

# Physical Education

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At the end of the school year, students will be able to...

**GOAL 19**  
Physical Development  
and Health

Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.

**STANDARD A**

**Demonstrate physical competency in individual and team sports, creative movement and leisure work-related activities.**

- \_\_\_\_\_ Dribble a ball using the inside of the feet in an alternate pattern.
- \_\_\_\_\_ Demonstrate weight shift while performing an underhand throw.
- \_\_\_\_\_ Dribble a ball in self-space using dominant and non-dominant hand.
- \_\_\_\_\_ Travel in all directions using a variety of locomotors and non-locomotor patterns (or combinations).
- \_\_\_\_\_ Make different body shapes with or without a partner.
- \_\_\_\_\_ Manipulate an object in time to a signal or music of varying tempos, or speeds.
- \_\_\_\_\_ Move in various ways showing definite contrasts of light and strong force.
- \_\_\_\_\_ Move and put a variety of body parts and objects into different levels.
- \_\_\_\_\_ Travel to a signal or music with an even or uneven rhythm.
- \_\_\_\_\_ Demonstrate the ability to perform a simple dance with or without music.
- \_\_\_\_\_ Roll smoothly and consecutively in a sideways direction.
- \_\_\_\_\_ Rock smoothly and repeatedly back and forth on the back.
- \_\_\_\_\_ Demonstrate the ability to combine 2 or more tumbling movements.
- \_\_\_\_\_ Catch a self-tossed ball while moving.
- \_\_\_\_\_ Strike a ball using an implement.
- \_\_\_\_\_ Swing a short rope over your head and step over it.

**STANDARD B**

**Analyze various movement concepts and applications.**

- \_\_\_\_\_ Use all locomotor movements in forward, sideways, and backward directions and change directions quickly on command.
- \_\_\_\_\_ Identify and use a variety of relationships with objects (front, back, left, right, on, off, in, out, up, down, around, through, over, under).
- \_\_\_\_\_ Find a self-space on their own in a large boundary area.
- \_\_\_\_\_ Show boundaries or spatial units when performing skills.

**STANDARD C****Demonstrate knowledge of rules, safety and strategies during physical activity.**

- \_\_\_\_\_ Work safely with others while performing skills.
- \_\_\_\_\_ Know and follow safety directions for specific activities.
- \_\_\_\_\_ Handle equipment properly and safely.
- \_\_\_\_\_ Take turns and share equipment.
- \_\_\_\_\_ Follow directions and stay on task while working independently.

**GOAL 20  
Physical Development  
and Health****Achieve and maintain a health-enhancing level of physical fitness based on continual self-assessment.****STANDARD A****Know and understand the principles and components of health-related fitness.**

- \_\_\_\_\_ Participate regularly in health enhancing physical activities.
- \_\_\_\_\_ Sustain moderate to vigorous physical activity for longer periods of time.
- \_\_\_\_\_ Participate at a level sufficient to increase breathing and body temperature.

**STANDARD B****Assess individual fitness levels.**

- \_\_\_\_\_ Identify physical activities that elicit a moderate and fast heartbeat.
- \_\_\_\_\_ Participate in pre and post physical fitness testing.

**STANDARD C****Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.**

- \_\_\_\_\_ Identify healthy choices.
- \_\_\_\_\_ Identify feelings following participation in physical activity.

**GOAL 21  
Physical Development  
and Health****Develop team-building skills by working with others through physical activity.****STANDARD A****Demonstrate individual responsibility during group physical activities.**

- \_\_\_\_\_ Follow established classroom rules.
- \_\_\_\_\_ Explain the questioned behavior and establish the expected behavior.
- \_\_\_\_\_ Work cooperatively with others.

**STANDARD B****Demonstrate cooperative skills during structured group physical activity.**

- \_\_\_\_\_ Participate in all activities.
- \_\_\_\_\_ Demonstrate good attitude working with others.
- \_\_\_\_\_ Use equipment and space safely and properly.
- \_\_\_\_\_ Stop activity immediately at the signal to do so.

**GOAL 23  
Physical Development  
and Health****Understand human body systems and factors that influence growth and development.****STANDARD A****Describe and explain the structure and functions of the human body systems and how they interrelate.**

- \_\_\_\_\_ Identify more specific body parts (ankles, knees, hips, fingers, elbows, shoulders, neck, toes, wrist, and back).
- \_\_\_\_\_ Locate carotid and radial.

**STANDARD B****Explain the effects of health-related actions on the body system**

- \_\_\_\_\_ Explain the importance of eating a variety of foods.
- \_\_\_\_\_ Recognize the relationship between exercise and muscular development.