

Physical Education

Standard

PE.1

Physical Education Standard 1: The student uses a number of basic and advanced movement forms.

Benchmark

ID=PE.1.0.1 Cat1=Grade K Cat2=Grade K/Physical Education: Explore a variety of locomotor movements (e.g. running, skipping, hopping, galloping, sliding).

Benchmark

ID=PE.1.0.2 Cat1=Grade K Cat2=Grade K/Physical Education: Explore a variety of non-locomotor skills (e.g. bending, twisting, stretching, turning, lifting).

Benchmark

ID=PE.1.0.3 Cat1=Grade K Cat2=Grade K/Physical Education: Explore a variety of object control skills (e.g. underhand and overhand throw, catch, hand dribble, foot dribble, kick and strike).

Benchmark

ID=PE.1.1.1 Cat1=Grade 1 Cat2=Grade 1/Physical Education: Use simple combinations of basic movement skills (e.g., locomotor, non-locomotor, object control, body control, and rhythmic skills).

Benchmark

ID=PE.1.1.2 Cat1=Grade 1 Cat2=Grade 1/Physical Education: Use control in weight-bearing activities on a variety of body parts (e.g., jumping and landing, using combinations of one and two foot takeoffs and landings).

Benchmark

ID=PE.1.1.3 Cat1=Grade 1 Cat2=Grade 1/Physical Education: Use a variety of object control skills (e.g., underhand and overhand throw, catch, hand dribble, foot dribble, kick and strike).

Benchmark

ID=PE.1.2.1 Cat1=Grade 2 Cat2=Grade 2/Physical Education: Use spatial awareness in travel activities.

Benchmark

ID=PE.1.2.2 Cat1=Grade 2 Cat2=Grade 2/Physical Education: Use smooth transitions between sequential motor skills (e.g., running into a jump).

Benchmark

ID=PE.1.2.3 Cat1=Grade 2 Cat2=Grade 2/Physical Education: Use locomotor skills in rhythmical patterns (e.g., even, uneven, fast and slow).

Benchmark

ID=PE.1.2.4 Cat1=Grade 2 Cat2=Grade 2/Physical Education: Use control in balance activities on a variety of body parts (e.g., one foot, one hand and one foot, hands and knees, headstands).

Benchmark

ID=PE.1.3.1 Cat1=Grade 3 Cat2=Grade 3/Physical Education: Use basic form in object control skills (e.g., underhand and overhand throw, catch, dribble, kick and strike).

Benchmark

ID=PE.1.3.2 Cat1=Grade 3 Cat2=Grade 3/Physical Education: Use basic sport-specific skills for a variety of physical activities (e.g., basketball chest pass, soccer dribble).

Benchmark

ID=PE.1.3.3 Cat1=Grade 3 Cat2=Grade 3/Physical Education: Use basic form and appropriate sequence in combinations of fundamental and rhythmic locomotor movements (e.g., combining running, stopping, throwing, shooting, kicking for sideline soccer).

Benchmark

ID=PE.1.4.1 Cat1=Grade 4 Cat2=Grade 4/Physical Education: Use mature form in object control skills (e.g., underhand and overhand throw, catch, dribble, kick and strike).

Benchmark

ID=PE.1.4.2 Cat1=Grade 4 Cat2=Grade 4/Physical Education: Use mature sport-specific skills for a variety of physical activities (e.g., basketball chest pass, soccer dribble).

Benchmark

ID=PE.1.4.3 Cat1=Grade 4 Cat2=Grade 4/Physical Education: Use mature form and appropriate sequence in combinations of fundamental and rhythmic locomotor movements (e.g., combining running, stopping, throwing, shooting, kicking for sideline soccer).

Benchmark

ID=PE.1.4.4 Cat1=Grade 4 Cat2=Grade 4/Physical Education: Use mature form in balance activities.

Benchmark

ID=PE.1.5.1 Cat1=Grade 5 Cat2=Grade 5/Physical Education: Use mature form in object control activities (e.g., underhand and overhand throw, catch dribble, kick and strike).

