

# Health Education & Physical Education

PreK-2

## Physical Education

### Physical Education Literacy

#### Standard 1:

The student demonstrates competency in many movement forms and proficiency in a few forms of physical activity. (PE.A.1.1)

1. combines shapes, levels, directions, pathways, and ranges into simple sequences.
2. kicks stationary and rolled balls with strong force while maintaining balance.
3. adapts movement to changing environmental conditions.
4. chases, flees, and dodges to avoid or catch others and maneuver around obstacles.
5. consistently strikes lightweight objects with body parts and with lightweight implements.
6. knows ways to manage own body weight in a variety of situations (e.g., hanging and climbing and balancing in symmetrical and asymmetrical shapes on a variety of body parts on mats or apparatus).
7. demonstrates basic locomotor skills (e.g., hop, walk, run, jump, leap, gallop, skip, and slide).
8. uses an overhand throwing pattern with accuracy.
9. knows various techniques for catching thrown objects.

#### Standard 2:

The student applies concepts and principles of human movement to the development of motor skills and the learning of new skills. (PE.A.2.1)

1. knows how to absorb force by establishing a base of support to receive the force of the oncoming object.
2. knows ways to establish bases of support using various body parts and fundamental principles of balance.

3. knows various techniques for landing safely.
4. uses concepts of space and movement to design and practice sequences that show the use of all three types of pathways (i.e., straight, zig-zag, and curved).
5. uses movement control to run, hop, and skip in different ways in a large group without bumping into others or falling.
6. knows the characteristics of a mature throw.

#### Standard 3:

The student analyzes the benefits of regular participation in physical activity. (PE.A.3.1)

1. identifies changes in the body during physical activity.
2. knows that the heart is a muscle that will become stronger as a result of physical activity.
3. understands that physical activity produces feelings of pleasure.
4. knows ways in which physical activity promotes muscular strength.

## Responsible Physical Activity

### Behaviors

#### Standard 1:

The student achieves and maintains a health-enhancing level of physical fitness. (PE.B.1.1)

1. knows how to move each joint through a functional range of motion.
2. understands the changes that occur in respiration during vigorous physical activity.
3. knows various warm-up and cool-down exercises.
4. participates in health-related fitness assessment.

#### Standard 2:

The student demonstrates responsible personal and social behavior in physical activity. (PE.B.2.1)

1. understands the importance of being aware of one's surroundings and acting in a safe manner while participating in physical activity settings.
2. follows directions given by instructor or group leader.
3. understands the difference between compliance and noncompliance with game rules and fair play.
4. identifies appropriate behaviors for participating with others in physical activity settings.

# **Advocate and Promote Physically Active Lifestyles**

## **Standard 1:**

**The student understands how participating in physical activity promotes inclusion and an understanding of the abilities and cultural diversity of people. (PE.C.1.1)**

1. knows the importance of demonstrating consideration of others in physical activity settings.
2. knows games to play with students who have disabilities.

## **Standard 2:**

**The student understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication. (PE.C.2.1)**

1. identifies the feelings resulting from challenges, successes, and failures in physical activity.
2. knows various ways to use the body and movement activities to communicate ideas and feelings (e.g., creative movement).
3. recognizes the benefits that accompany cooperation and sharing.