PHYSICAL EDUCATION STANDARDS, K-5

Kindergarten

➢ **Skills, Knowledge, Concepts**
  - Demonstrates the ability to gallop, skip, and jog with a mature pattern.
  - Demonstrates body control while moving in open space.
  - Throws a ball underhand using proper arm action.
  - Catches a ball from a bounce.
  - Manages one’s body weight while traveling and balancing.

➢ **Respect, Responsibility and Work Habits**
  - Demonstrates considerate and cooperative behavior.
  - Appreciates that people have differences and similarities in physical activity settings.
  - Accepts risks and challenges.

Grade 1

➢ **Skills, Knowledge, Concepts**
  - Demonstrates the ability to travel in open space and stop on a signal.
  - Throws overhand using a mature pattern to a stationary target.
  - Catches a ball with or without a bounce from a partner.
  - Performs a simple gymnastic sentence combining rolls, travels, and balances on/off equipment.
  - Identifies feelings and changes in the body that result from participation in physical activities.
  - Creates a dance sequence using locomotor and non-locomotor movements.
  - Dribbles (with or without an implement) a ball while traveling in open space and stops on a signal.

➢ **Respect, Responsibility and Work Habits**
  - Demonstrates considerate and cooperative behavior.
  - Appreciates that people have differences and similarities in physical activity settings.
  - Accepts risks and challenges.

Grade 2

➢ **Skills, Knowledge, Concepts**
  - Dribbles/stick handles a ball in open space while traveling through different pathways and directions. Throws overhand to a partner demonstrating a mature pattern.
  - Catches a ball thrown by a partner.
  - Demonstrates the ability to change speeds, directions, and pathways while traveling in open space. Performs a gymnastic sentence combining rolls, travels, and balances on/off equipment.
  - Monitors heart rate before, during, and after physical activity.
Creates dance sequences alone and with a partner/group using action words.

**Respect, Responsibility and Work Habits**
- Demonstrates considerate and cooperative behavior.
- Appreciates that people have differences and similarities in physical activity settings.
- Accepts risks and challenges.

### Grade 3

**Skills, Knowledge, Concepts**
- Throws a lead pass to a partner.
- Catches a lead pass from a partner.
- Creates dance sequences using symmetrical and asymmetrical body shapes.
- Identifies the four components of physical fitness.
- Performs a gymnastic sentence combining rolls, travels, and balances on/off equipment.

**Respect, Responsibility and Work Habits**
- Demonstrates considerate and cooperative behavior.
- Appreciates that people have differences and similarities in physical activity settings.
- Accepts risks and challenges.

### Grade 4

**Skills, Knowledge, Concepts**
- Throws and catches a lead pass in a modified game.
- Creates dance sequences using the concepts mirroring/matching.
- Demonstrates an understanding of the four components of physical fitness.
- Performs a gymnastic sentence alone or with a partner combining rolls, travels, and balances on/off equipment.

**Respect, Responsibility and Work Habits**
- Demonstrates considerate and cooperative behavior.
- Appreciates that people have differences and similarities in physical activity settings.
- Accepts risks and challenges.

### Grade 5

**Skills, Knowledge, Concepts**
- Understands fundamental offensive/defensive strategies used in a modified game.
- Creates dance sequences using the concepts of unison, cannon, and copying.
- Reads, records, and analyzes heart rate before, during, and after physical activity.
- Demonstrates counter-balance and counter-tension with a partner on and off equipment.

**Respect, Responsibility and Work Habits**
- Demonstrates considerate and cooperative behavior.
- Appreciates that people have differences and similarities in physical activity settings.
- Accepts risks and challenges.