Benchmark

ID=PE.1.5.2 Cat1=Grade 5 Cat2=Grade 5/Physical Education: Use mature sport-specific skills for a variety of physical activities (e.g., basket ball chest pass, soccer dribble).

Benchmark

ID=PE.1.5.3 Cat1=Grade 5 Cat2=Grade 5/Physical Education: Use mature form and appropriate sequence in combinations of fundamental and rhythmic locomotor movements (e.g., combine running, stopping, throwing, shooting, kicking for sideline soccer).

Benchmark

ID=PE.1.6.1 Cat1=Grade 6 Cat2=Grade 6/Physical Education: Uses mature form and appropriate sequence in combinations of fundamental locomotor, object control and rhythmical skills that are components of selected games, sports, and dance.

Benchmark

ID=PE.1.7.1 Cat1=Grade 7 Cat2=Grade 7/Physical Education: Use intermediate sport-specific skills for individual, dual, and team sports.

Benchmark

ID=PE.1.8.1 Cat1=Grade 8 Cat2=Grade 8/Physical Education: Use intermediate sport-specific skills for individual, dual, and team sports.

Benchmark

ID=PE.1.HS.1 Cat1=High School PE Cat2=High School/Physical Education: Use sport specific skills in physical activities.

Benchmark

ID=PE.1.HS.2 Cat1=High School PE Cat2=High School/Physical Education: Use offensive and defensive strategies and rules for sports and other physical activities.

Standard

PE.2

Physical Education Standard 2: The student uses movement concepts and principles in the development of motor skills.

Benchmark

ID=PE.2.0.1 Cat1=Grade K Cat2=Grade K/Physical Education: Explore basic movement concepts and a variety of relationships with objects (e.g., personal space, high/low levels, fast /slow speeds, over/under, behind, alongside, through).

Benchmark

ID=PE.2.1.1 Cat1=Grade 1 Cat2=Grade 1/Physical Education: Explore concepts of space and movement control with a variety of basic skills (e.g., running, hopping, skipping) while interacting with others.

Benchmark

ID=PE.2.2.1 Cat1=Grade 2 Cat2=Grade 2/Physical Education: Understand a vocabulary of basic movement concepts.

Benchmark

ID=PE.2.2.2 Cat1=Grade 2 Cat2=Grade 2/Physical Education: Use feedback to improve performance (e.g., peer/coach review)

Benchmark

ID=PE.2.2.3 Cat1=Grade 2 Cat2=Grade 2/Physical Education: Use critical elements of basic movement patterns (e.g., such as throwing; the ready position, arm preparation, step with leg opposite the throwing arm follow-through, accuracy of throw).

Benchmark

ID=PE.2.3.1 Cat1=Grade 3 Cat2=Grade 3/Physical Education: Exhibit the ability to adjust movement skills according to expectations.

Benchmark

ID=PE.2.3.2 Cat1=Grade 3 Cat2=Grade 3/Physical Education: Understand principles of practice and conditioning that improve performance.

Benchmark

ID=PE.2.4.1 Cat1=Grade 4 Cat2=Grade 4/Physical Education: Develop basic offensive and defensive strategies in a modified version of a game.

Benchmark

ID=PE.2.5.1 Cat1=Grade 5 Cat2=Grade 5/Physical Education: Uses basic offensive and defensive strategies in a modified version of a team and individual sport.

Benchmark

ID=PE.2.6.1 Cat1=Grade 6 Cat2=Grade 6/Physical Education: Understand principles of practice and conditioning that improve performance.

Benchmark

ID=PE.2.7.1 Cat1=Grade 7 Cat2=Grade 7/Physical Education: Uses basic offensive and defensive strategies in team and individual sports.

Benchmark

ID=PE.2.8.1 Cat1=Grade 8 Cat2=Grade 8/Physical Education: Uses basic offensive and defensive strategies in team and individual sports.

Benchmark

ID=PE.2.HS.1 Cat1=High School PE Cat2=High School /Physical Education: Displays and/or describes biomechanical concepts and principles that govern different types of movement (e.g., weight lifting, aerobics).

Benchmark

ID=PE.2.HS.2 Cat1=High School PE Cat2=High School /Physical Education: Shows knowledge of being able to adapt and change motor skills during an activity.

