

Essential Standard - Standard should be taught in depth – These are the major work of the grade level
Supporting Standard- Support essential standards -Students need an intermediate understanding of these standards
Additional Standard- Students need a basic foundation of these standards

Suggested Monthly Themes:

<u>August/Sept.</u>	Playground Games	<u>January</u>	Balance, Movement and Dance
<u>October</u>	Bones and Muscles	<u>February</u>	Heart and Cardiovascular Awareness
<u>November</u>	Ball Control with Feet	<u>March</u>	Volleying and Striking Games
<u>December</u>	Ball Control with Hands	<u>April</u>	Racquets
		<u>May/June</u>	Playground Games

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns			Pacing
Locomotor	S1.E.1.1	Hops, gallops, jogs and slides using a mature pattern.	
Locomotor Jumping and Landing	S1.E3.1	Demonstrates 2 of the 5 critical elements for jumping and landing in a horizontal plane using two-foot takeoffs and landings	
Locomotor Jumping and Landing	S1.E4.1	Demonstrates 2 of the 5 critical elements for jumping and landing in a vertical plane	
Locomotor Dance	S1.E5.1	Combines locomotor and non-locomotor skills in a teacher designed dance.	
Non locomotor Balance	S1.E7.1	Maintains stillness on different bases of support with different body shapes	
Non locomotor Stability	S1.E8.1	Transfers weight from one body part to another in self-space in dance and gymnastics environments.	
Manipulative Underhand	S1.E13.1	Throws underhand, demonstrating 2 of the 5 critical elements of a mature pattern	

Manipulative Catching	S1.E.16.1a S1.E16.1b	Catches a soft object from a self-toss before it bounces. Catches various sizes of balls self-tossed or tossed by a skilled thrower	
Manipulative Ball Control	S1.E.17.1	Dribbles continuously in self-space using the preferred hand	
Manipulative Ball Control	S1.E.18.1	Taps or dribbles a ball using the inside of the foot while walking in general space	
Manipulative Kicking	S1.E21.1	Approaches a stationary ball and kicks it forward, demonstrating 2 of the 5 critical elements of a mature pattern	
Manipulative Volleying	S1.E.22.1	Volleys an object with an open palm, sending it upward	
Manipulative Striking	S1.E24.1	Strikes a ball with a short-handled implement, sending it upward	
Manipulative Jumping Rope	S1.E27.1a S1.E27.1b	Jumps forward or backward consecutively using a self-turned rope. Jumps a long rope up to 5 times consecutively with teacher-assisted turning	
Standard 2 – They physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.			Pacing
Movement Concepts Space	S2.E1.1	Moves in self space and general space in response to designated beats or rhythms.	
Movement Concepts Pathways, Shapes, Levels	S2.E2.1a S2.E2.1b	Travels demonstrating low, middle and high levels. Travels demonstrating a variety of relationships with objects (e.g., over, under, around, through)	
Movement Concepts Speed, direction, force	S2.E3.1a S2.E3.1b	Differentiates between fast and slow speeds. Differentiates between strong and light force.	
Standard 3 – They physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.			Pacing
Physical Activity Knowledge	S3.E1.1	Discusses the benefits of being active and exercising and/ or playing	
Engages in Physical Activity	S3.E2.1	Engages actively in physical education class	
Fitness Knowledge	S.E3.1	Identifies the heart as a muscle that grows stronger with exercise, play and physical activity	

Nutrition	S3.E6.1	Differentiates between healthy and unhealthy foods	
<i>Standard 4: The physically literate individual exhibits Christlike behavior and sportsmanlike conduct whole respects self and others</i>			Pacing
Personal Responsibility	S4.E1.1	Accepts personal responsibility by using equipment and space appropriately.	
Personal Responsibility	S4.E2.1	Follows the rules and parameters of the learning environment.	
Accepting Feedback	S4.E3.1	Responds appropriately to general feedback from the teacher	
Working with Others	S4.E4.1	Works independently with others in a variety of class environments (e.g., small and large groups).	
Rules and Etiquette	S4.E5.1	Exhibits the established protocols for class activities.	
Safety	S4.E6.1	Follows teacher directions for safe participation and proper use of equipment without teacher reminders	
<i>Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction</i>			Pacing
Health	S5.E1.1	Identifies physical activity as a component of good health	
Challenge	S5.E2.1	Recognizes that challenge in physical activities can lead to success.	
Self-Expression & Enjoyment	S5.E3.1a S5.E3.1b	Describes positive feelings that result from participating in physical activities. Discusses personal reasons (i.e., the “why”) for enjoying physical activities.	