



Physical Education Standards

Standard 1

Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Standard 2

A Safe and Healthy Environment

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Standard 3

Resource Management

Students will understand and be able to manage their personal and community resources.

Alternate Assessment Standards for Students with Severe Disabilities

[Standard 1](#)

[Standard 2](#)

[Standard 3](#)

STANDARD Personal Health and Fitness

1

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Key Idea: Students will:

Physical Education

1a: perform basic motor and manipulative skills. They will attain competency in a variety of physical activities and proficiency in a few select complex motor and sports activities.

1b: design personal fitness programs to improve cardiorespiratory endurance, flexibility, muscular strength, endurance, and body composition.

ELEMENTARY

INTERMEDIATE

COMMENCEMENT

- participate in physical activities (games, sports, exercises) that provide conditioning for each fitness area

- demonstrate competency in a variety of physical activities (games, sports, exercises) that provide conditioning for each fitness area

- demonstrate proficiency in selected complex physical activities (games, sports, exercises) that provide conditioning for each fitness area

- develop physical fitness skills through regular practice, effort, and perseverance

- know that motor skills progress in complexity and need to be used in the context of games and sports with additional environmental constraints

- establish and maintain a high level of skilled performance, demonstrate mastery of fundamental movement forms and skills that can contribute to daily living tasks, and analyze skill activities

- demonstrate mastery of fundamental motor, non-locomotor, and manipulative skills, and understand fundamental principles of movement

- combine and integrate fundamental skills and adjust technique based on feedback, including self-assessment

- make physical activity an important part of their life and recognize such consequent benefits as self-renewal, greater productivity as a worker, more energy for family activities, and reduction in health care costs

- understand the effects of activity on the body, the risks associated with inactivity, and the basic components of health-related fitness (cardiovascular, muscle strength, muscle endurance, flexibility, and body composition)

- understand the relationship between physical activity and the prevention of illness, disease, and premature death

- use the basic principles of skill analysis to improve previously acquired skills and to continue to learn new skills and activities

- demonstrate and assess their fitness by performing exercises or activities related to each health-related fitness component, and establish personal goals to improve their fitness

- develop and implement a personal fitness plan based on self-assessment and goal setting, understand physiological changes that result from training, and understand the health benefits of regular participation in activity

- know the components of personal wellness (nutrition and weight control, disease prevention, stress management, safety, and physical fitness), establish a personal profile with fitness/wellness goals, and engage in appropriate activities to improve or sustain their fitness

- understand the relationship between physical activity and individual well being

- develop leadership, problem solving, cooperation, and team work by participating in group activities

- follow a program that relates to wellness, including weight control and stress management

- demonstrate competence in leading and participating in group activities

STANDARD A Safe and Healthy Environment

2

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Key Idea: Students will:

Physical Education

2a: demonstrate responsible personal and social behavior while engaged in physical activity. They will understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication.

2b: be able to identify safety hazards and react effectively to ensure a safe and positive experience for all participants.

ELEMENTARY

- contribute to a safe and healthy environment by observing safe conditions for games, recreation, and outdoor activities

INTERMEDIATE

- understand the risks of injury if physical activity is performed incorrectly or performed in extreme environmental conditions, and recognize the importance of safe physical conditions (equipment, facilities) as well as the emotional conditions essential for safety

COMMENCEMENT

- know the potential safety hazards associated with a wide variety of games and activities and are able to prevent and respond to accidents

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- come to know and practice appropriate participant and spectator behaviors to produce a safe and positive environment

- develop skills of cooperation and collaboration, as well as fairness, sportsmanship, and respect for others

- demonstrate responsible personal and social behavior while engaged in physical activities

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- work constructively with others to accomplish a variety of goals and tasks

- work constructively with others to accomplish a goal in a group activity, demonstrating consideration for others involved

- accept physical activity as an important part of life. Self-renewal, productivity as a worker, energy for family activities, fitness, weight control, stress management, and reduction in health-care costs are understood as benefits of physical activity
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- know how injuries from physical activity can be prevented or treated

- understand the physical and environmental dangers associated with particular activities and demonstrate proper procedures for safe participation in games, sports, and recreational pursuits

- create a positive climate for group activities by assuming a variety of roles

- demonstrate care, consideration, and respect of self and others during physical activity

- understand the role of physical activity, sport, and games as a balance between cooperative and competitive behaviors and as a possible arena in which to develop and sharpen leadership and problem solving skills, and understand the physical, emotional, and social benefits of participation in physical activities

- understand the physical, social, and emotional benefits of physical activity and can demonstrate leadership and problem solving through participation in organized games or activities

STANDARD Resource Management

3

Students will understand and be able to manage their personal and community resources.

Key Idea: Students will:

Physical Education

3a: will be aware of and able to access opportunities available to them within their community to engage in physical activity.

3b: be informed consumers and be able to evaluate facilities and programs.

3c: be aware of some career options in the field of physical fitness and sports.

ELEMENTARY

INTERMEDIATE

COMMENCEMENT

- know that resources available at home and in the community offer opportunities to participate in and enjoy a variety of physical activities in their leisure time

- should be informed consumers, aware of the alternatives available to them within their communities for physical activity and should be able to evaluate facilities and programs available

- recognize their role as concerned and discriminating consumers of physical activities programs and understand the importance of physical activity as a resource for everyone regardless of age or ability

- become discriminating consumers of fitness information, health-related fitness activities in their communities, and fitness and sports equipment

- demonstrate the ability to locate physical activity information, products, and services

- recognize the benefits of engaging in appropriate physical activities with others, including both older and younger members of the community

- demonstrate the ability to apply the decision making process to physical activity

- know some career options in the field of physical fitness and sports

- identify a variety of career opportunities associated with sports and fitness and understand the qualifications, educational requirements, and job responsibilities of those careers

STANDARD 1

Personal Health and Fitness

Physical Education

Students will: have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.



Key Idea: Students will perform basic motor and manipulative skills. Students will improve cardiorespiratory endurance, flexibility, muscular strength, endurance, and body composition.

ALTERNATE ASSESSMENT

Performance Indicators--Students:

- participate in physical activities that develop physical fitness skills
 - demonstrate fundamental motor, non-locomotor, and manipulative skills
 - understand the effects of activity on the body and the risks associated with inactivity
 - understand the relationship between physical activity and individual well being
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STANDARD 2

A Safe and Healthy Environment

Physical Education

Students will: will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Key Idea: Students will **2a:** demonstrate responsible personal and social behavior while engaged in physical activity. They will understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication.

2b: be able to identify safety hazards and react effectively to ensure a safe and positive experience for all participants.



ALTERNATE ASSESSMENT

Performance Indicators--Students:

- contribute to a safe and healthy environment by observing safe conditions for games, recreation, and outdoor activities
- learn and practice appropriate participation and spectator behaviors to produce a safe and positive environment
- work constructively with others to accomplish a variety of tasks
- demonstrate how injuries from physical activity can be prevented
- demonstrate care, consideration, and respect of self and others during physical activity

STANDARD 3

Resource Management

Physical Education

Students will: understand and be able to manage their personal and community resources.

Key Idea: Students will **3a:** be aware of and able to access opportunities available to them within their community to engage in physical activity.

3b: be informed consumers and be able to evaluate facilities and programs.

3c: be aware of some career options in the field of physical fitness and sports.



ALTERNATE ASSESSMENT

Performance Indicators--Students:

- participate and know about resources available at home and in the community which offer opportunities to participate in and enjoy a variety of physical activities
 - choose a preferred physical activity offered at home or in the community
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