Movement Competence and Understanding: Demonstrate mature form for all basic locomotor skills (walking, running) nonlocomotor skills (twisting, stretching) manipulative skills (catching, throwing, striking) and rhythmic skills (dancing, jumping rope); demonstrate an understanding of how to combine and apply movement to develop motor skills (walking, running, kicking).

Physical and Personal Wellness: Apply basic principles of training to improving physical fitness; demonstrate understanding of skill-related components of fitness and how they relate to physical performance; connect fitness components (muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition) to body systems (circulatory, muscular, respiratory).

Emotional and Social Wellness: Assess and take responsibility for personal behavior and stress management; participate cooperatively and productively in group and individual physical activities.

Ideas for Parents to Make Learning a Priority:

- Ask your child on a regular basis to share with you about the events, homework and activities of the school day.
- Encourage your child to do his or her best in school every day and make graduation the goal.
- Ensure that your child attends classes on a regular basis and honors the start and end times of the school day by being punctual and well prepared. This includes supporting the school rules and dress codes.
- For thirty minutes each day, read to your child and for older students encourage them to read daily.
- Provide a quiet well-equipped location in your home for your child to complete homework.
- Help your child set goals at the beginning of each month. Make sure learning goals are specific and visible. Celebrate successes with your child when goals are achieved.
- Whenever possible attend school activities such as open houses, parent-teacher conferences, and special events. When your child sees you involved, they will also see education as a high priority.
- Try to make early, positive, and regular contact with your child’s teacher and get in touch whenever you have questions about your child’s program or progress.
**Oral Expression and Listening:** Speak to an audience to express an opinion, to persuade, or to explain an idea/process; actively listen during a presentation using listening strategies (asking questions, paraphrasing, and displaying positive body posture).

**Reading for All Purposes:** Read literary stories and poems, informational, and persuasive texts in order to understand, interpret, and compare ideas from a variety of authors.

**Writing and Composition:** Use a writing process (planning, drafting, revising, editing, sharing) to produce effective, unique, well-researched, and grammatically correct writing for different audiences and purposes.

**Research and Reasoning:** Gather and organize information from different sources and produce a well-organized, well-thought-out written or verbal presentation that answers a specific question.

**Expression of Music:** Perform accurately and express knowledge of a variety of musical styles and genres (Folk, Patriotic, Country, Broadway, Classical, Blues, Rock and Roll).

**Creation of Music:** Explore ways to compose or arrange a piece of music; experiment with new ideas for music through improvisation.

**Theory of Music:** Apply knowledge about the language of music (music notation) by reading melodies within the major keys/treble clef.

**Aesthetic Valuation of Music:** Demonstrate the ability to critique and refine technical skills through reflecting on performances; explain and justify personal musical preferences.