

K-12 Physical Education

Structure and Format

Academic Content Standards Framework Physical Education K-12

Academic Content Standards

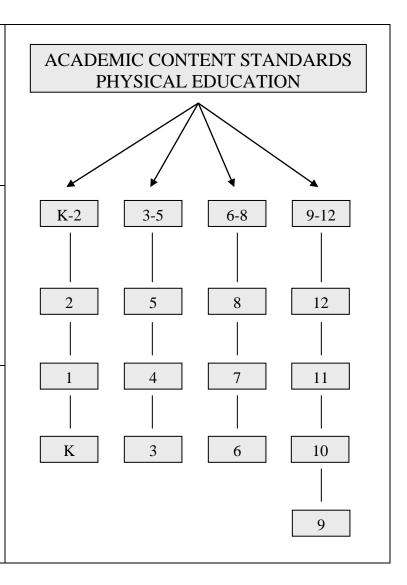
- What all students should know and be able to do
- The overarching goals and themes

Benchmarks

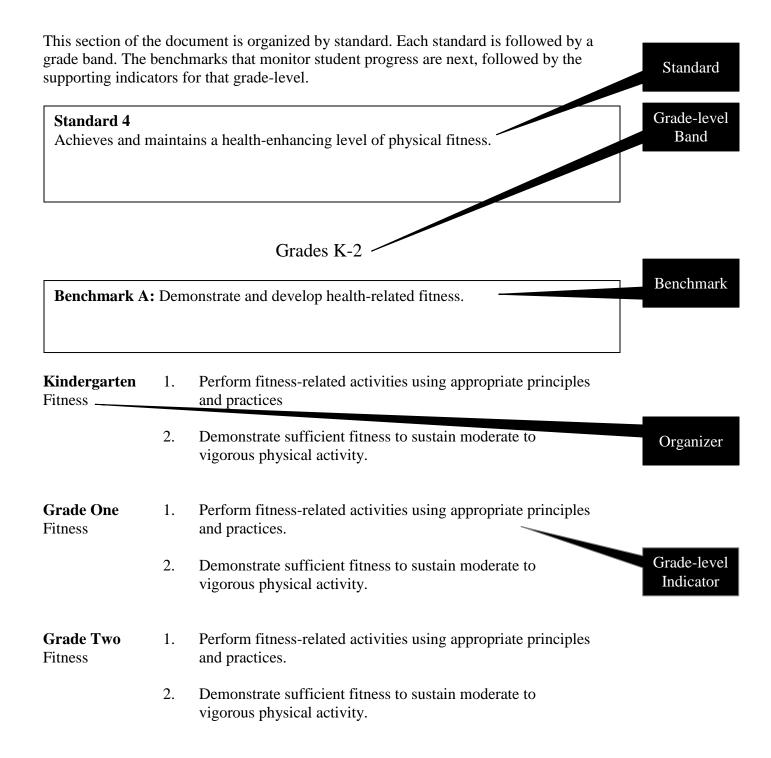
- Key Checkpoints that monitor progress toward the academic content standards
- Identified by grade-level bands (K-2, 3-5, 6-8, 9-12)

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



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 pecinic indicators and benchmarks related to an important aspect of the sandard.

Standard

Grade-level Band

Physical Education Grade Band Overview by Standard and Overview by Stan

Organizer

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

Grade Band: K-2

Organizers: Fitness, Effects of Physical Activity –

Benchmarks

Kindergarten	Grade One	Grade Two	By end of K-2 program,
1. Perform fitness-related activities using appropriate principles and practices 2. Demonstrate sufficient fitness to sustain moderate to vigorous physical activity. 1. Explore activities that contribute to a healthy lifestyle. 2. Name activities that increase heart rate. 3. Recognize changes in the body that result from participation in moderate and vigorous physical activity (e.g., faster heart rate, perspiration, changes in breathing.	1. Perform fitness-related activities using appropriate principles and practices 2. Demonstrate sufficient fitness to sustain moderate to vigorous physical activity. 1. Recognize activities that affect heart rate, flexibility and muscle strength. 2. Identify ways to stretch muscles in various parts of the body. 3. Identify how different physical activities (reaming, stretching, balancing) affect the body (increased heart rate, increased respiration and perspiration, fatigued muscles).	1. Perform fitness-related activities using appropriate principles and practices 2. Demonstrate sufficient fitness to sustain moderate to vigorous physical activity. 1. Distinguish between exercise that improve heart fitness, flexibility and muscle strength. 2. Identify the importance of pacing to sustain moderate to vigorous activity for longer periods of time. 3. Recognize the importance of muscular strength to support body weight. 4. Recognize the health-related fitness consists of several different components (e.g., strength, flexibility, endurance).	students will: A. Demonstrate and develop health-related fitness. B. Understand the principles, components and practices of health-related fitness.

Benchmark

Grade-level Indicator

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-Grade-level 5, 6-8 and 9-12. Band Grades K-2 -Standard Standard 4 Achieves and maintains a health-enhancing level of physical fitness. **Benchmark A:** Demonstrate and develop health-related fitness. Benchmark Perform fitness-related activities using appropriate principles Kindergarten 1. and practices. Fitness 2. Demonstrate sufficient fitness to sustain moderate to Organizer vigorous physical activity. **Grade One** 1. Perform fitness-related activities using appropriate principles Fitness and practices. Grade-level Indicator 2. Demonstrate sufficient fitness to sustain moderate to vigorous physical activity. **Grade Two** Perform fitness-related activities using appropriate principles Fitness and practices. Demonstrate sufficient fitness to sustain moderate to 2. vigorous physical activity.