

# 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.**

- \_\_\_\_\_ Travel in a forward and sideways directions using a variety of locomotor and non-locomotor patterns and change direction quickly in response to a signal.
- \_\_\_\_\_ Demonstrate clear contrasts between slow and fast movement while traveling (effort).
- \_\_\_\_\_ Walk and run using mature form (see rubric).
- \_\_\_\_\_ Roll sideways without hesitating or stopping.
- \_\_\_\_\_ Balance by bearing weight on a variety of body parts.
- \_\_\_\_\_ March and step to a rhythmical even beat.
- \_\_\_\_\_ Underhand toss and catch an object while stationary.
- \_\_\_\_\_ Strike object with a body part.
- \_\_\_\_\_ From a stationary position, kick a stationary large ball, using any part of the foot
- \_\_\_\_\_ Jump and land using a variety of take-off and land patterns (hopsotch patterns).
- \_\_\_\_\_ Jump a slowly swinging long rope using two feet to two feet pattern.
- \_\_\_\_\_ Demonstrate non-locomotor movements (curl, twist, stretch, turn).

**STANDARD B**

**Analyze various movement concepts and applications.**

- \_\_\_\_\_ Stop and start traveling in different directions using a variety of locomotor movements in response to a signal showing the ability to stop and start in self space.
- \_\_\_\_\_ Identify and use a variety of relationships with objects (over/under, behind, alongside, through).
- \_\_\_\_\_ Show the boundaries or limits to their space when alone and when using equipment.
- \_\_\_\_\_ Move in a variety of ways at different levels.
- \_\_\_\_\_ Put a variety of body parts and objects into different levels.
- \_\_\_\_\_ Move on a straight, curved, and zigzag pathway.

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

- \_\_\_\_\_ Know the rules for participating in the gymnasium and on the playground.
- \_\_\_\_\_ Work in a group setting without interfering with others.
- \_\_\_\_\_ Respond to teacher signals for attention.
- \_\_\_\_\_ Respond to rule infractions when reminded once.
- \_\_\_\_\_ Follow directions given to the class for an all-class activity.
- \_\_\_\_\_ Handle equipment safely and put it away when directed.
- \_\_\_\_\_ Take turns using a piece of equipment.
- \_\_\_\_\_ Explain possible injuries that can occur when not following the rules.
- \_\_\_\_\_ 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 short periods of time.
- \_\_\_\_\_ Participate at a level sufficient to increase breathing and body temperature.

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

- \_\_\_\_\_ Associate the faster heartbeat with vigorous activity.
- \_\_\_\_\_ Identify additional physical activities that elicit a faster heartbeat.
- \_\_\_\_\_ Associate the slower heartbeat with rest.

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

- \_\_\_\_\_ 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.**

- \_\_\_\_\_ Comply with the rules or procedures established in the class.
- \_\_\_\_\_ Comply after being reminded of a rule or procedure.
- \_\_\_\_\_ Explain the questioned behavior and establish the expected behavior.
- \_\_\_\_\_ Respond quickly to the teacher's signals.
- \_\_\_\_\_ Demonstrate the ability to work independently on tasks for short periods of time.

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

- \_\_\_\_\_ Demonstrate willingness to join the activity.
- \_\_\_\_\_ Participate in group activities readily as evidenced by the interval between the teacher's instruction and initiation of activity.
- \_\_\_\_\_ Demonstrate cooperating with others in group tasks.

**GOAL 22  
Physical Development and Health****Understand principals of health promotion and prevention and treatment of illness and injury.****STANDARD A****Explain the basic principles of health promotion, illness prevention and safety.**

- \_\_\_\_\_ Refer to playground rule, Standard 19C.

**STANDARD B****Describe and explain the factors that influence health among individuals, groups and communities.****STANDARD C****Explain how the environment can affect health.****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 basic body parts (head, legs, arms, chest, feet, stomach, hands, eyes, ears, and nose).
- \_\_\_\_\_ Locate heartbeat and recognize changes in heart rate.

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

- \_\_\_\_\_ Recognize the importance of eating healthy foods.
- \_\_\_\_\_ Name healthy behaviors that relate to nutrition and exercise.
- \_\_\_\_\_ List choices that have a positive and negative influence on health.

**STANDARD C****Describe factors that affect growth and development.**

- \_\_\_\_\_ Explain the importance of being physically active.