Structure and Format
Academic Content Standards Framework
Physical Education K-12

### Academic Content Standards
- What all students should know and be able to do
- The overarching goals and themes

### Benchmarks
- Key Checkpoints that monitor progress toward the academic content standards
- Identified by grade-level bands (K-2, 3-5, 6-8, 9-12)

### Grade-Level Indicators
- What all students should know and be able to do at each grade level
- Checkpoints that monitor progress toward the benchmarks
How to Read the Benchmarks and Indicators by Standard Alignment

This section of the document is organized by standard. Each standard is followed by a grade band. The benchmarks that monitor student progress are next, followed by the supporting indicators for that grade-level.

Standard 4
Achieves and maintains a health-enhancing level of physical fitness.

Grades K-2

Benchmark A: Demonstrate and develop health-related fitness.

Kindergarten Fitness
1. Perform fitness-related activities using appropriate principles and practices
2. Demonstrate sufficient fitness to sustain moderate to vigorous physical activity.

Grade One Fitness
1. Perform fitness-related activities using appropriate principles and practices.
2. Demonstrate sufficient fitness to sustain moderate to vigorous physical activity.

Grade Two Fitness
1. Perform fitness-related activities using appropriate principles and practices.
2. Demonstrate sufficient fitness to sustain moderate to vigorous physical activity.
How to Read the Overview

The grade-level indicators represent specific statements of what all students should know and be able to do at each grade level, monitoring progress toward the benchmarks and standards. The indicators in each grade band build toward the benchmarks at the end of each grade band. Each table of the physical education academic content standards is organized around keywords that helps define specific indicators and benchmarks related to an important aspect of the standard.

Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness

Grade Band: K-2 Organizers: Fitness, Effects of Physical Activity

<table>
<thead>
<tr>
<th>Kindergarten</th>
<th>Grade One</th>
<th>Grade Two</th>
<th>By end of K-2 program, students will:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Perform fitness-related activities using appropriate principles and practices</td>
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<td>A. Demonstrate and develop health-related fitness.</td>
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<tr>
<td>2. Demonstrate sufficient fitness to sustain moderate to vigorous physical activity.</td>
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<tr>
<td>3. Recognize activities that affect heart rate, flexibility and muscle strength.</td>
<td>3. Identify ways to stretch muscles in various parts of the body.</td>
<td>3. Distinguish between exercise that improve heart fitness, flexibility and muscle strength.</td>
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<tr>
<td>4. Identify how different physical activities (running, stretching, balancing) affect the body (increased heart rate, increased respiration and perspiration, fatigued muscles).</td>
<td>4. Identify the importance of pacing to sustain moderate to vigorous activity for longer periods of time.</td>
<td>4. Identify the importance of muscular strength to support body weight.</td>
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<tr>
<td>1. Explore activities that contribute to a healthy lifestyle.</td>
<td>2. Name activities that increase heart rate.</td>
<td>3. Recognize the importance of muscular strength to support body weight.</td>
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<tr>
<td>2. Name activities that increase heart rate.</td>
<td>3. Identify how different physical activities (running, stretching, balancing) affect the body (increased heart rate, increased respiration and perspiration, fatigued muscles).</td>
<td>4. Recognize the health-related fitness consists of several different components (e.g., strength, flexibility, endurance).</td>
<td></td>
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</tbody>
</table>
How to Read the Benchmarks and Indicators by Grade Band Alignment

This section of the document is organized by grade bands. Each grade band includes the six standards followed by benchmarks and indicators. The grade bands are K-2, 3-5, 6-8 and 9-12.

Grades K-2

**Standard 4**
Achieves and maintains a health-enhancing level of physical fitness.

**Benchmark A:** Demonstrate and develop health-related fitness.

**Kindergarten**
Fitness
1. Perform fitness-related activities using appropriate principles and practices.
2. Demonstrate sufficient fitness to sustain moderate to vigorous physical activity.

**Grade One**
Fitness
1. Perform fitness-related activities using appropriate principles and practices.
2. Demonstrate sufficient fitness to sustain moderate to vigorous physical activity.

**Grade Two**
Fitness
1. Perform fitness-related activities using appropriate principles and practices.
2. Demonstrate sufficient fitness to sustain moderate to vigorous physical activity.