

Physical Education: Grades K-8

Benchmark#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand
PE.K.C.2.1	Recognize locomotor skills.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	K	Cognitive Abilities
PE.K.C.2.2	Recognize physical activities have safety rules and procedures.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	K	Cognitive Abilities
PE.K.C.2.3	Recognize technology can be utilized during physical activity.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	K	Cognitive Abilities
PE.K.C.2.4	Recognize there are deep and shallow areas of a pool, and identify the dangers of entering a body of water without supervision.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	K	Cognitive Abilities
PE.K.C.2.5	Recognize the concept of a dominant hand/foot for throwing/striking/kicking patterns.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	K	Cognitive Abilities
PE.K.C.2.6	Recite cues for a variety of movement patterns and skills.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	K	Cognitive Abilities
PE.K.C.2.7	Identify personal and general space.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	K	Cognitive Abilities
PE.K.C.2.8	Recognize movement concepts.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	K	Cognitive Abilities
PE.K.L.3.1	Identify a moderate physical activity.	Participate regularly in physical activity.	Physical Education	K	Lifetime Fitness
PE.K.L.3.2	Identify a vigorous physical activity.	Participate regularly in physical activity.	Physical Education	K	Lifetime Fitness
PE.K.L.3.3	Identify opportunities for involvement in physical activities during the school day.	Participate regularly in physical activity.	Physical Education	K	Lifetime Fitness
PE.K.L.3.4	Identify opportunities for involvement in physical activities after the school day.	Participate regularly in physical activity.	Physical Education	K	Lifetime Fitness
PE.K.L.3.5	Describe physical-activity goal-setting.	Participate regularly in physical activity.	Physical Education	K	Lifetime Fitness
PE.K.L.3.6	Identify the benefits of participating in physical activity.	Participate regularly in physical activity.	Physical Education	K	Lifetime Fitness

PE.K.L.3.7	Verbally state the search used before crossing a roadway.	Participate regularly in physical activity.	Physical Education	K	Lifetime Fitness
PE.K.L.4.1	Identify the location of muscles that help the body perform specific physical activities.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	K	Lifetime Fitness
PE.K.L.4.2	Identify that the heart beats faster during more intense physical activity.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	K	Lifetime Fitness
PE.K.L.4.3	Identify activities that increase breathing and heart rate.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	K	Lifetime Fitness
PE.K.L.4.4	Identify a physiological sign of participating in physical activity.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	K	Lifetime Fitness
PE.K.L.4.5	Identify a benefit of flexibility.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	K	Lifetime Fitness
PE.K.L.4.6	Differentiate between healthy and unhealthy food choices.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	K	Lifetime Fitness
PE.K.M.1.1	Use a variety of locomotor skills to travel in personal and general space.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	K	Movement Competency
PE.K.M.1.2	Strike objects using body parts forcefully.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	K	Movement Competency
PE.K.M.1.3	Balance a lightweight object on a paddle/racket while moving.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	K	Movement Competency
PE.K.M.1.4	Strike an object forcefully using a modified, long-handled implement of various sizes, weights and compositions.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	K	Movement Competency
PE.K.M.1.5	Use two hands to bounce and catch a large playground ball.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	K	Movement Competency
PE.K.M.1.6	Participate in a variety of introductory water skills.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	K	Movement Competency
PE.K.M.1.7	Catch a variety of self-tossed objects.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	K	Movement Competency
PE.K.M.1.8	Roll and throw a variety of objects using an underhand motion.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	K	Movement Competency
PE.K.M.1.9	Throw a variety of objects forcefully using an overhand motion.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	K	Movement Competency
PE.K.M.1.10	Perform a creative-movement sequence with a clear beginning balance, at least one movement and a clear ending shape.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	K	Movement Competency

PE.K.M.1.11	Balance on a variety of body parts.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	K	Movement Competency
PE.K.M.1.12	Perform a variety of rolling actions.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	K	Movement Competency
PE.K.M.1.13	Move in a variety of ways in relation to others.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	K	Movement Competency
PE.K.R.5.1	Identify ways to cooperate with a partner during physical activity.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	K	Responsible Behaviors and Values
PE.K.R.5.2	Use equipment safely and properly.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	K	Responsible Behaviors and Values
PE.K.R.5.3	Identify ways to treat others with respect during physical activity.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	K	Responsible Behaviors and Values
PE.K.R.6.1	Identify physical activities that are enjoyable.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	K	Responsible Behaviors and Values
PE.K.R.6.2	Identify a benefit of willingly trying new movements and motor skills.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	K	Responsible Behaviors and Values
PE.K.R.6.3	Identify the benefits of continuing to participate when not successful on the first try.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	K	Responsible Behaviors and Values
PE.1.C.2.1	Identify the critical elements of locomotor skills.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	1	Cognitive Abilities
PE.1.C.2.2	Identify safety rules and procedures for teacher-selected physical activities.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	1	Cognitive Abilities
PE.1.C.2.3	Identify technology that can be utilized to enhance physical activity.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	1	Cognitive Abilities
PE.1.C.2.4	Identify the rules for safe water activities, and recognize the importance of having a lifeguard near water or in a swimming facility.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	1	Cognitive Abilities
PE.1.C.2.5	Recognize the importance of practicing to improve performance.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	1	Cognitive Abilities
PE.1.C.2.6	Use skill cues to improve performance.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	1	Cognitive Abilities

