Physical Education Standard 1 **Demonstrate competency in a variety of motor skills and movement patterns**

Rationale

The goal of physical education is to develop physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. Critical elements are the key components of a motor skill that can be observed, the sum of which results in movement efficiency. This standard helps students develop locomotor, nonlocomotor, and manipulative skills that are the foundation for lifetime activities, fitness, dance and rhythm.

• Locomotor skills – walking, running, hopping, skipping, leaping, galloping, sliding, jumping and landing (horizontal plane), jumping and landing (vertical plane)

• Nonlocomotor skills – balance, weight transfer, rolling, curling and stretching, twisting and bending

• Manipulative skills – Throwing (underhand, overhand), catching, dribbling, kicking, volleying (underhand, overhead), striking (short and long implement), jumping rope

| **1** | **2** | **3** | **4** |
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| PE 1.1 aPerform most basic locomotor, nonlocomotor, and manipulative skills using mature patterns. | PE 1.1 aPerform basic locomotor, nonlocomotor, and manipulative skills in mature patterns. | PE 1.1 aPerform a combination of motor skills in a variety of contexts. | PE 1.1 aUse a combination of motor skills to engage in a variety of activities. |
| PE 1.2 aCombine locomotor and nonlocomotor skills in a teacher-designated dance. | PE 1.2 aPerform rhythmic activity with correct response to simple rhythms. | PE 1.2 aPerform developmentally appropriate dance steps and movement patterns. | PE 1.2 aCombine locomotor movement patterns and dance steps used in an original dance |

**Rubric will be used to assess activities such as:**

Warm-up activities

Balance activities

Tumbling

Sports manipulatives

Dance

Physical Education Standard 2  **Apply knowledge of concepts, principles, strategies and tactics related to movement and performance**

Rationale

Understanding movement and performance is fundamental to success in physical activities and helps students develop an understanding of movement patterns, maneuvers and approaches used in various physical activities.

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| **1** | **2** | **3** | **4** |
| PE 2.2 aMove in self-space | PE 2.1 aIdentify games, sports, or dances performed in other cultures   | PE 2.1 aDiscuss the origin of a game, sport or dance, including traditional and contemporary American Indian contributions and cultures  | PE 2.1 aDiscuss the origin of a variety of games, sports, or dances, including traditional and contemporary American Indian contributions and cultures  |
| PE 2.2 bDifferentiate between fast and slow speeds, strong and light force  | PE 2.2 aCombine locomotor skills in general space to a rhythm or beat  | PE 2.2 aRecognize the concept of open space in movement contextPE  | PE 2.2 aUnderstand the concept of open spaces to activities such as combination skills, small-sided practice tasks, gymnastics, and dance environments  |

**Rubric will be used to assess activities such as:**

Jump Rope

Dance

Space

Locomotor Skills

Gymnastics

Physical Education Standard 3: **Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**

Rationale

Physical activity and fitness require a progressive understanding of health behaviors that support health-enhancing practices. This standard helps students grasp the importance of physical activity knowledge, engaging in physical activity, fitness knowledge, assessment and program planning, nutrition and stress management.

| **1** | **2** | **3** | **4** |
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| PE 3.1 aDifferentiate between healthy and unhealthy foods. | PE 3.1 aRecognize the balance of good nutrition with physical activity. | PE 3.1 aDiscuss the importance of hydration and hydration choices relative to physical activities. | PE 3.1 aAnalyze the impact of food choices relative to physical activity, youth sports, and personal health. |
| PE 3.2 aDiscuss the benefits of being active and exercising or playing. | PE 3.2 aDescribe physical activities outside health enhancement class. | PE 3.2 aChart participation in physical activities outside health enhancement class. | PE 3.2 aAnalyze opportunities for participating in physical activities outside health enhancement class. |
| PE 3.5 aActively engage in health enhancement class. | PE 3.5 aActively engage in health enhancement class in response to instruction and practice. | PE 3.5 aEngage in the activities of health enhancement class without teacher prompting. | PE 3.5 aActively engages in the activities of health enhancement class, both teacher-directs and independent. |
| PE 3.6 aUnderstand muscles that grow stronger with physical activity. | PE 3.6 aIdentify physical activities which contribute to developing strength and fitness. | PE 3.6 aDescribe the concept o f physical fitness and provide examples of physical activity that enhance fitness. | PE 3.6 aIdentify the components of health-related fitness. |

**Rubric will be used to assess activities such as:**

Participation

Muscular ID

Components of physical education

Physical Education Standard 4 **Exhibit responsible personal and social behavior that respects self and others**

Rationale

Respect of self and others commences in the physical education environment and extends to all other areas of academia. This standard helps students develop important skills necessary for personal responsibility, accepting feedback, working with others, rules and etiquette, and safety.

