

Standard/Benchmark Reference Sheet

K-2

Standard 1: Movement Forms

Grade K-2.1.1 Benchmark as written

PE.K-2.1.1: Use basic locomotor skills in initial (immature) form alone, with a partner, and in small groups

Grade K-2.1.2 Benchmark as written

PE.K-2.1.2: Use basic non-locomotor skills in initial (immature) form alone, with a partner, and in small groups

Grade K-2.1.3 Benchmark as written

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

Grade K-2.2.1 Benchmark as written

PE.K-2.2.1: Use basic movement concepts related to space, time, effort, and relationship (e.g., personal space, fast/slow, strong/light, under/over)

Grade K-2.2.2 Benchmark as written

PE.K-2.2.2: Identify basic rules for safe participation in physical activities

Standard 3: Active Lifestyle

Grade K-2.3.1 Benchmark as written

PE.K-2.3.1: Participate regularly in physical activities

Grade K-2.3.2 Benchmark as written

PE.K-2.3.2: Describe the social and emotional benefits of participating in physical activities

Standard 4: Physical Fitness

Grade K-2.4.1 Benchmark as written

PE.K-2.4.1: Identify physiological indicators that accompany moderate to vigorous physical activities

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

Standard/ Benchmark Reference Sheet

6-8

Standard 1: Movement Forms

Grade 6-8.1.1 Benchmark as written

PE.6-8.1.1: Use mature (proper) forms appropriately in the context of modified games or activities, such as sports, dance, exercise, and gymnastics

Grade 6-8.1.2 Benchmark as written

PE.6-8.1.2: Use combinations of movement forms in the context of modified games or activities, such as sports, dance, exercise, and gymnastics

Standard 2: Cognitive Concepts

Grade 6-8.2.1 Benchmark as written

PE.6-8.2.1: Identify strategies to improve performance of movement skills

Grade 6-8.2.2 Benchmark as written

PE.6-8.2.2: Describe basic strategies for simple and modified activities

Grade 6-8.2.3 Benchmark as written

PE.6-8.2.3: Apply rules and etiquette for safe participation in physical activities

Standard 3: Active Lifestyle

Grade 6-8.3.1 Benchmark as written

PE.6-8.3.1: Identify opportunities for physical activity outside of the physical education class

Grade 6-8.3.2 Benchmark as written

PE.6-8.3.2: Participate in moderate to vigorous physical activities to meet personal goals

Grade 6-8.3.3 Benchmark as written

PE.6-8.3.3: Explain the relationship between a healthy lifestyle and regular participation in physical activities

Standard 4: Physical Fitness

Grade 6-8.4.1 Benchmark as written

PE.6-8.4.1: Describe the principles of training and conditioning and how they affect the components of health-related fitness

Grade 6-8.4.2 Benchmark as written

PE.6-8.4.2: Set goals for improving the components of personal health-related fitness

Standard/Benchmark Reference Sheet

9-12

Standard 1: Movement Forms

Grade 9-12.1.1 Benchmark as written

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

Grade 9-12.2.1 Benchmark as written

PE.9-12.2.1: Apply concepts, principles, tactics, and strategies to acquire, assess, and improve movement skills

Grade 9-12.2.2 Benchmark as written

PE.9-12.2.2: Evaluate tactics and strategies for modified and traditional activities

Grade 9-12.2.3 Benchmark as written

PE.9-12.2.3: Assess the importance of rules and procedures for safe and fair play during physical activities

Standard 3: Active Lifestyle

Grade 9-12.3.1 Benchmark as written

PE.9-12.3.1: Participate in a variety of physical activities of personal interest to maintain an active lifestyle

Grade 9-12.3.2 Benchmark as written

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

Grade 9-12.4.1 Benchmark as written

PE.9-12.4.1: Set goals to improve personal fitness level based on various sources of information

Grade 9-12.4.2 Benchmark as written

PE.9-12.4.2: Assess the benefits of participation in selected physical activities on the components of health-related physical fitness