

# Standard/Benchmark Reference Sheet

3-5

## Standard 1: Movement Forms

Grade 3-5.1.1 Benchmark as written

PE.3-5.1.1: Use locomotor and non-locomotor skills in a mature (proper) form

Grade 3-5.1.2 Benchmark as written

PE.3-5.1.2: Use manipulative skills in a mature (proper) form

Grade 3-5.1.3 Benchmark as written

PE.3-5.1.3: Use combinations of mature (proper) movement forms, including locomotor, non-locomotor, and manipulative skills

## Standard 2: Cognitive Concepts

Grade 3-5.2.1 Benchmark as written

PE.3-5.2.1: Apply movement tactics in simple and modified activities

Grade 3-5.2.2 Benchmark as written

PE.3-5.2.2: Identify procedures for safe participation in physical activities

## Standard 3: Physically Active Lifestyle

Grade 3-5.3.1 Benchmark as written

PE.3-5.3.1: Participate regularly in physical activities that contribute to an active lifestyle and bring personal enjoyment

Grade 3-5.3.2 Benchmark as written

PE.3-5.3.2: Describe health-related benefits of regular participation in physical activities

## Standard 4: Physical Fitness

Grade 3-5.4.1 Benchmark as written

PE.3-5.4.1: Identify the components of health-related physical fitness

Grade 3-5.4.2 Benchmark as written

PE.3-5.4.2: Use appropriate methods to monitor physiological changes before, during, and after physical activity

Grade 3-5.4.3 Benchmark as written

PE.3-5.4.3: Describe ways in which moderate to vigorous physical activities can improve the health-related components of fitness