

**Curriculum Guidebook: P.E.
2018-2019**

Guide ID	Description	Gr PK	Gr K	Gr 1	Gr 2	Gr 3	Gr 4	Gr 5	Gr 6	Gr 7	Gr 8
Fitness											
002	Children will participate in activities that develop strength and endurance.	X									
044	Recognizes necessity of warm-ups of body muscles before strenuous exercise		X								
059	<i>Develop body strength, balance, flexibility, and stamina to move self through space in variety of ways (e.g. running, jumping, skipping)</i>	X									
060	<i>Explore a variety of equipment and activities which enhance gross motor development and coordinate movements with upper and/or lower body (e.g. balls, slides, locomotive toys, and assistive technology)</i>	X									
061	<i>Demonstrate personal care and hygiene skills</i>	X									
062	<i>Demonstrate awareness and understanding of healthy habits (e.g. sufficient rest, nutritious foods, exercise)</i>	X									
063	<i>Demonstrate awareness and understanding of safety rules</i>	X									
114	Develops agility, flexibility, and coordination			X		X	X	X	X	X	X
115	Improve cardiovascular efficiency by regular exercise			X		X	X	X	X	X	X
116	Runs distances against one or more persons			X		X	X		X	X	X
206	Recognizes necessity of slow cool down period after strenuous activity				X						
310	Develops the level of fitness necessary to maintain a healthy body					X	X	X		X	X
334	Recognizes necessity of slow warm up and cool down period before and after strenuous activity					X	X	X			
501	Develops abdominal strength and endurance								X		X
502	Develops low back and thigh flexibility								X		X
503	Develops strength and power in arm muscles								X		X
504	Develops strength and power in leg muscles								X		
513	Develops muscular strength and endurance							X			
624	Develops the level of fitness necessary to maintain a healthy body								X		
625	Understands the effectiveness of personal decision-making as it relates to future health and wellness								X		
626	Participates in a personal fitness plan to enhance physical fitness								X		
627	Evaluates and measures personal fitness levels by keeping a fitness log or journal								X		

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704	Develops strength and power in arm muscles, low back and thigh flexibility, abdominal strength and endurance, and strength and power in leg muscles									X	X
705	Recognizes necessity of warm up and cool down period of body muscles during strenuous exercise									X	X
Games											
045	Participates in low organizational games		X								
116	Creates and appreciates simple games			X		X	X	X			
117	Knows rules involved in games and sports			X							
318	Understands terminology used in floor hockey					X					
319	Understands terminology and basic skills used in kickball					X	X				
320	Understands terminology and basic skills used in basketball					X	X				
321	Understands terminology and basic skills used in soccer					X	X				
400	Recognizes the terminology and basic skills used in floor hockey						X	X			
508	Knows the terminology and basic skills of racquet and paddle sports							X			
510	Knows terminology and basic skills of softball							X			
511	Introduce terminology and basic skills of football							X			
512	Introduce terminology and basic skills of volleyball							X			
514	Uses hoops to improve coordination and dexterity							X			
Movement Education											
001	Children will participate in movement activities involving balance, weight transference and large muscle development (running, galloping, climbing stairs, throwing, catching, kicking, dancing, bending, etc.).	X									
014	Tenses and relaxes total body or parts		X					X			
015	Demonstrates understanding of directions: above/below, along, toward/away, beside, to the side of, sideways, inside/outside, between, behind/ahead, right, left, clockwise and counter clockwise		X								
016	Demonstrates understanding of relations between self and others: face to face, back to back, side by side, close together, far apart		X								
017	Demonstrates body positions: standing, sitting, kneeling, lying, squatting		X								
021	Jumps in an attempt to gain distance		X								
022	Mirrors movement of leader or partners		X								

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023	Moves in space without collisions		X			X	X	X			
024	Walks, runs, skips, slides, and gallops changing direction, levels, and speed		X								
027	Pushes body away from objects and objects away from body		X								
028	Uses movement imitatively: animals, personalities, fictitious characters, machines		X								
032	Performs basic locomotor movements in response to beat		X			X					
040	Follows group routines using parachutes		X								
041	Use hoops to improve coordination and dexterity		X								
042	Propels self on scooter		X								
043	Demonstrates ability to combine movements into a sequence		X								
107	Performs combinations of locomotor and non-locomotor skills in various sequences			X	X		X	X			
108	Moves in direction opposite to leader			X		X	X	X			
205	Increases ability to combine speed and power in movement				X						
221	Manipulates objects to the beat of music				X	X	X	X			
222	Demonstrates ability to manipulate objects using eye, hand, foot coordination with various amounts of force.				X	X	X	X			
223	Strikes various objects with a wide variety of instruments				X	X	X	X			
224	Performs combinations of locomotor and non-locomotor skills in various sequences				X	X	X	X			
305	Creates own dance using different steps					X					
307	Performs traditional dance steps in various ethnic, cultural and recreational dances					X	X	X			
401	Creates own dance using different steps						X	X	X		
Physical Education Behavior											
004	Experiences the pleasure of movement		X			X		X	X	X	X
005	Knows and observes safety rules related to class procedures and activities		X			X		X	X	X	X
006	Demonstrates ability to follow and lead							X			
007	Wears proper clothes and shoes for physical activities		X			X	X	X	X	X	X
008	Develops desirable attitudes toward physical fitness		X			X	X	X	X	X	X
009	Engages in physical activities which help develop mental, social and emotional well being		X			X	X	X	X	X	X
010	Cares for equipment properly		X			X	X	X	X	X	X
012	Shows regard for the safety of all participants in an activity					X				X	X
013	Follows rules in games and sports		X			X					
033	Moves within basic formations: partners, scattered, line, circle		X								

