

**3rd Grade P.E. Standards and Benchmarks**

**Standard A: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.**

**3A.1. student will be able to move in personal and general space using levels, pathways, directions, and tempos**

- a. high, middle, low levels
- b. straight, zigzag, curve
- c. forward, backward, sideways
- d. slow, medium, fast

3A.2. Student will be able to travel in all directions using a variety of locomotor skills

- a. walk, skip, jump, gallop, hop

3A.3. Student will be able to use locomotor skills and manipulative object to move in time with music

3A.4. Student will be able to jump for height and distance

3A.5. Performs basic individual and partner jump rope skills

- a. single/double bounce, skier, bell, straddle

3A.6. Student will be able to demonstrate underhand/overhand throwing at stationary and moving targets

3A.7. Student will improve hand-eye coordination and ambidexterity

- a. cup stacking, juggling

3A.8. Balances, demonstrating momentary stillness, in symmetrical and nonsymmetrical shapes on a variety of body parts

- a. body in shape of letters

3A.9. Demonstrate control while dribbling in a stationary and moving position

**3A.10. Student will be able to participate in activities involving manipulative objects**

a. cups, scarves, hoops, jump ropes, parachutes, Lummi sticks, scooters

3A.11. Student will be able to move rhythmically with a partner

- a. folk dances

**3A.12. student will be able to utilize various locomotor movements in fitness activities**

3A.13. student will be able to kick a ball using correct mechanics (mature form)

3A.14. Student will be able to project various objects through space using short or long equipment individually or with a partner

- a. paddles, balloons, scoops, hoops

3A.15. Student will be able to perform stunts and activities through various gymnastic apparatus

- a. balance beam, tumbling

3A.16. Student will be able to participate in integration of various academic subjects

- a. math facts, site words, states, spelling words, space

3A.17. Student will be able to identify basic offensive and defensive strategies

**Standard B: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.**

- 3B.1. Student will be able to identify correctly body planes and parts
  - a. front, back, side, heart
- 3B.2. Student will be able to explain how warm-up prepares the body for physical activity
- 3B.3. Student will be able to recognize appropriate safety practices in general space**
- 3B.4. Student will be able to demonstrate personal best during skills and activities**
- 3B.5. Student will be able to correct movement errors in response to corrective feedback
- 3B.6. Student will be able to understand the concept using cue words
- 3B.7. Student will be able to identify and demonstrate the major characteristics of mature walking, running, hopping, and skipping
- 3B.8. Student will be able to understand the principles of flexibility

**Standard C: Participates regularly in physical activity.**

- 3C.1. Student will be able to engage in moderate to vigorous physical activity on a daily basis**
- 3C.2. Student will be able to participate in a variety of activities inside and outside of class

**Standard D: Achieves and maintains a health-enhancing level of physical fitness.**

- 3D.1. Student will be able to participate in a variety of games and activities that increase breathing and heart rate.**
- 3D.2. Student will be able to recognize changes in the body as a result of health related fitness activities**
  - a. sweating, pulse, heart rate, pink cheeks
- 3D.3. Student will be able to sustain activity for increasingly longer periods of time without tiring easily**
- 3D.4. Student will be able to demonstrate sufficient muscular strength to be able to bear body weight and momentary body support on the hands
  - a. push ups, mule kick, cartwheel, handstand, pull-ups

**Standard E: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.**

- 3E.1. Student will be able to share and take turns while participating
- 3E.2. student will be able to follow class rules and safety procedures**
- 3E.3. Student will be able to demonstrate cooperation in group activities**
- 3E.4. Student will be able to demonstrate the elements of socially acceptable conflict resolution during class activity
- 3E.5. student will honestly report the results of class work**

3E.6. Student will be able to use and put away equipment safely and appropriately

3E.7. Student will be able to show self control

**3E.8. Student will be able to accept all classmates without regard to personal differences (ethnicity, gender, disability)**

**Standard F: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

3F.1. Student will be able to exhibit both verbal and nonverbal indicators of enjoyment

3F.2. Student will be able to try new movement and skills

3F.3. Student will be able to express personal feelings on progress made while learning a new skill

**3F.4. Student will be able to accept and respect decisions made during a game by students and the teacher**

3F.5. Student will continue to participate when not successful on the first try

3F.6. Student will be able to appreciate the benefits that accompany cooperation and sharing

3F.7. Student will be able to recognize physical activity as a positive opportunity for social and group interactions

3F.8. Student will be able to identify reasons to participate in physical activity

**4<sup>th</sup> Grade P.E. Standards and Benchmarks****Standard A. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.**

4A.1 Student will be able to throw, catch, and kick various types and sizes of balls using proper form.

- a. kickball, football, soccer, basketball, etc.

4A.2 Student will be able to dribble and pass various types and sizes of balls in different sports and activities.

- a. floor hockey, basketball, soccer, football

4A.3 Student will be able to balance with control on a variety of objects.

- a. gymnastics, steps, scooters

4A.4 Student will be able to attempt gymnastic skills/routines.

- a. balance beam, horse vault, bars, tumbling, springboard

4A.5 Student will be able to develop and refine a creative dance sequence into a repeatable pattern.

- a. tinikling

4A.6 Student will be able to jump and land for height/distance using proper form.

