



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, canon, 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.