Standard

PE.3

Physical Education Standard 3: The student understands health related effects derived from physical fitness.

Benchmark

ID=PE.3.0.1 Cat1=Grade K Cat2=Grade K/Physical Education: Explore the opportunity to enjoy movement.

Benchmark

ID=PE.3.1.1 Cat1=Grade 1 Cat2=Grade 1/Physical Education: Begin to understand the importance of taking responsibility to do your personal best.

Benchmark

ID=PE.3.2.1 Cat1=Grade 2 Cat2=Grade 2/Physical Education: Understand the health benefits of physical activity (e.g., good health, physical endurance).

Benchmark

ID=PE.3.3.1 Cat1=Grade 3 Cat2=Grade 3/Physical Education: Choose physical activities based on a variety of factors (e.g., personal interests and capabilities, perceived social and physical benefits, challenge and enjoyment).

Benchmark

ID=PE.3.4.1 Cat1=Grade 4 Cat2=Grade 4/Physical Education: Understand proper warm-up and cool-down techniques and reasons for using them.

Benchmark

ID=PE.3.5.1 Cat1=Grade 5 Cat2=Grade 5/Physical Education: Understand that activities can provide opportunities for personal challenge (e.g., risk-taking, adventure, and competitive activities).

Benchmark

ID=PE.3.6.1 Cat1=Grade 6 Cat2=Grade 6/Physical Education: Understand long term physiological benefits of regular participation in physical activity.

Benchmark

ID=PE.3.7.1 Cat1=Grade 7 Cat2=Grade 7/Physical Education: Have understanding of the benefits of regular physical activity.

Benchmark

ID=PE.3.8.1 Cat1=Grade 8 Cat2=Grade 8/Physical Education: Have understanding of the benefits of regular physical activity.

Benchmark

ID=PE.3.HS.1 Cat1=High School PE Cat2=High School/Physical Education: Have understanding of long term benefits of physical activity.

Benchmark

ID=PE.3.HS.2 Cat1=High School PE Cat2=High School/Physical Education: Understand potentially dangerous consequences and outcomes of participation in physical activity.

Benchmark

ID=PE.3.HS.3 Cat1=High School PE Cat2=High School/Physical Education: Understand benefits of lifetime activities.

Standard

PE.4

Physical Education Standard 4: The student understands the health related effects associated with participation in physical fitness.

Benchmark

ID=PE.4.0.1 Cat1=Grade K Cat2=Grade K/Physical Education: Know the physiological indicators that accompany moderate to vigorous physical activity (e.g., perspiration, increased heart and breathing rate).

Benchmark

ID=PE.4.0.2 Cat1=Grade K Cat2=Grade K/Physical Education: Engage in activities that require flexibility (e.g., stretching toward the toes while in the sit-and-reach position, moving each joint through its full range of motion).

Benchmark

ID=PE.4.1.1 Cat1=Grade 1 Cat2=Grade 1/Physical Education: Engage in activities that develop muscular strength and endurance (e.g., climbing, hanging, taking weight on hands).

Benchmark

ID=PE.4.1.2 Cat1=Grade 1 Cat2=Grade 1/Physical Education: Participate in basic activities that cause cardiorespiratory exertion (e.g., running, galloping, skipping, hopping).

Benchmark

ID=PE.4.2.1 Cat1=Grade 2 Cat2=Grade 2/Physical Education: Know similarities and differences in body height, weight, and shape.

Benchmark

ID=PE.4.2.2 Cat1=Grade 2 Cat2=Grade 2/Physical Education: Know how to measure cardiorespiratory fitness (e.g., listening to heartbeat, counting pulse rate).

Benchmark

ID=PE.4.3.1 Cat1=Grade 3 Cat2=Grade 3/Physical Education: Engage in activities that develop and maintain cardiorespiratory endurance (e.g., timed or distance walk/run and other endurance activities at a specified heart rate).

Benchmark

ID=PE.4.3.2 Cat1=Grade 3 Cat2=Grade 3/Physical Education: Work to develop and maintain flexibility of major joints (e.g., sit and reach, trunk twists, and arm-shoulder stretches).