- a. long jump, plyometrics

**B. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.**

4B.1 Student will be able to transfer weight from feet to hands at fast and slow speeds using large extensions.

- a. handstands, mule kick, cartwheel

4B.2 Student will be able to recognize the critical elements of a throw made by other students and provides feedback to those students.

- a. Ironman throw mechanics

4B.3 Student will be able to consistently strike different types and sizes of balls demonstrating the proper grip.

- a. tee-ball, ping-pong, golf, hockey, rackets

4B.4 Student will be able to understand that practice improves performance.

**C. Participates regularly in physical activities.**

4C.1 Student will be able to regularly participate in physical activity for the purpose of developing a healthy lifestyle.

**4C.2 student will be able to understand benefits from regular and appropriate participation in physical activity.**

- a. weight management, healthy heart

4C.3 Student will be able to identify at least one activity that they participate in on a regular basis.

4C.4 Student will become aware of opportunities for more participation in physical activities in the community.

- a. YMCA, Cedar Rapids Recreation Commission, etc.

**D. Achieves and maintains a health-enhancing level of physical fitness.**

**4D.1 Student will be able to participate in activities that result in the development of muscular strength.**

- a. push-ups, climbing wall, gymnastics, pull-ups, etc.

4D.2 student will be able to maintain continuous aerobic activity for a specified time and/or activity.

- a. mile run, various games, walking/run trail

4D.3 Student will be able to support, lift, and control body weight in a variety of activities.

- a. scooters, gymnastics, push-ups, steps

4D.4 Student will be able to participate in physical activity for the purpose of improving physical fitness.

**E. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.**

4E.1 Student will be able to work productively with a partner.

- a. jumping rope, throwing, catching, kicking, Frisbee

4E.2 Student will be able to accept the teacher's decision regarding a personal rule infraction without displaying negative reactions toward others.

4E.3 Student will be able to assesses their own performance problems without blaming others.

- a. individual and group activities

4E.4 Student will be able to encourage others and refrain from put downs.

4E.5 student will be able to recognize differences and similarities in others physical activity.

4E.6 Student will be able to indicate respect for students from different backgrounds.

4E.7 Student will be able to demonstrate acceptance of the skills and abilities of others through verbal and nonverbal.

**F. Values physical activity for health, enjoyment, challenge, self-expressions and/or social interaction.**

4F.1 Student will be able to experience positive feelings as a result of involvement in physical activity.

**4F.2 Student will be bale to understand and show proper sportsmanship.**

5<sup>th</sup> Grade P.E. Standards and Benchmarks

**Standard A. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.**

5A.1 Student will be able to throw, catch, and kick various types and sizes of balls using proper form.

- a. kickball, football, soccer, basketball, etc.

5A.2 Student will be able to dribble and pass various types and sizes of balls in different sports and activities.

- a. floor hockey, basketball, soccer, football

5A.3 Student will be able to balance with control on a variety of objects.

- a. gymnastics, steps, scooters

**5A.4 Student will be able to attempt gymnastic skills/routines.**

- a. **balance beam, horse vault, bars, tumbling, springboard**

5A.5 Student will be able to develop and refine a creative dance sequence into a repeatable pattern.

- a. tinikling

5A.6 Student will be able to jump and land for height/distance using proper form.

- a. long jump, plyometrics

**B. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.**

5B.1 Student will be able to transfer weight from feet to hands at fast and slow speeds using large extensions.

- a. hand stands, mule kick, cartwheel

5B.2 Student will be able to recognize the critical elements of a throw made by other students and provide feedback to those students.

- a. Ironman throw mechanics

5B.3 student will be able to consistently strike different types and sizes of balls demonstrating the proper grip.

- a. tee-ball, ping-pong, golf, hockey, rackets

5B.4 Student will be able to understand that practice improves performance.

**C. Participates regularly in physical activities.**

5C.1 student will be able to regularly participate in physical activity for the purpose of developing a healthy lifestyle.

**5C.2 Student will be able to understand benefits from regular and appropriate participation in physical activity.**

a. weight management, healthy heart

5C.3 Student will be able to identify at least one activity that they participate in on a regular basis.

5C.4 Student will become aware of opportunities for more participation in physical activities in the community.

a. YMCA, Cedar Rapids Recreation Commission, etc.

**D. Achieves and maintains a health-enhancing level of physical fitness.**

**5D.1 Student will be able to participate in activities that result in the development of muscular strength.**

a. push-ups, climbing wall, gymnastics, pull-ups, etc.

**5D.2 Student will be able to maintain continuous aerobic activity for a specified time and/or activity.**

a. mile run, various games, walking/run trail

**5D.3 Student will be able to support, lift, and control body weight in a variety of activities.**

a. scooters, gymnastics, push-ups, steps

5D.4 Student will be able to participate in physical activity for the purpose of improving physical fitness.

**E. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.**

5E.1 Student will be able to work productively with a partner.

a. jumping rope, throwing, catching, kicking, Frisbee

5E.2 Student will be able to accept the teacher's decision regarding a personal rule infraction without displaying negative reactions toward others.

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5F.1 Student will be able to experience positive feelings as a result of involvement in physical activity.

5F.2 Student will be able to understand and show proper sportsmanship.