

# GRADES K-2



## Standard 1: MOVEMENT FORMS - Use motor skills and movement patterns to perform a variety of physical activities

### FUNDAMENTAL SKILLS

**PE.K-2.1.1**

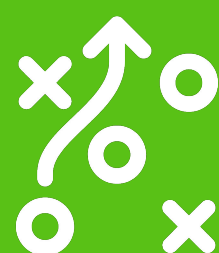
Use basic locomotor skills in initial (immature) form alone, with a partner, and in small groups

**PE.K-2.1.2**

Use basic non-locomotor skills in initial (immature) form alone, with a partner, and in small groups

**PE.K-2.1.3**

Use basic manipulative skills in initial (immature) form alone, with a partner, and in small groups



## Standard 2: COGNITIVE CONCEPTS - Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities

### SAFETY AND PLAY ETIQUETTE

**PE.K-2.2.1**

Use basic movement concepts related to space, time, effort, and relationships (e.g. personal space, fast/slow, strong/light, under/over)

**PE.K-2.2.2**

Identify basic rules for safe participation in physical activities



## Standard 3: ACTIVE LIFESTYLE - Participate regularly in physical activity

### INDIVIDUAL, DUAL, AND LIFETIME ACTIVITIES

**PE.K-2.3.1**

Participate regularly in physical activities

**PE.K-2.3.2**

Describe the social and emotional benefits of participating in physical activities



## Standard 4: PHYSICAL FITNESS - Know ways to achieve and maintain a health-enhancing level of physical fitness

### FITNESS AND CONDITIONING-RELATED ACTIVITIES

**PE.K-2.4.1**

Identify physiological indicators that accompany moderate to vigorous activities

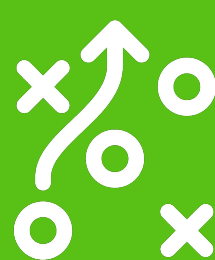


# GRADES 3-5



## Standard 1: MOVEMENT FORMS - Use motor skills and movement patterns to perform a variety of physical activities

FUNDAMENTAL SKILLS	PE.3-5.1.1	Use locomotor and non-locomotor skills in a mature (proper) form
	PE.3-5.1.2	Use manipulative skills in a mature (proper) form
MODIFIED/LEAD-UP GAMES AND ACTIVITIES	PE.3-5.1.3	Use combinations of mature (proper) movement forms, including locomotor, non-locomotor, and manipulative skills



## Standard 2: COGNITIVE CONCEPTS - Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities

MODIFIED/LEAD-UP GAMES AND ACTIVITIES	PE.3-5.2.1	Apply movement tactics in simple and modified activities
SAFETY AND PLAY ETIQUETTE	PE.3-5.2.2	Identify procedures for safe participation in physical activities



## Standard 3: ACTIVE LIFESTYLE - Participate regularly in physical activity

INDIVIDUAL, DUAL, AND LIFETIME ACTIVITIES	PE.3-5.3.1	Participate regularly in physical activities that contribute to an active lifestyle and bring personal enjoyment
	PE.3-5.3.2	Describe the health-related benefits of regular participation in physical activities



## Standard 4: PHYSICAL FITNESS - Know ways to achieve and maintain a health-enhancing level of physical fitness

FITNESS AND CONDITIONING-RELATED ACTIVITIES	PE.3-5.4.1	Identify the components of health-related physical fitness
	PE.3-5.4.2	Use appropriate methods to monitor physiological changes before, during, and after physical activity
	PE.3-5.4.3	Describe ways in which moderate to vigorous physical activities can improve the health-related components of fitness

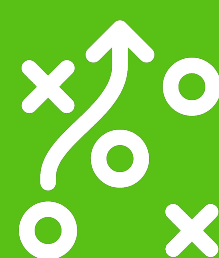


# GRADES 6-8



## Standard 1: MOVEMENT FORMS - Use motor skills and movement patterns to perform a variety of physical activities

<b>FUNDAMENTAL SKILLS</b>	<b>PE.6-8.1.1</b>	Use mature (proper) movement forms appropriately in the context of modified games or activities, such as sports, dance, exercise, and gymnastics
<b>MODIFIED/LEAD-UP GAMES AND ACTIVITIES</b>	<b>PE.6-8.1.2</b>	Use combinations of movement forms in the context of modified games or activities, such as sports, dance, exercise, and gymnastics



## Standard 2: COGNITIVE CONCEPTS - Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities

<b>FUNDAMENTAL SKILLS</b>	<b>PE.6-8.2.1</b>	Identify strategies to improve performance of movement skills
<b>TEAM SPORTS</b>	<b>PE.6-8.2.2</b>	Describe basic strategies for simple and modified activities
<b>SAFETY AND PLAY ETIQUETTE</b>	<b>PE.6-8.2.3</b>	Apply rules and etiquette for safe participation in physical activities



## Standard 3: ACTIVE LIFESTYLE - Participate regularly in physical activity

<b>INDIVIDUAL, DUAL, AND LIFETIME ACTIVITIES</b>	<b>PE.6-8.3.1</b>	Identify opportunities for physical activity outside of the physical education class
	<b>PE.6-8.3.2</b>	Participate regularly in moderate to vigorous physical activities to meet personal goals
	<b>PE.6-8.3.3</b>	Explain the relationship between a healthy lifestyle and regular participation in physical activities



## Standard 4: PHYSICAL FITNESS - Know ways to achieve and maintain a health-enhancing level of physical fitness

<b>FITNESS AND CONDITIONING-RELATED ACTIVITIES</b>	<b>PE.6-8.4.1</b>	Describe the principles of training and conditioning and how they affect the components of health-related fitness
	<b>PE.6-8.4.2</b>	Set goals for improving the components of personal health-related physical fitness



# GRADES 9-12

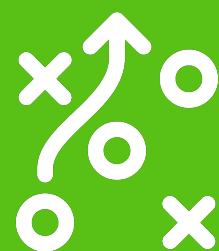


## Standard 1: MOVEMENT FORMS - Use motor skills and movement patterns to perform a variety of physical activities

**MODIFIED/LEAD-UP GAMES AND ACTIVITIES**

**PE.9-12.1.1**

Use combinations of specialized movement forms in a variety of activities, such as net and invasion games, field and target games, aquatics, dance, exercise, and gymnastics



## Standard 2: COGNITIVE CONCEPTS - Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities

**FUNDAMENTAL SKILLS**

**PE.9-12.2.1**

Apply concepts, principles, tactics, and strategies to acquire, assess, and improve movement skills

**TEAM SPORTS**

**PE.9-12.2.2**

Evaluate tactics and strategies for modified and traditional activities

**SAFETY AND PLAY ETIQUETTE**

**PE.9-12.2.3**

Assess the importance of rules and procedures for safe and fair play during physical activities



## Standard 3: ACTIVE LIFESTYLE - Participate regularly in physical activity

**INDIVIDUAL, DUAL, AND LIFETIME ACTIVITIES**

**PE.9-12.3.1**

Participate in a variety of physical activities of personal interest to maintain an active lifestyle

**PE.9-12.3.2**

Describe reasons for, and healthful benefits of, continuing involvement in personally selected physical activities and identify strategies to do so



## Standard 4: PHYSICAL FITNESS - Know ways to achieve and maintain a health-enhancing level of physical fitness

**FITNESS AND CONDITIONING-RELATED ACTIVITIES**

**PE.9-12.4.1**

Set goals to improve personal fitness level based on various sources of information

**PE.9-12.4.2**

Assess the benefits of participation in selected physical activities on the components of health-related physical fitness