Benchmark

ID=PE.4.4.1 Cat1=Grade 4 Cat2=Grade 4/Physical Education: Know how to monitor intensity of exercise (e.g., heart rate, breathing rate, perceived exertion, and recovery rate).

Benchmark

ID=PE.4.4.2 Cat1=Grade 4 Cat2=Grade 4/Physical Education: Work to develop and maintain muscular strength (e.g., push-ups, pull-ups, curl-ups, jump rope).

Benchmark

ID=PE.4.5.1 Cat1=Grade 5 Cat2=Grade 5/Physical Education: Participate in a group to accomplish a set goal in both cooperative and competitive activities.

Benchmark

ID=PE.4.6.1 Cat1=Grade 6 Cat2=Grade 6/Physical Education: Meet health related fitness standards for appropriate level of a fitness test.

Benchmark

ID=PE.4.7.1 Cat1=Grade 7 Cat2=Grade 7/Physical Education: Meet health related fitness standards for appropriate level of a fitness test.

Benchmark

ID=PE.4.7.2 Cat1=Grade 7 Cat2=Grade 7/Physical Education: Engage in more advanced activities that develop and maintain cardiorespiratory endurance, muscular strength, and flexibility.

Benchmark

ID=PE.4.8.1 Cat1=Grade 8 Cat2=Grade 8/Physical Education: Meet health related standards for appropriate level of a fitness test.

Benchmark

ID=PE.4.8.2 Cat1=Grade 8 Cat2=Grade 8/Physical Education: Engage in more advanced activities that develop and maintain cardiorespiratory endurance, muscular strength, and flexibility.

Benchmark

ID=PE.4.HS.1 Cat1=High School PE Cat2=High School/Physical Education: Assess personal fitness status in terms of cardiovascular, endurance, strength, flexibility, and body composition.

Benchmark

ID=PE.4.HS.2 Cat1=High School PE Cat2=High School/Physical Education: Demonstrate the skills, knowledge, and desire to monitor and adjust physical activity levels to meet personal fitness needs.

Benchmark

ID=PE.4.HS.3 Cat1=High School PE Cat2=High School/Physical Education: Understand the financial factors that affect personal fitness.

Standard

PE.5

Physical Education Standard 5: The student demonstrates responsible personal and social behavior in physical activity settings.

Benchmark

ID=PE.5.0.1 Cat1=Grade K Cat2=Grade K/Physical Education: Begin to demonstrate an understanding of the purpose of rules in games.

Benchmark

ID=PE.5.0.2 Cat1=Grade K Cat2=Grade K/Physical Education: Begin to use equipment and space safely and properly (e.g., take turns using equipment, put equipment away when not in use).

Benchmark

ID=PE.5.1.1 Cat1=Grade 1 Cat2=Grade 1/Physical Education: Follow rules and procedures with little reinforcement (e.g., playground, classroom, gymnasium rules).

Benchmark

ID=PE.5.1.2 Cat1=Grade 1 Cat2=Grade 1/Physical Education: Work cooperatively (e.g., take turns, be supportive, assist partner) with another person or small group.

Benchmark

ID=PE.5.2.1 Cat1=Grade 2 Cat2=Grade 2/Physical Education: Understand the social contributions of physical activity (e.g., learning to cooperate and interact with others, having a role in team activities).

Benchmark

ID=PE.5.3.1 Cat1=Grade 3 Cat2=Grade 3/Physical Education: Understand the elements of socially acceptable conflict resolution in physical activity settings (e.g., cooperation, sharing, consideration).

Benchmark

ID=PE.5.4.1 Cat1=Grade 4 Cat2=Grade 4/Physical Education: Know how to develop rules, procedures, and etiquette that are safe and effective for specific activity situations.

Benchmark

ID=PE.5.5.1 Cat1=Grade 5 Cat2=Grade 5/Physical Education: Participate in a group to accomplish a set goal in both cooperative and competitive activities.

Benchmark

ID=PE.5.6.1 Cat1=Grade 6 Cat2=Grade 6/Physical Education: Understand that physical activities (games) have rules that must be followed.

