

Physical Education

Grade Level Expectations at a Glance

Standard	Grade Level Expectation
High School	
1. Movement Competence and Understanding	<ol style="list-style-type: none"> 1. Participate at a competent level in a variety of lifelong physical activities 2. Understand the cognitive impact of movement 3. Apply rules, principles, problem-solving skills, and concepts to traditional and nontraditional movement settings
2. Physical and Personal Wellness	<ol style="list-style-type: none"> 1. Establish goals based on fitness assessment data, and develop, implement, achieve, and monitor an individual health and fitness plan 2. Identify community resources to maintain lifelong physical activity
3. Emotional and Social Wellness	<ol style="list-style-type: none"> 1. Demonstrate respect for individual differences in physical activity settings 2. Demonstrate collaboration, cooperation, and leadership skills 3. Demonstrate responsible behavior in group settings
4. Prevention and Risk Management	<ol style="list-style-type: none"> 1. Understand the risks and safety factors that may affect participation in physical activity 2. Demonstrate knowledge of safety and emergency response procedures
Eighth Grade	
1. Movement Competence and Understanding	<ol style="list-style-type: none"> 1. Demonstrate knowledge of principles and concepts for effective rhythmic motor development 2. Understand and apply game strategies to physical activities and sports
2. Physical and Personal Wellness	<ol style="list-style-type: none"> 1. Identify the personal, physiological, and fitness benefits of participating in a variety of physical activities 2. Identify preferences for lifetime physical activity 3. Determine one's responsibility for developing skills, acquiring knowledge, and achieving fitness
Seventh Grade	
1. Movement Competence and Understanding	<ol style="list-style-type: none"> 1. Combine the critical elements of movement and skills concepts
3. Emotional and Social Wellness	<ol style="list-style-type: none"> 1. Develop strategies to communicate ideas and feelings 2. Demonstrate inclusiveness in and out of classroom settings
4. Prevention and Risk Management	<ol style="list-style-type: none"> 1. Implement safety procedures in the utilization of space and equipment

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Sixth Grade	
1. Movement Competence and Understanding	<ol style="list-style-type: none"> 1. Demonstrate beginning strategies for a variety of games and sports 2. Participate in activities that require problem-solving, cooperation, skill assessment, and teambuilding 3. Use information from a variety of resources to improve performance
2. Physical and Personal Wellness	<ol style="list-style-type: none"> 1. Set personal goals for improving health-related fitness 2. Demonstrate the ability to perform self-paced cardiovascular endurance activities 3. Identify opportunities in school and in the community for regular participation in physical activity to enhance physical fitness
3. Emotional and Social Wellness	<ol style="list-style-type: none"> 1. Recognize diverse skill performance in others and how that diversity affects game, activity, and sport participation 2. Work cooperatively and productively in a group
4. Prevention and Risk Management	<ol style="list-style-type: none"> 1. Demonstrate knowledge of safe practices in a physical activity setting
Fifth Grade	
1. Movement Competence and Understanding	<ol style="list-style-type: none"> 1. Demonstrate mature form for all basic locomotor, nonlocomotor, manipulative, and rhythmic skills 2. Demonstrate understanding of how to combine and apply movement concepts and principles to learn and develop motor skills
2. Physical and Personal Wellness	<ol style="list-style-type: none"> 1. Understand and apply basic principles of training to improving physical fitness 2. Demonstrate understanding of skill-related components of fitness and how they affect physical performance 3. Connect the health-related fitness components to the body systems
3. Emotional and Social Wellness	<ol style="list-style-type: none"> 1. Assess and take responsibility for personal behavior and stress management 2. Choose to participate cooperatively and productively in group and individual physical activities 3. Identify personal activity interests and abilities
4. Prevention and Risk Management	<ol style="list-style-type: none"> 1. Understand and utilize safe and appropriate warm-up, pacing, and cool-down techniques for injury prevention and safe participation

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Fourth Grade	
1. Movement Competence and Understanding	<ol style="list-style-type: none"> 1. Identify the major characteristics of mature locomotor, nonlocomotor, manipulative, and rhythmic skills 2. Provide and receive feedback to and from peers using the major characteristics of mature locomotor and manipulative skills
2. Physical and Personal Wellness	<ol style="list-style-type: none"> 1. Explain how the health-related components of fitness affect performance when participating in physical activity 2. Recognize the relationship between healthy nutrition and exercise 3. Recognize the benefits derived from regular, moderate, and vigorous physical activity
4. Prevention and Risk Management	<ol style="list-style-type: none"> 1. Identify and describe the benefits, risks, and safety factors associated with regular participation in physical activity
Third Grade	
1. Movement Competence and Understanding	<ol style="list-style-type: none"> 1. Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports 2. Perform movements that engage the brain to facilitate learning
2. Physical and Personal Wellness	<ol style="list-style-type: none"> 1. Identify the benefits of sustained physical activity that causes increased heart rate and heavy breathing 2. Understand that the body is composed of water, muscle, bones, organs, fat, and other tissues
3. Emotional and Social Wellness	<ol style="list-style-type: none"> 1. Demonstrate positive social behaviors during class
Second Grade	
1. Movement Competence and Understanding	<ol style="list-style-type: none"> 1. Demonstrate the elements of movement in combination with a variety of locomotor skills 2. Demonstrate control and balance in traveling and weight-bearing activities using a variety of body parts and implements 3. Utilize feedback to improve performance
2. Physical and Personal Wellness	<ol style="list-style-type: none"> 1. Recognize the importance of making the choice to participate in a wide variety of activities that involve locomotion, nonlocomotion, and manipulation of objects outside of physical education class 2. Identify good brain health habits
3. Emotional and Social Wellness	<ol style="list-style-type: none"> 1. Demonstrate positive and helpful behavior and words toward other students
4. Prevention and Risk Management	<ol style="list-style-type: none"> 1. Apply rules, procedures, and safe practices to create a safe school environment with little or no reinforcement

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First Grade	
1. Movement Competence and Understanding	<ol style="list-style-type: none"> 1. Demonstrate basic locomotor and nonlocomotor skills, and rhythmic and cross-lateral movements 2. Demonstrate fundamental manipulative skills 3. Establish a beginning movement vocabulary
2. Physical and Personal Wellness	<ol style="list-style-type: none"> 1. Identify the body's normal reactions to moderate and vigorous physical activity
3. Emotional and Social Wellness	<ol style="list-style-type: none"> 1. Work independently and with others to complete work 2. Follow the rules of an activity
4. Prevention and Risk Management	<ol style="list-style-type: none"> 1. Develop movement control for safe participation in games and sports
Kindergarten	
1. Movement Competence and Understanding	<ol style="list-style-type: none"> 1. Demonstrate body and spatial awareness through safe movement 2. Locate the major parts of the body
2. Physical and Personal Wellness	<ol style="list-style-type: none"> 1. Understand that physical activity increases the heart rate, making the heart stronger
3. Emotional and Social Wellness	<ol style="list-style-type: none"> 1. Demonstrate respect for self, others, and equipment 2. Demonstrate the ability to follow directions
Preschool	
1. Movement Competence and Understanding	<ol style="list-style-type: none"> 1. Travel in a variety of directions using basic locomotor skills, and demonstrate understanding of personal and general space 2. Demonstrate balance
2. Physical and Personal Wellness	<ol style="list-style-type: none"> 1. Recognize the positive feelings experienced during and after physical activity
4. Prevention and Risk Management	<ol style="list-style-type: none"> 1. Apply safe practices, rules, and procedures