



Standards
Physical Education
Grades K-8
History Center

Class Title
Past Play

Grade	Standards		
	Standard	Benchmark	
K	1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)	2. Students will demonstrate: Tossing a variety of objects and catching it by self, progress toward the functional. Receives a rolled ball, form of manipulative skills	X
		4. Students will demonstrate progress towards control in weight-bearing and balancing activities on a variety of body parts	X
	2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)	2. Students will establish a beginning movement vocabulary (e.g., start, stop, personal space, high/low levels, fast/slow speeds, Light/heavy weights, balance, twist).	X
		3. Students will apply appropriate concept to performance (e.g., change direction while running).	X
		4. Students will identify various body parts and their location	X
	3. Participates regularly in physical activity. (Physical Activity)	1. Students will engage in moderate to vigorous physical activity.	X
		2. Students will participate in activities that require some physical exertion	X
		3. Students will participate in physical activity that is good for one's health.	X
	K	4. Achieves and maintains a health-enhancing level of fitness.	1. Students will sustain moderate to vigorous physical activity for short periods of time.
	5. Exhibits responsible personal and social behavior in physical	1. Students will apply, with teacher reinforcement, classroom rules and procedures and safe practices.	X

	activity settings. (Behavioral Skills)	2. Students will apply with teacher reinforcement, respect for individuals, property, and equipment.	X
	6. Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)	1. Students will try new movement and activity skills.	X
		2. Students will participate in a variety of physical activities.	X
		3. Students will associate positive feelings with participation in physical activity.	X
		4. Students will demonstrate the ability to play with others regardless of differences (e.g., gender, ethnicity, disability).	X
1	1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)	2. Students will travel and change directions quickly in response to a signal.	X
		3. Students will demonstrate functional form of manipulative skills.	X
		4. Students will travel in relationship to objects (e.g., over, under, behind, and through).	X
		5. Students will perform simple rhythmical patterns (e.g., scattered, circle, partner).	X
	3. Participates regularly in physical activity. (Physical Activity)	3. Students will engage in moderate to vigorous physical activity.	X
	4. Achieves and maintains a health-enhancing level of fitness.	2. Students will sustain moderate to vigorous physical activity for short periods of time.	X
	5. Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)	1. Students will apply with teacher reinforcement, classroom rules, procedures, and safe practices.	X
		2. Students will share space and equipment with others.	X
		3. Students will use equipment safely and responsibly.	X
		4. Students will stop activity immediately at the signal to do so.	X
	6. Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)	1. Students will interact positively with others regardless of personal differences.	X
		3. Students will associate positive feelings with participation in physical activity.	X
		4. Students will demonstrate the ability to play with others regardless of differences (e.g., gender, ethnicity, disability).	X

2	1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)	1. Students will demonstrate skills of chasing, fleeing, and dodging in a variety of situations.	X
	3. Participates regularly in physical activity. (Physical Activity)	1. Students will experience and express pleasure from participation in physical activity.	X
		2. Students will engage in moderate to vigorous physical activity	X
	5. Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)	2. Students will work cooperatively with a partner or small group to complete a task.	X
		3. Students will practice conflict resolution skills.	X
	6. Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)	2. Students will try new skills and games for challenge.	X
		3. Students will enjoy interaction with friends through physical activity.	X
		4. Students will demonstrate the ability to play with others regardless of differences (e.g., gender, ethnicity, disability).	X
3	1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)	3. Students will demonstrate dynamic and static balance in a variety of activities.	X
		4. Students will develop manipulative skills in game situations.	X
	4. Achieves and maintains a health-enhancing level of fitness.	1. Students will participate in moderate to vigorous physical activity.	X
	5. Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)	1. Students will apply rules, procedures, etiquette, and safe practices with little or no reinforcement.	X
		2. Students will work cooperatively with a partner or small group	X
	6. Values physical activity for health, enjoyment, challenge, self-expression, and social interaction.	1. Students will experience enjoyment while participating in physical activity.	X
		2. Students will accept the feelings resulting from challenges, successes, and failures in physical activity.	X

	(Intrinsic Value)	3. Students will demonstrate the ability to play with others regardless of differences (e.g., gender, ethnicity, disability).	X
		4. Students will interact appropriately with peers while participating in group activities.	X
4	1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)	4. Students will combine movement skills in applied settings.	X
4	3. Participates regularly in physical activity. (Physical Activity)	3. Students will identify and participate in several moderate to vigorous activities that provide personal pleasure.	X
	5. Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)	2. Students will utilize safety principles in activity situations.	X
		3. Students will work cooperatively and productively with a partner or small group resulting in good sportsmanship.	X
	6. Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)	1. Students will experience enjoyment while participating in physical activity.	X
5	1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)	1. Students will manipulate objects with accuracy and speed.	X
		3. Students will demonstrate beginning strategies for games and activities.	X
	3. Participates regularly in physical activity. (Physical Activity)	3. Students will participate in moderate to vigorous physical activity.	X
	5. Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)	2. Students will complete teacher-directed attempts at skill work independently.	X

	6. Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)	5. Students will recognize physical activity as a positive opportunity for social and group interaction and communication.	X
6	4. Achieves and maintains a health-enhancing level of fitness.	1. Students will participate in moderate to vigorous activity in a variety of settings.	X
	5. Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)	1. Students will apply rules, procedures and etiquette, which exhibit good sportsmanship.	X
		2. Students will participate in establishing rules, procedures and etiquette that are safe and effective for specific activity situations.	X
		3. Students will work in a group to achieve goals in cooperative and competitive activities.	X
	6. Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)	1. Students will recognize physical activity as a positive opportunity for social and group interaction and communication.	X
		2. Students will enjoy participation in physical activities.	X
		4. Students will demonstrate enjoyment from participation in physical activities.	X
		5. Students will communicate feelings towards others in a socially acceptable manner	X
7	4. Achieves and maintains a health-enhancing level of fitness.	1. Students will participate in moderate to vigorous activity in a variety of settings	X
	5. Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)	1. Students will demonstrate personal responsibility by accepting the consequences of personal behavior.	X
		2. Students will work in a group to achieve goals in cooperative and competitive settings.	X

	6. Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)	1. Students will enjoy participation in physical activities.	X
		2. Students will recognize the importance of physical activity as a tool for displaying acceptable behavior.	X
		3. Students will recognize the social benefits of participation in a variety of physical activities.	X
		4. Students will communicate feelings towards others in a socially acceptable way.	X
8	4. Achieves and maintains a health-enhancing level of fitness.	1. Students will participate in moderate to vigorous activity in a variety of settings	X
	5. Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)	1. Students will demonstrate personal responsibility by accepting the consequences of personal behavior.	X
		2. Students will work in a group to achieve goals in cooperative and competitive activities.	X
	6. Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)	1. Students will enjoy participation in physical activities.	X
		2. Students will recognize the importance of physical activity as a tool for displaying acceptable behavior.	X
		4. Students will communicate feelings towards others in a socially acceptable way.	X