Benchmark

ID=PE.5.7.1 Cat1=Grade 7 Cat2=Grade 7/Physical Education: Understand and implement the importance of rules, procedures, and safe practices in physical activity settings.

Benchmark

ID=PE.5.7.2 Cat1=Grade 7 Cat2=Grade 7/Physical Education: Understand the importance of proper attitude.

Benchmark

ID=PE.5.8.1 Cat1=Grade 8 Cat2=Grade 8/Physical Education: Understand and implement the importance of rules, procedures, and safe practices in physical activity settings.

Benchmark

ID=PE.5.8.2 Cat1=Grade 8 Cat2=Grade 8/Physical Education: Understand the importance of proper attitude.

Benchmark

ID=PE.5.HS.1 Cat1=High School PE Cat2=High School/Physical Education: Demonstrate safe practices, rules, procedures, and etiquette in all physical activity settings.

Benchmark

ID=PE.5.HS.2 Cat1=High School PE Cat2=High School/Physical Education: Demonstrate sportsmanship and the importance of having winning and losing in perspective.

Benchmark

ID=PE.5.HS.3 Cat1=High School PE Cat2=High School/Physical Education: Act independently on peer-pressure and resolve conflicts in appropriate ways.

Benchmark

ID=PE.5.HS.4 Cat1=High School PE Cat2=High School/Physical Education: Encourage others to apply appropriate etiquette in all physical activity settings.

Standard

PE.6

Physical Education Standard 6: The student demonstrates understanding and respect for differences among people in physical activity settings.

Benchmark

ID=PE.6.0.1 Cat1=Grade K Cat2=Grade K/Physical Education: Begin to understand the need to respect the rights of others.

Benchmark

ID=PE.6.1.1 Cat1=Grade 1 Cat2=Grade 1/Physical Education: Choose playmates without regard to personal differences.

Benchmark

ID=PE.6.2.1 Cat1=Grade 2 Cat2=Grade 2/Physical Education: Understand the importance of playing, cooperating, and respecting others regardless of personal differences.

Benchmark

ID=PE.6.3.1 Cat1=Grade 3 Cat2=Grade 3/Physical Education: Understand the role of physical activities in learning more about others of like and different backgrounds.

Benchmark

ID=PE.6.4.1 Cat1=Grade 4 Cat2=Grade 4/Physical Education: Understand the physical challenge faced by people with disabilities.

Benchmark

ID=PE.6.4.2 Cat1=Grade 4 Cat2=Grade 4/Physical Education: Demonstrate acceptance of the skills and abilities of others through verbal and nonverbal behavior.

Benchmark

ID=PE.6.5.1 Cat1=Grade 5 Cat2=Grade 5/Physical Education: Indicate respect for persons of different background and cultural diversity.

Benchmark

ID=PE.6.6.1 Cat1=Grade 6 Cat2=Grade 6/Physical Education: Demonstrate cooperation with peers of different gender, race, and ethnic background in a physical setting through verbal and nonverbal behavior.

Benchmark

ID=PE.6.7.1 Cat1=Grade 7 Cat2=Grade 7/Physical Education: Make choices based on the safety of self and others.

Benchmark

ID=PE.6.7.2 Cat1=Grade 7 Cat2=Grade 7/Physical Education: Accepts controversial decision of official.

Benchmark

ID=PE.6.8.1 Cat1=Grade 8 Cat2=Grade 8/Physical Education: Make choices based on the safety of self and others.

Benchmark

ID=PE.6.8.2 Cat1=Grade 8 Cat2=Grade 8/Physical Education: Accept controversial decision of an official.

Benchmark

ID=PE.6.HS.1 Cat1=High School PE Cat2=High School/Physical Education: Identify the affects of age, gender, race, and cultures upon physical activity preferences and participation.

Benchmark

ID=PE.6.HS.2 Cat1=High School PE Cat2=High School/Physical Education: Understand factors that impact the ability to participate in physical activity.

Benchmark

ID=PE.6.HS.3 Cat1=High School PE Cat2=High School/Physical Education: Understand the role of sport in a diverse world.