

**ELEMENTARY PHYSICAL EDUCATION CURRICULUM
FOUNDATIONAL SKILLS, KNOWLEDGE & VALUES**

STANDARD 1: MOTOR SKILLS AND MOVEMENT PATTERNS

SKILL/TASK	KINDERGARTEN EMERGING	1 ST GRADE EMERGING & MATURING	2 ND GRADE EMERGING, MATURING & APPLYING	3 RD GRADE EMERGING, MATURING & APPLYING	4 TH GRADE EMERGING, MATURING & APPLYING	5 TH GRADE EMERGING, MATURING & APPLYING
LOCOMOTOR	<ul style="list-style-type: none"> • Hopping • Galloping • Running • Sliding • Skipping • Jumping and landing • Jumping rope 	<ul style="list-style-type: none"> • Hopping • Galloping • Running • Sliding • Leaping • Jumping and landing • Jumping Rope 	<ul style="list-style-type: none"> • Hopping • Galloping • Running • Sliding • Leaping • Jumping and landing • Jumping Rope 	<ul style="list-style-type: none"> • Hopping • Galloping • Running • Sliding • Leaping • Jumping and landing • Jumping Rope 	<ul style="list-style-type: none"> • Hopping • Galloping • Running • Sliding • Leaping • Jumping and landing • Spring and step • Jumping Rope 	<ul style="list-style-type: none"> • Hopping • Galloping • Running • Sliding • Leaping • Jumping and landing • Spring and step • Jumping Rope
NON-LOCOMOTOR	<ul style="list-style-type: none"> • Balance • Rolling • Curling and stretching 	<ul style="list-style-type: none"> • Balance • Rolling • Curling and stretching • Twisting and bending 	<ul style="list-style-type: none"> • Balance • Weight transfer • Rolling • Curling and stretching • Twisting and bending 	<ul style="list-style-type: none"> • Balance • Weight transfer • Rolling • Curling and stretching • Twisting and bending 	<ul style="list-style-type: none"> • Balance • Weight transfer • Rolling • Curling and stretching • Twisting and bending 	<ul style="list-style-type: none"> • Balance • Weight transfer • Rolling • Curling and stretching • Twisting and bending
MANIPULATIVE	<p>Throwing</p> <ul style="list-style-type: none"> • Underhand • Overhand <p>Catching</p> <p>Dribbling/Ball Control</p> <ul style="list-style-type: none"> • Hands <p>Kicking</p> <p>Volleying</p>	<p>Throwing</p> <ul style="list-style-type: none"> • Underhand • Overhand <p>Catching</p> <p>Dribbling/Ball Control</p> <ul style="list-style-type: none"> • Hands • Feet <p>Kicking</p>	<p>Throwing</p> <ul style="list-style-type: none"> • Underhand • Overhand <p>Catching</p> <p>Dribbling/Ball Control</p> <ul style="list-style-type: none"> • Hands • Feet <p>Kicking</p>	<p>Throwing</p> <ul style="list-style-type: none"> • Underhand • Overhand <p>Catching</p> <p>Dribbling/Ball Control</p> <ul style="list-style-type: none"> • Hands • Feet • With Implement <p>Kicking</p>	<p>Throwing</p> <ul style="list-style-type: none"> • Underhand • Overhand <p>Catching</p> <p>Dribbling/Ball Control</p> <ul style="list-style-type: none"> • Hands • Feet • With Implement 	<p>Throwing</p> <ul style="list-style-type: none"> • Underhand • Overhand <p>Catching</p> <p>Dribbling/Ball Control</p> <ul style="list-style-type: none"> • Hands • Feet • With Implement

