

Physical Education Essential Learnings

- I. [Personal Fitness and Healthy Active Living](#)

- II. [Responsible Personal and Social Behavior in the Physical Activity Setting](#)

- III. [Injury Prevention, Treatment and Rehabilitation](#)

- IV. [Fundamental Movement Skills and Games](#)

- V. [Sport Skills and Lifetime activities](#)

- VI. [Rhythms and Dance](#)

I. Personal Fitness and Healthy Active Living

A. Kindergarten

1. Students will describe what it means to be fit
2. Students will identify basic body parts

B. Grade 1

1. Students will identify a variety of physical activities that promote wellness
2. Students will recognize the biological elements of physical activity

C. Grade 2

1. Students will recognize the importance of daily physical activity in and out of school
2. Students will describe the benefits of warm-up and cool down exercises and how they relate to the respiratory and circulatory systems

D. Grade 3

1. Students will recognize how the body responds to the health related fitness components
2. Students will show on the body a few of the major bones

E. Grade 4

1. Students will establish fitness and stress reducing goals
2. Students will identify the differences between aerobic and anaerobic activities
3. Students will recognize what systems work together to move the body

F. Grade 5

1. Students will participate in the President's Challenge and interpret the results
2. Students will identify the four main body systems (circulatory, respiratory, muscular, and skeletal) and label the major muscles

G. Grade 6

1. Students will explain how the skeletal/muscular and respiratory/circulatory systems work together
2. Describe target heart rate as it relates to respiratory endurance

H. Grade 7

1. Analyze activities to determine whether they promote health-related fitness, skill-related fitness or both

2. Identify physiological changes that occur in the body due to stress

I. Grade 8

1. Identify a variety of specific activities designed to reduce and manage stress
2. Explain the effects of sedentary lifestyle on the body systems

J. Grades 9-12

1. Identify major muscle groups engaged during specific exercises
2. Participate in an individualized personal fitness plan

- II. Responsible Personal and Social Behavior in the Physical Activity Setting
 - A. Kindergarten
 - 1. Students will demonstrate the ability to share and be safe with others
 - B. Grade 1
 - 1. Students will demonstrate the ability to cooperate with others
 - C. Grade 2
 - 1. Students will show appropriate sportsmanship
 - D. Grade 3
 - 1. Students will demonstrate respect for all students regardless of skill level and abilities
 - E. Grade 4
 - 1. Students will apply rules and procedures to activities
 - F. Grade 5
 - 1. Students will apply self-control in physical activity settings and differentiate between appropriate and inappropriate behaviors
 - G. Grade 6
 - 1. Students will be able to explain how rules and safety are important
 - H. Grade 7
 - 1. Students will show the ability to select appropriate conflict resolution skills
 - I. Grade 8
 - 1. Students will show the ability to solve problems
 - J. Grades 9-12
 - 1. Students will show personal etiquette, respect, and safety skills during physical activities
 - 2. Students will identify strategies for including persons of diverse backgrounds and abilities

- III. Injury Prevention, Treatment, and Rehabilitation
 - A. Kindergarten
 - 1. Students will demonstrate the safe use of general and personal space
 - 2. Students will know how to seek adult help when injured
 - B. Grade 1
 - 1. Students will be able to tell the difference between general space awareness and personal space awareness
 - C. Grade 2
 - 1. Students will perform efficient warm-up to prevent injuries
 - 2. Students will recognize symptoms of breathing emergencies
 - D. Grade 3
 - 1. Students will recognize the importance of warm-up and cool down to prevent injuries
 - 2. Students will recognize when there is an injury
 - E. Grade 4
 - 1. Students will differentiate between safe and unsafe situations
 - F. Grade 5
 - 1. Students will be able to differentiate between warm-up, cool down, stretching and conditioning
 - 2. Students will be able to recognize signals of sudden onset emergencies
 - G. Grade 6
 - 1. Students will identify and describe reasons for using proper preparation and cool down activities
 - H. Grade 7
 - 1. Students will identify proper protective equipment used in physical activities
 - 2. Students will recognize non-life threatening injuries and how to provide basic care
 - I. Grade 8
 - 1. Students will be able to recognize the safe use of fitness equipment
 - 2. Students will apply knowledge of basic first aid treatment
 - J. Grades 9-12
 - 1. Students will identify and predict the causes of exercise related injuries

