

**East Metro Integration District
K – 5 Physical Education Standards**

These standards specify, “what students should know and be able to do.” They involve the knowledge of skills, fitness/wellness, and ability to perform skill mechanics at age appropriate levels of mastery.

** In addition to the standards above, the dance portion of the arts standard will be addressed in physical education*

Grade Level	Standard	Benchmarks
K - 1	The student will acquire the basic physical skills to actively participate in a wide variety of lifelong physical activities and be proficient in at least two of these areas. (Physical Skills)	The student will: 1. Demonstrate progress toward the functional form of locomotor and nonlocomotor skills 2. Demonstrate progress towards in rhythmical patterns and movements (e.g., creative) 3. Travel and change directions quickly in response to a signal
K - 1	The student will acquire the basic knowledge needed to actively participate in a wide variety of lifelong activities. (Knowledge)	The student will: 1. Identify fundamental movement patterns (skip, strike) 2. Establish a beginning movement vocabulary (e.g., start, stop, personal space, high/low levels, fast/slow speeds, Light/heavy weights, balance, twist) 3. Apply appropriate movement concept to performance (e.g., change direction while running) 4. Identify various body parts and their location
K - 1	The students will establish patterns of regular participation in developmentally appropriate activities both inside and outside of the school setting. (Physical Activity)	The student will: 1. Participate in regularly scheduled physical activities in a variety of settings 2. Participate in activities that require some physical exertion 3.
K - 1	The student will demonstrate cognitive and physical fitness abilities that will enable success in the classroom, movement, wellness and life settings. (Health – Related Fitness)	The student will: 1. Identify how the body feels during different kinds of physical activity 2. Sustain moderate to vigorous physical activity for short periods of time 3. Practice the components of health-related fitness

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K - 1	The student will initiate responsible behavior, function independently, initiate positive influence on behavior of others and work cooperatively. (Behavioral/Social Skills)	The student will: <ol style="list-style-type: none"> 1. Apply, with teacher reinforcement, classroom rules and procedures and safe practices 2. Apply with teacher reinforcement, respect for individuals, property, and equipment 3. Share space and equipment with others
K - 1	The student will begin to actively pursue lifelong physical activities that meet their needs of self-expression and social interaction and will be enjoyable, challenging and fun. (Intrinsic Value)	The student will: <ol style="list-style-type: none"> 1. Try new movement and activity skills 2. Participate in a variety of physical activity 3. Associate positive feelings with participation in physical activity
K - 1	The student will develop respect for individual similarities and differences among participants in the physical education setting. (Multicultural Education)	The student will: <ol style="list-style-type: none"> 1. Demonstrate the ability to play with others regardless of differences (e.g. gender, ethnicity, ability or disability) 2. Work in multicultural groups to accomplish a common goal.
2 - 3	The student will acquire the basic physical skills to actively participate in a wide variety of lifelong physical activities and be proficient in at least two of these areas. (Physical Skills)	The student will: <ol style="list-style-type: none"> 1. Demonstrate skills of chasing, fleeing, and dodging in a variety of situations 2. Demonstrate progress toward a mature form in manipulative skills 3. Demonstrate a variety of rhythmical patterns
2 - 3	The student will acquire the basic knowledge needed to actively participate in a wide variety of lifelong activities. (Knowledge)	The student will: <ol style="list-style-type: none"> 1. Use skill cues and feedback to improve performance 2. Identify at least one activity related to the components of health-related fitness 3. Identify opportunities to be physically active outside of the school setting
2 - 3	The students will establish patterns of regular participation in developmentally appropriate activities both inside and outside of the school setting. (Physical Activity)	The student will: <ol style="list-style-type: none"> 1. Engage in moderate to vigorous activity