PE.1.C.2.7	Identify dominant hand/foot for use with throwing/dribbling/striking/kicking skills.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	1	Cognitive Abilities
PE.1.C.2.8	Identify movement concepts.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	1	Cognitive Abilities
PE.1.C.2.9	Name examples of warm-up and cool-down exercises.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	1	Cognitive Abilities
PE.1.L.3.1	Identify a moderate physical activity.	Participate regularly in physical activity.	Physical Education	1	Lifetime Fitness
PE.1.L.3.2	Identify a vigorous physical activity.	Participate regularly in physical activity.	Physical Education	1	Lifetime Fitness
PE.1.L.3.3	Identify opportunities for involvement in physical activities during the school day.	Participate regularly in physical activity.	Physical Education	1	Lifetime Fitness
PE.1.L.3.4	Identify opportunities for involvement in physical activities after the school day.	Participate regularly in physical activity.	Physical Education	1	Lifetime Fitness
PE.1.L.3.5	Set physical-activity goals.	Participate regularly in physical activity.	Physical Education	1	Lifetime Fitness
PE.1.L.3.6	Identify the health benefits of physical activity.	Participate regularly in physical activity.	Physical Education	1	Lifetime Fitness
PE.1.L.3.7	Identify edges, pedestrians, vehicles and traffic.	Participate regularly in physical activity.	Physical Education	1	Lifetime Fitness
PE.1.L.4.1	Identify a benefit of strengthening muscles.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	1	Lifetime Fitness
PE.1.L.4.2	Identify the components of health-related physical fitness.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	1	Lifetime Fitness
PE.1.L.4.3	Identify the changes in heart rate before, during and after physical activity.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	1	Lifetime Fitness
PE.1.L.4.4	Identify the difference in the activity of the heart during rest and while physically active.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	1	Lifetime Fitness
PE.1.L.4.5	Discuss the physiological signs of physical activity.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	1	Lifetime Fitness
PE.1.L.4.6	Identify how to properly flex and extend body parts to promote flexibility.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	1	Lifetime Fitness
PE.1.L.4.7	Identify the food groups.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	1	Lifetime Fitness
PE.1.M.1.1	Travel using various locomotor skills while changing directions, pathways and speeds.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	1	Movement Competency
PE.1.M.1.2	Strike an object upward using body parts.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	1	Movement Competency

PE.1.M.1.3	Strike a lightweight object upward continuously using a paddle/racket.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	1	Movement Competency
PE.1.M.1.4	Strike a stationary object a short distance using a modified, long-handled implement so that the object travels in the intended direction.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	1	Movement Competency
PE.1.M.1.5	Dribble an object with hands or feet while demonstrating control in general space.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	1	Movement Competency
PE.1.M.1.6	Demonstrate a variety of basic water skills.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	1	Movement Competency
PE.1.M.1.7	Move in different directions to catch a variety of self-tossed objects.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	1	Movement Competency
PE.1.M.1.8	Demonstrate an underhand-throwing motion for accuracy using correct technique.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	1	Movement Competency
PE.1.M.1.9	Demonstrate an overhand-throwing motion for distance using correct technique.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	1	Movement Competency
PE.1.M.1.10	Perform a self-designed creative movement/dance sequence with a clear beginning balance, use of one movement and a different and clear ending shape.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	1	Movement Competency
PE.1.M.1.11	Demonstrate a sequence of a balance, a roll and a different balance.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	1	Movement Competency
PE.1.M.1.12	Demonstrate the ability to take weight onto hands.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	1	Movement Competency
PE.1.M.1.13	Chase, flee and dodge to avoid or catch others.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	1	Movement Competency
PE.1.M.1.14	Use a variety of takeoff and landing patterns to jump, hop and leap safely in relation to various types of equipment.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	1	Movement Competency
PE.1.R.5.1	List a benefit resulting from cooperation and sharing during physical activity.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	1	Responsible Behaviors and Values
PE.1.R.5.2	Use physical-activity space safely and properly.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	1	Responsible Behaviors and Values
PE.1.R.5.3	Demonstrate consideration of others while participating in physical activity.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	1	Responsible Behaviors and Values
PE.1.R.6.1	Identify physical-activity preferences.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	1	Responsible Behaviors and Values
PE.1.R.6.2	Identify feelings resulting from participation in physical activity.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	1	Responsible Behaviors and Values

