



**Standard:**

**1. Demonstrates levels of competency and proficiency in various movement forms**

**Benchmarks:**

- Adjusts movements in relation to *space* and other people while performing physical activities (C)
- Demonstrates safe practices in physical activities (C)
- Executes developmentally appropriate movement patterns in modified versions of team and individual sports (IB)
- Demonstrates *efficient* and *effective movement* using appropriate *biomechanical principles* (C)
- Practices *combined movement skills* and *strategies* in physical activities (BC)

**Standard:**

**2. Applies movement concepts and principles to the learning and development of motor skills**

**Benchmarks:**

- Demonstrates the ability to select appropriate *practice procedures* to improve level of skill (I)
- *Applies mechanical principles* using the aspects of *space* and effort as it relates to the practice of selected activities (C)
- *Analyzes* and *applies physical factors* that effect skill performance (B)
- Demonstrates knowledge of *strategies* and rules for sports and other physical activities (P)

**Standard:**

**3. Exhibits and understands the benefits associated with participation in various forms of physical activity**

**Benchmarks:**

- Willingly participates in physical activities (P)
- Participates regularly in activities that contribute to a physically active lifestyle (C)
- Understands how activity participation patterns are likely to change throughout life (C)
- Identifies personal behavior that supports and does not support a *healthy lifestyle* (B)



**Standard:**

**4. Understands how to monitor and achieve a *health-enhancing* level of physical fitness**

**Benchmarks:**

- Practices appropriate levels of *cardiovascular* fitness, *muscular strength*, *endurance*, and *flexibility* necessary for a *healthy lifestyle* (B)
- Uses results of physical fitness assessments to guide changes in physical activity (B)
- Understands how to *monitor* fitness levels using basic *principles of training* (BC)

**Standard:**

**5. Demonstrates and understands the importance of responsible personal and social behaviors**

**Benchmarks:**

- Learns about other cultures through sport and activity
- Demonstrates *sportsmanship* while participating in physical activities (C)
- Demonstrates a positive attitude toward teachers and peers (P)
- Interacts positively with peers regardless of individual and cultural differences (C)
- Works *cooperatively* with teachers and peers (C)



**Standard:**

**1. Demonstrates levels of competency and proficiency in various movement forms**

**Benchmarks:**

- Demonstrates the ability to use *combined movement skills* and *strategies* in physical activities (BC)
- Demonstrates safe practices in physical activities (CP)
- Adjusts movements in relation to *space* and other people while performing physical activities (P)
- Demonstrates *efficient* and *effective movement* using appropriate *biomechanical principles* (P)
- Demonstrates advanced movement patterns in *team* and *individual sports* (BC)

**Standard:**

**2. Applies movement concepts and principles to the learning and development of motor skills**

**Benchmarks:**

- Demonstrates the ability to select appropriate *practice procedures* to improve level of skill (I)
- Demonstrates knowledge of *strategies* and rules for sports and other physical activities (P)
- *Analyzes* and *applies physical factors* that effect skill performance (BC)
- *Applies mechanical principles* using the aspects of *space* and effort as it relates to the practice of selected activities (P)

**Standard:**

**3. Exhibits and understands the benefits associated with participation in various forms of physical activity**

**Benchmarks:**

- Willingly participates in physical activities (P)
- Understands how activity participation patterns are likely to change throughout life (C)
- Identifies personal behavior that supports and does not support a *healthy lifestyle* (B)
- Participates regularly in activities that contribute to a physically active lifestyle (P)



**Standard:**

**4. Understands how to monitor and achieve a *health-enhancing* level of physical fitness**

**Benchmarks:**

- Practices appropriate levels of *cardiovascular* fitness, *muscular strength*, *endurance*, and *flexibility* necessary for a *healthy lifestyle* (C)
- Uses results of physical fitness assessments to guide changes in physical activity (C)
- Understands how to *monitor* fitness levels using basic *principles of training* (C)

**Standard:**

**5. Demonstrates and understands the importance of responsible personal and social behaviors**

**Benchmarks:**

- Learns about other cultures through sport and activity
- Demonstrates *sportsmanship* while participating in physical activities (C)
- Demonstrates a positive attitude toward teachers and peers (P)
- Interacts positively with peers regardless of individual and cultural differences (C)
- Works *cooperatively* with teachers and peers (C)



**Standard:**

**1. Demonstrates levels of competency and proficiency in various movement forms**

**Benchmarks:**

- Adjusts movements in relation to *space* and other people while performing physical activities (P)
- Demonstrates advanced movement patterns in *team* and *individual sports* (BC)
- Demonstrates the ability to use *combined movement skills* and *strategies* in physical activities (C)
- Demonstrates safe practices in physical activities (P)

**Standard:**

**2. *Applies* movement concepts and principles to the learning and development of motor skills**

**Benchmarks:**

- Demonstrates knowledge of *strategies* and rules for sports and other physical activities (P)
- *Analyzes* and *applies physical factors* that effect skill performance (C)
- Demonstrates the ability to select appropriate *practice procedures* to improve level of skill (B)

**Standard:**

**3. Exhibits and understands the benefits associated with participation in various forms of physical activity**

**Benchmarks:**

- Willingly participates in physical activities (P)
- Understands how activity participation patterns are likely to change throughout life (C)
- Participates regularly in activities that contribute to a physically active lifestyle (P)
- Identifies personal behavior that supports and does not support a *healthy lifestyle* (C)

**Standard:**

**4. Understands how to monitor and achieve a *health-enhancing* level of physical fitness**

**Benchmarks:**

- Practices appropriate levels of *cardiovascular fitness, muscular strength, endurance, and flexibility* necessary for a *healthy lifestyle* (C)



- Uses results of physical fitness assessments to guide changes in physical activity (C)
- Understands how to *monitor* fitness levels using basic *principles of training* (CP)

**Standard:**

**5. Demonstrates and understands the importance of responsible personal and social behaviors**

**Benchmarks:**

- Learns about other cultures through sport and activity
- Demonstrates a positive attitude toward teachers and peers (P)
- Works *cooperatively* with teachers and peers (C)
- Demonstrates *sportsmanship* while participating in physical activities (P)
- Interacts positively with peers regardless of individual and cultural differences (P)