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2 - 3	The student will demonstrate cognitive and physical fitness abilities that will enable success in the classroom, movement, wellness and life settings. (Health – Related Fitness)	<p>The student will:</p> <ol style="list-style-type: none"> 1. Engage in sustained physical activity that causes an increased heart rate and heavy breathing 2. Recognize the physiological indicators that accompany moderate to vigorous physical activity (e.g., sweating, increased heart rate, heavy breathing) 3. Students participate in physical activities that utilize the components of health-related fitness
2 - 3	The student will initiate responsible behavior, function independently, initiate positive influence on behavior of others and work cooperatively. (Behavioral/Social Skills)	<p>The student will:</p> <ol style="list-style-type: none"> 1. Apply rules, procedures, etiquette, and safe practices with little or no reinforcement 2. Work cooperatively with a partner or small group to complete a task 3. Apply conflict resolution skills with little or no reinforcement
2 - 3	The student will begin to actively pursue lifelong physical activities that meet their needs of self-expression and social interaction and will be enjoyable, challenging and fun. (Intrinsic Value)	<p>The student will:</p> <ol style="list-style-type: none"> 1. Gain competence to provide enjoyment of movement 2. Try new skills and games for challenge 3. Recognizes the feelings resulting from challenges, successes, and failures in physical activity 4. Experience and express pleasure from daily participation in physical activity
2 - 3	The student will develop respect for individual similarities and differences among participants in the physical education setting. (Multicultural Education)	<p>The student will:</p> <ol style="list-style-type: none"> 1. Appreciate individual similarities and differences within the class 2. Participate in a culturally sensitive atmosphere within the gym (i.e. no slurs, put downs)
4 - 5	The student will acquire the basic physical skills to actively participate in a wide variety of lifelong physical activities and be proficient in at least two of these areas. (Physical Skills)	<p>The student will:</p> <ol style="list-style-type: none"> 1. Demonstrate a mature form in all locomotor patterns and selective manipulative and nonlocomotor skills 2. Adapt a skill to the demands of a dynamic, unpredictable environment 3. Develop specialized movement skills (e.g., juggling, jump rope) 4. Perform sequences of rhythmic movement with a beginning, middle, and end

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4 - 5	The student will acquire the basic knowledge needed to actively participate in a wide variety of lifelong activities. (Knowledge)	<p>The student will:</p> <ol style="list-style-type: none"> 1. Apply skill cues to improve personal performance in fundamental and specialized motorized motor skills 2. Describe the fitness components 3. Recognize strategies that improve movement performance (e.g., angle of throw, spin) 4. Demonstrate beginning strategies for games and activities
4 - 5	The students will establish patterns of regular participation in developmentally appropriate activities both inside and outside of the school setting. (Physical Activity)	<p>The student will:</p> <ol style="list-style-type: none"> 1. Participate regularly in physical activities for the purpose of improving skill and health 2. Identify the benefits derived from physical activity 3. Participate in moderate to vigorous physical activity
4 - 5	The student will demonstrate cognitive and physical fitness abilities that will enable success in the classroom, movement, wellness and life settings. (Health – Related Fitness)	<p>The student will:</p> <ol style="list-style-type: none"> 1. Assess personal fitness based on valid, reliable fitness test 2. Set goals to improve or maintain personal fitness 3. Participate in moderate to vigorous activity in a variety of settings 4. Meet the health-related fitness standards as defined by a national fitness test
4 - 5	The student will initiate responsible behavior, function independently, initiate positive influence on behavior of others and work cooperatively. (Behavioral/Social Skills)	<p>The student will:</p> <ol style="list-style-type: none"> 1. Remains on-task in a group activity without close teacher monitoring 2. Utilize safety principles in activity situations 3. Choose a partner that he or she can work with productively 4. Uses time wisely when given the opportunity to practice and improve performance
4 - 5	The student will begin to actively pursue lifelong physical activities that meet their needs of self-expression and social interaction and will be enjoyable, challenging and fun. (Intrinsic Value)	<p>The student will:</p> <ol style="list-style-type: none"> 1. Use physical activity as a means of self-expression 1. Identify opportunities to be physically active at home, school, and in the community 2. Celebrate personal and or peer successes and achievements 3. Demonstrates the acceptance of others skills and abilities

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4 - 5	The student will develop respect for individual similarities and differences among participants in the physical education setting. (Multicultural Education)	The student will: <ol style="list-style-type: none">1. Recall the cultural origins of various games and dances2. Understand the influences that various cultures have had on known games and dances3. Participate in games and dances from various cultures4. Understand that sport and physical fitness is a value shared globally