	<ul style="list-style-type: none"> • Underhand Striking <ul style="list-style-type: none"> • Short Implement 	Volleying <ul style="list-style-type: none"> • Underhand Striking <ul style="list-style-type: none"> • Short Implement 	Volleying <ul style="list-style-type: none"> • Underhand Striking <ul style="list-style-type: none"> • Short Implement • Long Implement Combining balance & weight transfers	Volleying <ul style="list-style-type: none"> • Underhand Striking <ul style="list-style-type: none"> • Short Implement • Long Implement Combining balance & weight transfers	Kicking Volleying <ul style="list-style-type: none"> • Underhand • Overhead Striking <ul style="list-style-type: none"> • Short Implement • Long Implement Passing & Receiving <ul style="list-style-type: none"> • Feet Combining locomotors & manipulatives Combining balance & weight transfers	Kicking Volleying <ul style="list-style-type: none"> • Underhand • Overhead Striking <ul style="list-style-type: none"> • Short Implement • Long Implement Passing & Receiving <ul style="list-style-type: none"> • Feet • Hands • Lead pass Shooting on goal Combining locomotors & manipulatives Combining balance & weight transfers Combining jumping, landing, locomotors & manipulatives
STANDARD 2: CONCEPTS AND STRATEGIES						
MOVEMENT CONCEPTS	Movement concepts, principles & knowledge	Movement concepts, principles & knowledge	Movement concepts, principles & knowledge	<ul style="list-style-type: none"> • Movement concepts, principles & knowledge • Strategies & tactics 	<ul style="list-style-type: none"> • Movement concepts, principles & knowledge • Strategies & tactics 	<ul style="list-style-type: none"> • Movement concepts, principles and knowledge • Strategies & tactics
STANDARD 3: HEALTH-ENHANCING LEVEL OF FITNESS AND PHYSICAL ACTIVITY						
PHYSICAL ACTIVITY & FITNESS	<ul style="list-style-type: none"> • Physical activity knowledge • Engages in physical activity • Fitness knowledge 	<ul style="list-style-type: none"> • Physical activity knowledge • Engages in physical activity • Fitness knowledge 	<ul style="list-style-type: none"> • Physical activity knowledge • Engages in physical activity • Fitness 	<ul style="list-style-type: none"> • Physical activity knowledge • Engages in physical activity • Fitness knowledge • Assessment & 	<ul style="list-style-type: none"> • Physical activity knowledge • Engages in physical activity 	<ul style="list-style-type: none"> • Physical activity knowledge • Engages in physical activity

	<ul style="list-style-type: none"> • Nutrition 	<ul style="list-style-type: none"> • Nutrition • FitnessGram (Height & Weight) 	<ul style="list-style-type: none"> knowledge • Nutrition • FitnessGram (Height & Weight) 	<ul style="list-style-type: none"> program planning • Nutrition • FitnessGram (Height & Weight) 	<ul style="list-style-type: none"> • Fitness knowledge • Assessment & program planning • Nutrition • FitnessGram (All) 	<ul style="list-style-type: none"> • Fitness knowledge • Assessment & program planning • Nutrition • FitnessGram (All)
STANDARD 4: RESPONSIBLE AND SOCIAL BEHAVIOR						
PERSONAL RESPONSIBILITY & SAFETY	<ul style="list-style-type: none"> • Demonstrates personal responsibility • Accepts feedback • Works with others • Safety 	<ul style="list-style-type: none"> • Demonstrates personal responsibility • Accepts feedback • Works with others • Safety 	<ul style="list-style-type: none"> • Demonstrates personal responsibility • Accepts feedback • Works with others • Following rules & etiquette • Safety 	<ul style="list-style-type: none"> • Demonstrates personal responsibility • Accepts feedback • Works with others • Following rules & etiquette • Safety 	<ul style="list-style-type: none"> • Demonstrates personal responsibility • Accepts feedback • Works with others • Following rules & etiquette • Safety 	<ul style="list-style-type: none"> • Demonstrates personal responsibility • Accepts feedback • Works with others • Following rules & etiquette • Safety
STANDARD 5: RECOGNIZES THE VALUE OF PHYSICAL ACTIVITY						
SELF-EXPRESSION & ENJOYMENT	For self-expression/enjoyment	For self-expression/enjoyment	<ul style="list-style-type: none"> • For health • For challenge • For self-expression/enjoyment 	<ul style="list-style-type: none"> • For health • For challenge • For self-expression/enjoyment • For social interaction 	<ul style="list-style-type: none"> • For health • For challenge • For self-expression/enjoyment • For social interaction 	<ul style="list-style-type: none"> • For health • For challenge • For self-expression/enjoyment • For social interaction
LEGEND	E = EMERGING		M = MATURING		A = APPLYING	
	Students participate in deliberate practice tasks that will lead to skill and knowledge acquisition		Students can demonstrate the critical elements of the motor skills/knowledge components of the grade-level outcomes, which will continue to be refined with practice		Students can demonstrate the critical elements of the motor skills/knowledge components of the grade-level outcomes within a variety of physical activity environments	