PE.1.R.6.3	Identify the benefits of learning new movement skills.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	1	Responsible Behaviors and Values
PE.2.C.2.1	Describe the critical elements of locomotor skills.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	2	Cognitive Abilities
PE.2.C.2.2	Identify safety rules and procedures for selected physical activities.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	2	Cognitive Abilities
PE.2.C.2.3	Utilize technology to enhance experiences in physical education.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	2	Cognitive Abilities
PE.2.C.2.4	Explain the importance of wearing a life jacket (personal flotation device) when on a boat or near water.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	2	Cognitive Abilities
PE.2.C.2.5	Explain how appropriate practice improves the performance of movement skills.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	2	Cognitive Abilities
PE.2.C.2.6	Apply teacher feedback to effect change in performance.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	2	Cognitive Abilities
PE.2.C.2.7	Describe movement concepts.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	2	Cognitive Abilities
PE.2.C.2.8	Explain the importance of warm-up and cool-down activities.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	2	Cognitive Abilities
PE.2.C.2.9	Define offense and defense.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	2	Cognitive Abilities
PE.2.L.3.1	Identify a moderate physical activity.	Participate regularly in physical activity.	Physical Education	2	Lifetime Fitness
PE.2.L.3.2	Identify a vigorous physical activity.	Participate regularly in physical activity.	Physical Education	2	Lifetime Fitness
PE.2.L.3.3	Identify opportunities for involvement in physical activities during the school day.	Participate regularly in physical activity.	Physical Education	2	Lifetime Fitness
PE.2.L.3.4	Identify opportunities for involvement in physical activities after the school day.	Participate regularly in physical activity.	Physical Education	2	Lifetime Fitness
PE.2.L.3.5	Set and meet physical-activity goals.	Participate regularly in physical activity.	Physical Education	2	Lifetime Fitness
PE.2.L.3.6	Identify how opportunities for participation in physical activities change during the seasons.	Participate regularly in physical activity.	Physical Education	2	Lifetime Fitness
PE.2.L.3.7	Identify healthful benefits that result from regular participation in physical activity.	Participate regularly in physical activity.	Physical Education	2	Lifetime Fitness

PE.2.L.3.8	Identify the proper crossing sequence.	Participate regularly in physical activity.	Physical Education	2	Lifetime Fitness
PE.2.L.4.1	Identify how muscular strength and endurance enhances performance in physical activities.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	2	Lifetime Fitness
PE.2.L.4.2	Discuss the components of health-related physical fitness.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	2	Lifetime Fitness
PE.2.L.4.3	Identify that a stronger heart muscle can pump more blood with each beat.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	2	Lifetime Fitness
PE.2.L.4.4	Identify why sustained physical activity causes an increased heart rate and heavy breathing.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	2	Lifetime Fitness
PE.2.L.4.5	Identify the physiological signs of moderate to vigorous physical activity.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	2	Lifetime Fitness
PE.2.L.4.6	Identify benefits of participation in informal physical fitness assessment.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	2	Lifetime Fitness
PE.2.L.4.7	Identify appropriate stretching exercises.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	2	Lifetime Fitness
PE.2.L.4.8	Categorize food into food groups.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	2	Lifetime Fitness
PE.2.M.1.1	Perform locomotor skills with proficiency in a variety of activity settings to include rhythms/dance.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	2	Movement Competency
PE.2.M.1.2	Strike an object continuously using body parts both upward and downward.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	2	Movement Competency
PE.2.M.1.3	Strike an object continuously using a paddle/racket both upward and downward.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	2	Movement Competency
PE.2.M.1.4	Strike a stationary object a short distance using a long-handled implement so that the object travels in the intended direction.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	2	Movement Competency
PE.2.M.1.5	Dribble with hands and feet in various pathways, directions and speeds around stationary objects.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	2	Movement Competency
PE.2.M.1.6	Perform a variety of fundamental aquatics skills.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	2	Movement Competency
PE.2.M.1.7	Move in different directions to catch a variety of objects softly tossed by a stationary partner.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	2	Movement Competency
PE.2.M.1.8	Demonstrate an overhand-throwing motion for distance demonstrating correct technique and accuracy.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	2	Movement Competency

PE.2.M.1.9	Perform one folk or line dance accurately.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	2	Movement Competency
PE.2.M.1.10	Demonstrate a sequence of a balance, a roll and a different balance with correct technique and smooth transitions.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	2	Movement Competency
PE.2.M.1.11	Perform at least one skill that requires the transfer of weight to hands.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	2	Movement Competency
PE.2.M.1.12	Chase, flee and dodge to avoid or catch others while maneuvering around obstacles.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	2	Movement Competency
PE.2.R.5.1	Identify ways to cooperate with others regardless of personal differences during physical activity.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	2	Responsible Behaviors and Values
PE.2.R.5.2	List ways to safely handle physical-activity equipment.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	2	Responsible Behaviors and Values
PE.2.R.5.3	Describe the personal feelings resulting from challenges, successes and failures in physical activity.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	2	Responsible Behaviors and Values
PE.2.R.5.4	Identify ways to successfully resolve conflicts with others.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	2	Responsible Behaviors and Values
PE.2.R.6.1	Identify ways to use physical activity to express feeling.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	2	Responsible Behaviors and Values
PE.2.R.6.2	Discuss the relationship between skill competence and enjoyment.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	2	Responsible Behaviors and Values
PE.2.R.6.3	Identify ways to contribute as a member of a cooperative group.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	2	Responsible Behaviors and Values
PE.3.C.2.1	Identify the importance of purposeful movement and its impact on quality of performance.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	3	Cognitive Abilities
PE.3.C.2.2	Understand the importance of safety rules and procedures in all physical activities.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	3	Cognitive Abilities
PE.3.C.2.3	Understand that technology can be utilized to gather information about performance.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	3	Cognitive Abilities
PE.3.C.2.4	Identify and explain different items that can be used for assisting in a water-related emergency.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	3	Cognitive Abilities

