

Physical Education

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.

- _____ Demonstrate skills of chasing, fleeing, and dodging to avoid others.
- _____ Combine locomotor patterns into a sequence.
- _____ Balance, demonstrating momentary stillness, in symmetrical and nonsymmetrical shapes on a variety of body parts.
- _____ Send and receive an object in a continuous motion in an underhand pattern.
- _____ Mirror the shape and movements of a partner.
- _____ Jump, land and roll in any direction.
- _____ Continuously strike a small, light weight object upward using a hand or lightweight paddle.
- _____ Perform different body movements to a series of beats of varying tempos (fast or slow).
- _____ Design and perform simple sequences that focus on body shapes or body movements.
- _____ Express the qualities of light and strong force through a variety of creative dance sequences.
- _____ Express the qualities of fast and slow speed through a variety of creative dance sequences.
- _____ Follow given simple sequences that combine locomotor and body movements to counted out groups of 3, 4, or 8 beats.
- _____ Jump a self-turned rope both forward and backward.

STANDARD B

Analyze various movement concepts and applications.

- _____ Use concepts of space awareness and movement control to run, hop, and skip in different ways in a large group without bumping into others or falling.

STANDARD C

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

- _____ Use safe practices with little reinforcement.
- _____ Demonstrate safety in traveling activities, weight bearing, and balancing activities.
- _____ Follow directions and stay on task while working independently or in groups.

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.

- _____ Sustain activity for longer periods of time while participating in chasing or fleeing activities in physical education, and/or on the playground.
- _____ Discuss the importance of warm-up and cool-down.

STANDARD B

Assess individual fitness levels.

- _____ Recognize the physiological indicators that accompany moderate to vigorous physical activity (e.g., sweating, increased heart rate, heavy breathing).
- _____ 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.

- _____ Correctly identify those activities associated with health-related activities.

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.

- _____ Apply rules, procedures, and safe practices with little or no reinforcement.
- _____ Follow directions with little or no reinforcement.
- _____ Work cooperatively with another to complete an assigned task.
- _____ Identify correctly the skills needing additional work.

STANDARD B

Demonstrate cooperative skills during structured group physical activity.

- _____ Use equipment and space safely and properly.
- _____ Respond positively to an occasional reminder about a rule infraction.
- _____ Practice specific skills as assigned until the teacher signals the end of practice.
- _____ Stop activity immediately at the signal to do so.
- _____ Assist a partner by sharing observations about skill performance during practice.

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.

_____ Understand the basic function of a muscle.

_____ Understand the basic function of your bones and joints.

STANDARD B

Explain the effects of health-related actions on the body system

_____ Cite ways to build physical activity into daily routines.