B. Understands the potentially dangerous consequences and outcomes of participation in physical activity.</p>

IV. Understands how to monitor and maintain a health-enhancing level of physical fitness

K-2 Benchmarks	3-5 Benchmarks	6-8 Benchmarks	9-12 Benchmarks
<p>A. Engages in basic activities that cause cardio-respiratory exertion.</p> <p>B. Engages in activities that develop muscular strength and endurance.</p> <p>C. Engages in activities that require flexibility.</p> <p>D. Knows how body composition influences physical fitness levels.</p>	<p>A. Engages in activities that develop and maintain cardio-respiratory endurance.</p> <p>B. Engages in activities that develop and maintain muscular strength.</p> <p>C. Engages in activities that develop and maintain flexibility of the major joints.</p> <p>D. Knows the characteristics of a healthy lifestyle.</p>	<p>A. Engages in more advanced activities that develop and maintain cardio-respiratory endurance.</p> <p>B. Engages in more advanced activities that develop and maintain muscular strength and endurance.</p> <p>C. Engages in more advanced levels of activity that develop and maintain flexibility.</p> <p>D. Understands the role of exercise and other factors in weight control and body composition.</p> <p>E. Understands basic principles of training that improve physical fitness.</p> <p>F. Meets health-related fitness standards for appropriate level of a standardized physical fitness test.</p>	<p>A. Knows personal status of cardio-respiratory endurance.</p> <p>B. Knows personal status of muscular strength and endurance of the arms, shoulders, abdomen, back, and legs.</p> <p>C. Knows personal status of flexibility of the joints of the arms, legs, and trunk.</p> <p>D. Knows personal status of body composition.</p> <p>E. Meets health-related fitness standards for appropriate level of a physical fitness test.</p> <p>F. Understands how to maintain an active lifestyle throughout life.</p>

V. Understands the social and personal responsibility associated with participation in physical activity.

K-2 Benchmarks	3-5 Benchmarks	6-8 Benchmarks	9-12 Benchmarks
<p>A. Follows rules and procedures (e.g., playground, classroom, and gymnasium rules) with little reinforcement.</p> <p>B. Uses equipment and space safely and properly.</p> <p>C. Understands the purpose of rules in games.</p> <p>D. Works cooperatively.</p> <p>E. Understands the importance of playing, cooperating, and respecting others regardless of personal difference (e.g., gender, ethnicity, disability) during physical activity.</p>	<p>A. Knows how to develop rules, procedures, and etiquette that are safe and effective for specific activity situations.</p> <p>B. Works in a group to accomplish a set goal in both cooperative and competitive activities.</p> <p>C. Understands the role of physical activities in learning more about others of like and different backgrounds (e.g., gender, culture, ethnicity, and disability).</p> <p>D. Understands the physical challenges faced by people with disabilities (e.g., hearing impairment).</p>	<p>A. Understands the importance of rules, procedures, and safe practice in physical activity settings.</p> <p>B. Knows the difference between inclusive (e.g., changing rules of activity to include less skilled players) and exclusionary (e.g., failing to pass ball to less skilled players) behaviors in physical activity settings.</p>	<p>A. Uses leadership and follows rules, when appropriate, in accomplishing group goals in physical activities.</p> <p>B. Works with others in a sport activity to achieve a common goal.</p> <p>C. Includes persons of diverse backgrounds and abilities in physical activity.</p> <p>D. Understands the concept of “sportsmanship” and the importance of responsible behavior while participating in physical activities.</p>