PE.3.C.2.5	Explain how appropriate practice improves performance of movement skills.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	3	Cognitive Abilities
PE.3.C.2.6	Analyze peer performance and provide feedback.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	3	Cognitive Abilities
PE.3.C.2.7	Identify the reasons for warm-up and cool-down activities.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	3	Cognitive Abilities
PE.3.C.2.8	Describe basic offensive and defensive tactics.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	3	Cognitive Abilities
PE.3.L.3.1	Identify a moderate physical activity.	Participate regularly in physical activity.	Physical Education	3	Lifetime Fitness
PE.3.L.3.2	Identify a vigorous physical activity.	Participate regularly in physical activity.	Physical Education	3	Lifetime Fitness
PE.3.L.3.3	Identify opportunities for involvement in physical activities during the school day.	Participate regularly in physical activity.	Physical Education	3	Lifetime Fitness
PE.3.L.3.4	Identify opportunities for involvement in physical activities after the school day.	Participate regularly in physical activity.	Physical Education	3	Lifetime Fitness
PE.3.L.3.5	Use an activity log to maintain a personal record of participation in physical activity during a period of time.	Participate regularly in physical activity.	Physical Education	3	Lifetime Fitness
PE.3.L.3.6	Identify lifestyle changes that can be made to increase the level of physical activity.	Participate regularly in physical activity.	Physical Education	3	Lifetime Fitness
PE.3.L.3.7	Differentiate between the correct and incorrect way to fit a bicycle helmet.	Participate regularly in physical activity.	Physical Education	3	Lifetime Fitness
PE.3.L.4.1	Describe how muscular strength and endurance enhances performance in physical activities.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	3	Lifetime Fitness
PE.3.L.4.2	Describe the relationship between the heart and lungs during physical activity.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	3	Lifetime Fitness
PE.3.L.4.3	Identify appropriate physical activities that result in the development of cardiorespiratory endurance.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	3	Lifetime Fitness
PE.3.L.4.4	Match physical fitness assessment events to the associated fitness component.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	3	Lifetime Fitness
PE.3.L.4.5	Identify formal and informal physical fitness assessments.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	3	Lifetime Fitness
PE.3.L.4.6	Identify ways to safely stretch major muscle groups.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	3	Lifetime Fitness

PE.3.L.4.7	Read food labels for specific nutrition facts.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	3	Lifetime Fitness
PE.3.L.4.8	Identify the principles of physical fitness.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	3	Lifetime Fitness
PE.3.L.4.9	Identify individual strengths and weaknesses based upon results of a formal fitness assessment.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	3	Lifetime Fitness
PE.3.L.4.10	Identify ways that technology can assist in the pursuit of physical fitness.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	3	Lifetime Fitness
PE.3.M.1.1	Apply locomotor skills in a variety of movement settings.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	3	Movement Competency
PE.3.M.1.2	Strike a stationary object from a stationary position using body parts so that the object travels in the intended direction at the desired height.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	3	Movement Competency
PE.3.M.1.3	Strike an object using a paddle/racquet demonstrating correct technique of a forehand pattern.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	3	Movement Competency
PE.3.M.1.4	Strike both moving and stationary objects using a long-handled implement.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	3	Movement Competency
PE.3.M.1.5	Maintain control while dribbling with hands or feet against a defender.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	3	Movement Competency
PE.3.M.1.6	Demonstrate a combination of basic swim skills.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	3	Movement Competency
PE.3.M.1.7	Move in different directions to catch objects of different sizes and weights thrown by a stationary partner.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	3	Movement Competency
PE.3.M.1.8	Throw balls of various sizes and weights to a stationary partner using a correct overhand motion.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	3	Movement Competency
PE.3.M.1.9	Perform a teacher-designed sequence using manipulatives.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	3	Movement Competency
PE.3.M.1.10	Perform one dance accurately.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	3	Movement Competency
PE.3.M.1.11	Perform a self-designed gymnastics sequence consisting of clear beginning and ending balances and two different movement elements with correct technique and smooth transitions.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	3	Movement Competency
PE.3.M.1.12	Continuously jump a self-turned rope.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	3	Movement Competency

PE.3.R.5.1	List ways to work cooperatively with peers of differing skill levels.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	3	Responsible Behaviors and Values
PE.3.R.5.2	List ways to show respect for the views of a peer from a different cultural background.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	3	Responsible Behaviors and Values
PE.3.R.5.3	Identify ways to take responsibility for his/her own behavior.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	3	Responsible Behaviors and Values
PE.3.R.6.1	List personally challenging physical-activity experiences.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	3	Responsible Behaviors and Values
PE.3.R.6.2	Describe ways to appreciate the good physical performance of others.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	3	Responsible Behaviors and Values
PE.3.R.6.3	Identify ways to celebrate one's own physical accomplishments while displaying sportsmanship.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	3	Responsible Behaviors and Values
PE.4.C.2.1	Understand the importance of purposeful movement in a variety of movement settings.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	4	Cognitive Abilities
PE.4.C.2.2	Understand the importance of safety rules and procedures in all physical activities, especially those that are high risk.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	4	Cognitive Abilities
PE.4.C.2.3	Use technology to gather information about performance.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	4	Cognitive Abilities
PE.4.C.2.4	Understand the importance of protecting parts of the body from the harmful rays of the sun.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	4	Cognitive Abilities
PE.4.C.2.5	Detect errors in personal movement patterns.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	4	Cognitive Abilities
PE.4.C.2.6	Compare and discuss skills/sports that use similar movement patterns.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	4	Cognitive Abilities
PE.4.C.2.7	Identify proper warm-up and cool-down techniques and the reasons for using them.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	4	Cognitive Abilities
PE.4.C.2.8	Identify the importance of hydration before, during and after physical activity.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	4	Cognitive Abilities