IV. Fundamental Movement Skills and Games

A. Kindergarten

1. Students will demonstrate the correct form of 3 locomotor and non-locomotor skills
2. Students will demonstrate chasing, fleeing, and dodging
3. Students will demonstrate manipulative skills

B. Grade 1

1. Students will demonstrate all locomotor and non-locomotor skills
2. Students will demonstrate a variety of manipulative skills while stationary and moving
3. Students will demonstrate motor skills while participating in games

C. Grade 2

1. Students will demonstrate locomotor and non-locomotor skills in combinations
2. Students will demonstrate individually and with a partner manipulative skills

D. Grade 3

1. Students will demonstrate critical elements for manipulative skills, movement concepts, and specialized skills

E. Grade 4

1. Students will demonstrate locomotor, non-locomotor, and manipulative skills in combination during skills drills
2. Students will identify body parts and function in relationship to movement
3. Students will apply fundamental and specialized skills in game situations

F. Grade 5

1. Students will demonstrate manipulative skills with increased force, accuracy, and control at different speeds, levels, and directions.

G. Grade 6

1. Students will identify critical elements to improve performance in selected skills
2. Students will apply fundamentals and sequential skills in game situations

H. Grade 7

1. Students will apply elements of movements to various activities

I. Grade 8

1. Students will demonstrate manipulative skills

J. Grades 9-12

1. Student will identify and analyze the critical elements of selected advanced skills

- V. Sport Skills and Lifetime Activities
 - A. Kindergarten
 - 1.
 - B. Grade 1
 - 1.
 - C. Grade 2
 - 1. Students will demonstrate proper techniques for a variety of fundamental skills
 - D. Grade 3
 - 1. Students will demonstrate proper techniques for a variety of fundamental skills while practicing with a partner
 - 2. Students will demonstrate a variety of sport specific lead up games
 - E. Grade 4
 - 1. Students will identify the proper techniques of specialized skills
 - F. Grade 5
 - 1. Students will demonstrate ability to follow rules, cooperate with teammates, and apply simple strategy in a variety of games
 - G. Grade 6
 - 1. Students will identify terminology and list rules and safety principles appropriate for individual and team sports
 - 2. Students will define terminology and list rules for outdoor and recreational activities
 - H. Grade 7
 - 1. Students will apply basic offensive and defensive strategies in game settings
 - 2. Students will demonstrate an increased level of competence in sports activities
 - I. Grade 8
 - 1. Students will explain sports history
 - 2. Students will apply techniques, scoring, and safety practices in game situations
 - J. Grades 9-12
 - 1. Students will analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement
 - 2. Students will consistently demonstrate skill competency in a variety of individual, dual and team sports

- VI. Rhythms and Dance
 - A. Kindergarten
 - 1. Students will demonstrate simple movements to music
 - 2. Students will demonstrate the ability to use one's body as a means of expression
 - B. Grade 1
 - 1. Students will demonstrate a simple dance step
 - 2. Students will create movements to a variety of music
 - 3. Students will demonstrate rhythmic activities
 - C. Grade 2
 - 1. Students will demonstrate movements to different rhythms
 - 2. Students will demonstrate the ability to create rhythmic movement
 - D. Grade 3
 - 1. Students will demonstrate rhythmic routines using fundamental movement skills
 - 2. Students will demonstrate simple step patterns
 - E. Grade 4
 - 1. Students will demonstrate step patterns
 - F. Grade 5
 - 1. Students will recognize and move to a beat with various intensity
 - 2. Students will communicate ideas and feelings through dance movement
 - G. Grade 6
 - 1. Students will describe the benefits of dance as a lifetime activity
 - 2. Students will know basic dance skills and fundamentals
 - H. Grade 7
 - 1. Students will apply fundamental movement to create simple movement sequence
 - 2. Students will design an exercise routine to accompany music that emphasizes fitness
 - I. Grade 8
 - 1. Students will analyze the differences and similarities in dances from various cultures
 - J. Grades 9-12
 - 1. Students will demonstrate rhythmic activities that use a variety of equipment to develop various components of fitness