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| **1** | **2** | **3** | **4** |
| PE 4.1 a Accept personal responsibility by using equipment and space appropriately  | PE 4.1 aPractice skills with minimal teacher prompting  | PE 4.1 a Practice personal responsibility in teacher-directed activities  | PE 4.1 a Demonstrate responsible behavior in independent group situations  |
| PE 4.2 a Follow the rules or parameters of the learning environment  | PE 4.2 aAccept responsibility for class protocols with behavior and performance actions | PE 4.2 aWork independently for extended periods of time | PE 4.2 a Reflect on personal social behavior in physical activity |
| PE 4.3 a Respond appropriately to general feedback from a teacher  | PE 4.3 a Accept specific corrective feedback from a teacher  | PE 4.3 aAccept and implement specific corrective teacher feedback  | PE 4.3 aListen respectfully to corrective feedback from others |
| PE 4.4 a Exhibit the established protocols for class activities  | PE 4.4 aRecognize the role of rules and etiquette in teacher-designed physical activities  | PE 4.4 aRecognize the role of rules and etiquette in physical activity with peers  | PE 4.4 aAdhere to rules of etiquette in a variety of physical activities  |
| PE 4.5 aWork independently with others in a variety of class environments  | PE 4.5 a Work independently with others in partner environments  | PE 4.5 aSupport and work cooperatively with others | PE 4.5 aRecognize and support individual differences in movement performance at all skill levels  |
| PE 4.6 a Discuss ways to accept other’s ideas, cultural diversity, and body types  | PE 4.6 a Recognize ways to accept other’s ideas, cultural diversity, and body types during games and physical activities  | PE 4.6 a Discuss ways to accept other’s ideas, cultural diversity, and body types during games and physical activities  | PE 4.6 aDescribe ways to accept other’s ideas, cultural diversity, and body types during games and physical activities  |
| PE 4.7 aFollow teacher directions for safe participation and proper use of equipment without teacher reminders  | PE 4.7 aWork independently and safely in physical activity settings  | PE 4.7 aWork independently and safely in physical activity settings  | PE 4.7 aWork safely with peers and equipment in physical activity settings |

**Rubric will be used to assess activities such as:**

Independent workouts

Following directions

Treating others with respect

Practicing safe conduct in the gym

Changing technique of a skill with teacher feedback

Physical Education Standard 5 **Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction**

Rationale

Physical activity and its relationship with mental/emotional health and family/social health is vital to personal well-being and a health-enhancing lifestyle. This standard helps students develop an appreciation for the benefits of physical activity which include health, enjoyment, challenge, self-expression and/or social interaction.

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| **1** | **2** | **3** | **4** |
| PE 5.1 a Identify physical activity as a component of good health | PE 5.1 a Describe the value of “good health balance”  | PE 5.1 a Discuss the relationship between physical activity and good health  | PE 5.1 aExamine the health benefits of participating in physical activity  |
| PE 5.2 aUnderstand that challenges in physical activities can lead to success  | PE 5.2 aCompare physical activities that bring confidence and challenges | PE 5.2 a Discuss the challenge that comes from learning a new physical activity  | PE 5.2 aRate the enjoyment of participating in challenging and mastered physical activities  |
| PE 5.3 a Describe positive results gained from participating in physical activities with others  | PE 5.3 a Discuss positive results gained from participating in physical activities with others | PE 5.3 a Describe the positive social interactions that come when engaged with others in physical activity  | PE 5.3 a Describe and compare the positive social interactions when engaged in partner, small-group and large-group physical activities  |

**Rubric will be used to assess activities such as:**

Post-exercise discussions on growth mindset, challenge versus failure, enjoyment of exercise, etc.