PE.4.C.2.9	Identify basic offensive and defensive tactics for modified invasion and net activities.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	4	Cognitive Abilities
PE.4.L.3.1	Identify a moderate physical activity.	Participate regularly in physical activity.	Physical Education	4	Lifetime Fitness
PE.4.L.3.2	Identify a vigorous physical activity.	Participate regularly in physical activity.	Physical Education	4	Lifetime Fitness
PE.4.L.3.3	Identify opportunities for involvement in physical activities during the school day.	Participate regularly in physical activity.	Physical Education	4	Lifetime Fitness
PE.4.L.3.4	Identify opportunities for involvement in physical activities after the school day.	Participate regularly in physical activity.	Physical Education	4	Lifetime Fitness
PE.4.L.3.5	Implement at least one lifestyle behavior to increase physical activity.	Participate regularly in physical activity.	Physical Education	4	Lifetime Fitness
PE.4.L.3.6	Discuss the importance of wearing a bicycle helmet.	Participate regularly in physical activity.	Physical Education	4	Lifetime Fitness
PE.4.L.4.1	Identify the muscles being strengthened during the performance of specific activities.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	4	Lifetime Fitness
PE.4.L.4.2	Identify several activities related to each component of physical fitness.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	4	Lifetime Fitness
PE.4.L.4.3	Maintain heart rate within the target heart rate zone for a specified length of time during an aerobic activity.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	4	Lifetime Fitness
PE.4.L.4.4	Identify ways to participate in selected physical activities for the purpose of improving physical fitness.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	4	Lifetime Fitness
PE.4.L.4.5	Identify ways to participate in formal and informal physical fitness assessment.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	4	Lifetime Fitness
PE.4.L.4.6	Identify how specific stretches increase flexibility and reduce the chance of injury.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	4	Lifetime Fitness
PE.4.L.4.7	Understand appropriate serving size.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	4	Lifetime Fitness
PE.4.L.4.8	Explain the principles of physical fitness.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	4	Lifetime Fitness
PE.4.L.4.9	Develop short- and long-term fitness goals.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	4	Lifetime Fitness
PE.4.L.4.10	Describe ways that technology can assist in the pursuit of physical fitness.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	4	Lifetime Fitness
PE.4.M.1.1	Apply movement concepts to the performance of locomotor skills in a variety of movement settings.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	4	Movement Competency
PE.4.M.1.2	Strike a moving object using body parts so that the object travels in the intended direction at the desired height.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	4	Movement Competency

PE.4.M.1.3	Strike an object continuously using a paddle/racquet demonstrating correct technique of a forehand pattern.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	4	Movement Competency
PE.4.M.1.4	Strike moving and/or stationary objects with long-handled implements using correct technique so the objects travel in the intended direction.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	4	Movement Competency
PE.4.M.1.5	Dribble and pass to a moving partner.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	4	Movement Competency
PE.4.M.1.6	Perform a variety of swim strokes.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	4	Movement Competency
PE.4.M.1.7	Move in different directions to catch objects of different sizes and weights thrown by a stationary partner from varying distances.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	4	Movement Competency
PE.4.M.1.8	Throw balls of various sizes and weights to a stationary partner from varying distances using a correct overhand motion.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	4	Movement Competency
PE.4.M.1.9	Perform a teacher-designed sequence, with or without manipulatives, while demonstrating balance, coordination, clear shapes, purposeful movements and smooth transitions.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	4	Movement Competency
PE.4.M.1.10	Perform two or more dances accurately.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	4	Movement Competency
PE.4.M.1.11	Perform a self-designed gymnastics sequence consisting of clear beginning and ending balances and three different movement elements with correct technique and smooth transitions.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	4	Movement Competency
PE.4.M.1.12	Run and hurdle a succession of low- to medium-level obstacles.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	4	Movement Competency
PE.4.R.5.1	Discuss the influence of individual differences on participation in physical activities.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	4	Responsible Behaviors and Values
PE.4.R.5.2	List ways to encourage others while refraining from insulting/negative statements.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	4	Responsible Behaviors and Values
PE.4.R.5.3	Demonstrate respect and caring for students with disabilities through verbal and non-verbal encouragement and assistance.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	4	Responsible Behaviors and Values
PE.4.R.6.1	Discuss how physical activity can be a positive opportunity for social and group interaction.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	4	Responsible Behaviors and Values
PE.4.R.6.2	Describe the connection between skill competence and enjoyment of physical activity.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	4	Responsible Behaviors and Values
PE.4.R.6.3	Discuss ways to celebrate one's own physical accomplishments while displaying sportsmanship.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	4	Responsible Behaviors and Values