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100	Appreciates the value of teamwork			X		X	X	X	X	X	X
101	Develops ability to lead and coordinate team activities										
102	Understands the need to practice to improve skills			X		X		X	X	X	X
103	Appreciates the need for rules						X			X	
109	Demonstrates ability to solve movement problems			X							
200	Develops healthy attitudes toward participation in group games and sports				X	X	X	X	X	X	X
201	Demonstrates sportsmanship and emotional control in a variety of activities and games				X				X	X	X
202	Recognizes, accepts, and appreciates individual differences of self and others				X	X	X	X	X	X	X
203	Compares similarities of skills and strategies of team sports				X						
204	Responds to changes in patterns and rhythmic tempos while handling objects				X	X	X	X	X	X	X
225	Identifies and applies safety principles to all activity situations				X	X	X	X			
300	Develops sense of respect for one's body					X	X	X	X	X	X
306	Identifies and understands basic rhythmic and dance terminology					X	X	X	X	X	X
500	Understands dance as a lifetime activity							X		X	X
600	Appreciates dance as an avenue for development of social relationships								X	X	X
603	Understands the value of learning to play many kinds of positions								X	X	X
Physical Education Skills											
088	Catches a bounced ball		X								
089	Catches a tossed ball					X					
094	Strikes various objects with a wide variety of instruments		X	X	X	X	X	X	X	X	X
095	Jumps a continuously turning rope		X	X	X	X	X	X	X	X	X
096	Identify and apply safety principles in all activity situations		X	X	X	X	X	X	X	X	X
097	Cooperates with peers of a diverse population during physical activity		X	X	X	X	X	X	X	X	X
098	Evaluates and demonstrates ways individuals maintain a degree of fitness		X	X	X	X	X	X	X	X	X
099	Participates in a personal fitness plan to enhance physical fitness (e.g. fitness log, online journals)		X	X	X	X	X	X	X	X	X
099.1	Evaluates and measures personal fitness levels (e.g. PRE, fitness testing, heart-rate monitoring)		X	X	X	X	X	X	X	X	X
119	Hurdles a series of low collapsible objects			X							
145	Demonstrates understanding of directions			X							

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147	Uses a variety of jump ropes to improve cardiovascular fitness and coordination.			X							
216	Jumps over low rope, still and moving						X				
218	Fakes using different parts of body, different levels, and different timing				X						
623	Analyze the effectiveness of personal decision-making as it relates to future health and wellness outcomes by:								X	X	X
623	(a) describing individual goals and aspirations for healthy living;								X	X	X
623	(b) determining how setting healthy living goals can promote lifetime wellness.								X	X	X
Sports											
003	Children will gain coordination through participation in physical activities.	X									
047	Recognizes and names common body parts		X								
058	Keeps a balloon in the air using different body parts and amounts of force		X								
082	Dribbles in general space controlling the ball		X								
093	Demonstrates ability to manipulate objects using eye, hand and foot coordination with various amounts of force.		X	X	X						
118	Stays in lane while running sprints			X		X	X	X			
124	Controls the ball with feet or other body parts					X					
210	Develops personal skills necessary for participation in a leisure time sport program				X			X	X	X	X
323	Jumps in an attempt to gain distance					X					
324	Increases ability to combine speed and power in movement					X	X	X	X	X	X
325	Runs beyond finish lines to obtain maximum speed					X	X	X	X	X	X
326	Develops speed through short dashes					X		X	X	X	X
327	Attains reasonable ability to change levels and direction in quick succession					X	X	X	X	X	X
328	Use hoops to improve coordination and dexterity					X					
605	Knows terminology used in floor hockey								X	X	X
606	Understands scoring for games and sports and scores games correctly								X	X	X
608	Develops understand and leadership by officiating								X	X	X
609	Understands terminology used in paddle and racquet sports								X		
612	Understands terminology and basic skills used in football								X	X	X
613	Understands terminology and basic skills used in soccer								X	X	X

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614	Understands terminology and basic skills used in volleyball								X	X	X
615	Understands terminology and basic skills used in basketball								X	X	X
616	Understands techniques, strategies and rules of games and sports								X	X	X
618	Compares similarities of skills and strategies of team sports								X	X	X
620	Plays offensive and defensive positions								X	X	X
628	Understands terminology and basic skills used in kickball								X		
700	Familiar with terminology and basic skills used in kickball									X	X