PE.5.C.2.1	Apply purposeful movement to a variety of movement settings to include designing and performing movement routines.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	5	Cognitive Abilities
PE.5.C.2.2	Design or modify a game incorporating skills, rules and strategies.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	5	Cognitive Abilities
PE.5.C.2.3	Apply feedback gathered from the use of technology to assess and enhance performance.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	5	Cognitive Abilities
PE.5.C.2.4	Identify the different types of basic water- rescue techniques, using various types of items.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	5	Cognitive Abilities
PE.5.C.2.5	Detect, analyze and correct errors in personal movement patterns.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	5	Cognitive Abilities
PE.5.C.2.6	Compare and contrast skills/sports that use similar movement patterns and concepts.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	5	Cognitive Abilities
PE.5.C.2.7	Identify basic practice and conditioning principles that enhance performance.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	5	Cognitive Abilities
PE.5.C.2.8	Categorize basic offensive and defensive tactics for modified invasion and net activities.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	5	Cognitive Abilities
PE.5.L.3.1	Identify a moderate physical activity.	Participate regularly in physical activity.	Physical Education	5	Lifetime Fitness
PE.5.L.3.2	Identify a vigorous physical activity.	Participate regularly in physical activity.	Physical Education	5	Lifetime Fitness
PE.5.L.3.3	Identify opportunities for involvement in physical activities during the school day.	Participate regularly in physical activity.	Physical Education	5	Lifetime Fitness
PE.5.L.3.4	Identify opportunities for involvement in physical activities after the school day.	Participate regularly in physical activity.	Physical Education	5	Lifetime Fitness
PE.5.L.3.5	Formulate a plan to increase the amount of time spent in physical activity.	Participate regularly in physical activity.	Physical Education	5	Lifetime Fitness
PE.5.L.3.6	Discuss lifestyle behaviors that can be made to increase physical activity.	Participate regularly in physical activity.	Physical Education	5	Lifetime Fitness
PE.5.L.3.7	Use technology to enhance regular participation in physical activities.	Participate regularly in physical activity.	Physical Education	5	Lifetime Fitness
PE.5.L.3.8	Discuss the importance of being visible, being predictable and communicating when cycling.	Participate regularly in physical activity.	Physical Education	5	Lifetime Fitness

PE.5.L.4.1	Differentiate between muscular strength and muscular endurance.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	5	Lifetime Fitness
PE.5.L.4.2	Identify activities that develop and maintain each component of physical fitness.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	5	Lifetime Fitness
PE.5.L.4.3	Identify that an increase in heart rate intensity is necessary to enhance cardiorespiratory endurance.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	5	Lifetime Fitness
PE.5.L.4.4	Analyze one's own physical fitness assessment results and develop strategies to enhance performance.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	5	Lifetime Fitness
PE.5.L.4.5	Select proper stretching exercises to increase flexibility and reduce the chance of injury.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	5	Lifetime Fitness
PE.5.L.4.6	Plan a menu for a balanced meal.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	5	Lifetime Fitness
PE.5.L.4.7	Apply the principles of physical fitness to exercise.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	5	Lifetime Fitness
PE.5.L.4.8	Evaluate progress toward short- and long-term fitness goals.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	5	Lifetime Fitness
PE.5.L.4.9	Explain how technology can assist in the pursuit of physical fitness.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.	Physical Education	5	Lifetime Fitness
PE.5.M.1.1	Apply locomotor skills in a variety of movement settings, while applying the appropriate movement concepts as the situation demands.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	5	Movement Competency
PE.5.M.1.2	Approach and strike a moving object with body parts so that the object travels in the intended direction at the desired height using correct technique.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	5	Movement Competency
PE.5.M.1.3	Strike an object continuously with a partner using a paddle/racquet demonstrating correct technique of a forehand pattern.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	5	Movement Competency
PE.5.M.1.4	Strike moving and/or stationary objects with long-handled implements so the objects travel in the intended direction at the desired height using correct technique.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	5	Movement Competency
PE.5.M.1.5	Apply dribbling skills in modified games, focusing on offensive strategies.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	5	Movement Competency
PE.5.M.1.6	Demonstrate proficiency in one or more swim strokes.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	5	Movement Competency

PE.5.M.1.7	Catch a variety of objects while traveling and being defended.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	5	Movement Competency
PE.5.M.1.8	Throw a leading pass overhand to a moving partner using a variety of objects.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	5	Movement Competency
PE.5.M.1.9	Perform a self-designed sequence, with or without manipulatives, while demonstrating balance, coordination, clear shapes, purposeful movements and smooth transitions.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	5	Movement Competency
PE.5.M.1.10	Perform a variety of dances accurately.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	5	Movement Competency
PE.5.M.1.11	Perform a self-designed gymnastics sequence consisting of clear beginning and ending balances and four different movement elements with correct technique and smooth transitions.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	5	Movement Competency
PE.5.R.5.1	Describe a benefit of working productively with a partner to improve performance.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	5	Responsible Behaviors and Values
PE.5.R.5.2	Describe ways to utilize equipment safely during physical activities.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	5	Responsible Behaviors and Values
PE.5.R.5.3	Describe the influence of individual differences on participation in physical activities.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	5	Responsible Behaviors and Values
PE.5.R.6.1	Describe how participation in physical activity is a source of self-expression and meaning.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	5	Responsible Behaviors and Values
PE.5.R.6.2	Explain the benefits of physical activity.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	5	Responsible Behaviors and Values
PE.5.R.6.3	Explain ways to celebrate one's own physical accomplishments while displaying sportsmanship.	Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Physical Education	5	Responsible Behaviors and Values
PE.6.C.2.1	Identify at least two movements or activities which will lead to improvement in each of the health-related components of fitness.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.2	List safety procedures that should be followed when engaging in activities to improve the health-related components of fitness.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.3	Describe how each of the health-related components of fitness are improved through the application of training principles.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.4	Describe the long-term benefits of regular physical activity.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities

PE.6.C.2.5	Describe the training principles of overload, progression and specificity.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.6	Classify activities as aerobic or anaerobic.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.7	Determine personal target heart-rate zone and explain how to adjust intensity level to stay within the desired range.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.8	List methods of monitoring intensity level during aerobic activity.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.9	Explain the effects of physical activity on heart rate during exercise, recovery phase and while the body is at rest.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.10	Recognize the difference between fact and fallacy as it relates to consumer physical fitness products and programs.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.11	Prepare a log noting the food intake, calories consumed and energy expended through physical activity and describe results.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.12	List the components of skill-related fitness.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.13	List appropriate warm-up and cool-down techniques and the reasons for using them.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.14	List terminology and etiquette in educational gymnastics or dance.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.15	Choreograph basic dance or gymnastic sequences alone, with a partner or in a small group.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.16	Evaluate the movement performance of others.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities

PE.6.C.2.17	Describe the mechanical principles of balance, force and leverage and how they relate to the performance of skills in gymnastics or dance.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.18	List and describe the risks and safety procedures in gymnastics and dance.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.19	Recognize the relationship between music and dance or gymnastics skills.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.20	Know how improvisation is used to create movements for choreography.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.21	Identify the precautions to be taken when exercising in extreme weather and/or environmental conditions.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.C.2.22	List the three different types of heat illnesses associated with fluid loss.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	6	Cognitive Abilities
PE.6.L.3.1	Participate in moderate physical activity on a daily basis.	Participate regularly in physical activity.	Physical Education	6	Lifetime Fitness
PE.6.L.3.2	Participate in vigorous physical activity on a daily basis.	Participate regularly in physical activity.	Physical Education	6	Lifetime Fitness
PE.6.L.3.3	Participate in a variety of fitness, wellness, gymnastics and dance activities that promote the components of health-related fitness.	Participate regularly in physical activity.	Physical Education	6	Lifetime Fitness
PE.6.L.3.4	Identify the in-school opportunities for physical activity that promote fitness, wellness, gymnastics and dance.	Participate regularly in physical activity.	Physical Education	6	Lifetime Fitness
PE.6.L.3.5	Identify the community opportunities for physical activity that promote fitness, wellness, gymnastics and dance.	Participate regularly in physical activity.	Physical Education	6	Lifetime Fitness
PE.6.L.3.6	Identify a variety of fitness, wellness, gymnastics and dance activities that promote stress management.	Participate regularly in physical activity.	Physical Education	6	Lifetime Fitness
PE.6.L.4.1	Create, implement and assess a personal fitness program in collaboration with a teacher.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.	Physical Education	6	Lifetime Fitness
PE.6.L.4.2	Develop goals and strategies for a personal physical fitness program.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.	Physical Education	6	Lifetime Fitness
PE.6.L.4.3	Use available technology to assess, design and evaluate a personal physical-activity plan.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.	Physical Education	6	Lifetime Fitness

PE.6.L.4.4	Develop a personal fitness program including a variety of physical activities.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.	Physical Education	6	Lifetime Fitness
PE.6.L.4.5	Identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.	Physical Education	6	Lifetime Fitness
PE.6.M.1.1	Demonstrate movements designed to improve and maintain cardiorespiratory endurance, muscular strength and endurance, flexibility and proper body composition.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	6	Movement Competency
PE.6.M.1.2	Perform at least three different activities that achieve target heart rate.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	6	Movement Competency
PE.6.M.1.3	Demonstrate the principles of training (overload, specificity and progression) and conditioning (frequency, intensity, time and type) for specific physical activities.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	6	Movement Competency
PE.6.M.1.4	Perform at least three activities having value for cardiorespiratory fitness.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	6	Movement Competency
PE.6.M.1.5	Perform movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	6	Movement Competency
PE.6.M.1.6	Design and perform smooth, flowing sequences of stunts, tumbling and rhythmic patterns that combine traveling, rolling, balancing and transfer of weight.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	6	Movement Competency
PE.6.M.1.7	Design and perform a routine to rhythm, with a partner or a group, while incorporating gymnastic actions and various forms of locomotion on small and/or large apparatus.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	6	Movement Competency
PE.6.M.1.8	Perform complex dance sequences from a variety of dances accurately and with correct technique.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	6	Movement Competency
PE.6.M.1.9	Create and perform a rhythmic movement sequence while working with a partner or group.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	6	Movement Competency
PE.6.M.1.10	Design and perform different group dance and rhythm sequences that incorporate equipment.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	6	Movement Competency
PE.6.M.1.11	Apply proper warm-up and cool-down techniques.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	6	Movement Competency
PE.6.M.1.12	Use proper safety practices.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	6	Movement Competency
PE.6.M.1.13	Use technology to assess, enhance and maintain motor skill performance.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	6	Movement Competency

PE.6.R.5.1	List ways that peer pressure can be positive and negative.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	6	Responsible Behaviors and Values
PE.6.R.5.2	Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical-activity settings.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	6	Responsible Behaviors and Values
PE.6.R.5.3	Demonstrate responsible behaviors during physical activities.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	6	Responsible Behaviors and Values
PE.6.R.5.4	Describe the personal, social and ethical behaviors that apply to specific physical activities.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	6	Responsible Behaviors and Values
PE.6.R.5.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	6	Responsible Behaviors and Values
PE.6.R.6.1	Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Physical Education	6	Responsible Behaviors and Values
PE.6.R.6.2	Identify the potential benefits of participation in a variety of physical activities.	Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Physical Education	6	Responsible Behaviors and Values
PE.6.R.6.3	Participate in games, sports and/or physical activities from other cultures.	Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Physical Education	6	Responsible Behaviors and Values
PE.7.C.2.1	Identify the basic rules for team sports.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	7	Cognitive Abilities
PE.7.C.2.2	Identify the basic rules for outdoor pursuits/aquatics.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	7	Cognitive Abilities
PE.7.C.2.3	Explain basic offensive and defensive strategies in modified games or activities and team sports.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	7	Cognitive Abilities
PE.7.C.2.4	Explain basic offensive and defensive strategies in modified games or activities and outdoor pursuits/aquatics.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	7	Cognitive Abilities
PE.7.C.2.5	Identify and explain different types of safety equipment and practices relating to water activities.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	7	Cognitive Abilities

PE.7.C.2.6	Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	7	Cognitive Abilities
PE.7.C.2.7	Identify the critical elements for successful performance of a variety of sport skills.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	7	Cognitive Abilities
PE.7.C.2.8	List specific safety procedures and equipment necessary for a variety of sport skills and physical activities.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	7	Cognitive Abilities
PE.7.C.2.9	Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	7	Cognitive Abilities
PE.7.L.3.1	Participate in moderate physical activity on a daily basis.	Participate regularly in physical activity.	Physical Education	7	Lifetime Fitness
PE.7.L.3.2	Participate in vigorous physical activity on a daily basis.	Participate regularly in physical activity.	Physical Education	7	Lifetime Fitness
PE.7.L.3.3	Participate in a variety of team sports, outdoor pursuits and aquatics activities that promote health-related physical fitness.	Participate regularly in physical activity.	Physical Education	7	Lifetime Fitness
PE.7.L.3.4	Identify the in-school opportunities for participation in team sports, outdoor pursuits and aquatics activities.	Participate regularly in physical activity.	Physical Education	7	Lifetime Fitness
PE.7.L.3.5	Identify the community opportunities that promote team sports, outdoor pursuits and aquatics activities.	Participate regularly in physical activity.	Physical Education	7	Lifetime Fitness
PE.7.L.3.6	Identify a variety of team sports, outdoor pursuits and aquatics activities that promote stress management.	Participate regularly in physical activity.	Physical Education	7	Lifetime Fitness
PE.7.L.4.1	Create, implement and assess a personal fitness program in collaboration with a teacher.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.	Physical Education	7	Lifetime Fitness
PE.7.L.4.2	Develop goals and strategies for a personal physical fitness program.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.	Physical Education	7	Lifetime Fitness
PE.7.L.4.3	Use available technology to assess, design and evaluate a personal physical-activity plan.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.	Physical Education	7	Lifetime Fitness
PE.7.L.4.4	Develop a personal fitness program including a variety of physical activities.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.	Physical Education	7	Lifetime Fitness
PE.7.L.4.5	Identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.	Physical Education	7	Lifetime Fitness

PE.7.M.1.1	Participate in modified versions of team sports demonstrating mature patterns while using a variety of manipulative skills.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	7	Movement Competency
PE.7.M.1.2	Use basic offensive and defensive strategies while playing modified versions of a variety of sports and activities.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	7	Movement Competency
PE.7.M.1.3	Demonstrate appropriate relationships between the body and an opponent in dynamic game situations.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	7	Movement Competency
PE.7.M.1.4	Demonstrate introductory outdoor pursuits skills.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	7	Movement Competency
PE.7.M.1.5	Perform aquatics activities to improve or maintain health-related fitness.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	7	Movement Competency
PE.7.M.1.6	Demonstrate the critical elements in specialized skills related to a variety of team sports or outdoor pursuits activities.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	7	Movement Competency
PE.7.M.1.7	Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	7	Movement Competency
PE.7.M.1.8	Apply technology to evaluate, monitor and improve individual skill performance.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	7	Movement Competency
PE.7.M.1.9	Demonstrate principles of biomechanics necessary for safe and successful performance.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	7	Movement Competency
PE.7.R.5.1	Identify situations in which peer pressure could negatively impact one's own behavior choices.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	7	Responsible Behaviors and Values
PE.7.R.5.2	Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical-activity settings.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	7	Responsible Behaviors and Values
PE.7.R.5.3	Demonstrate responsible behaviors during physical activities.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	7	Responsible Behaviors and Values
PE.7.R.5.4	List examples of appropriate personal, social and ethical behaviors that apply to specific physical activities.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	7	Responsible Behaviors and Values
PE.7.R.5.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	7	Responsible Behaviors and Values
PE.7.R.6.1	Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Physical Education	7	Responsible Behaviors and Values

PE.7.R.6.2	Discuss the potential benefits of participation in a variety of physical activities.	Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Physical Education	7	Responsible Behaviors and Values
PE.7.R.6.3	Participate in games, sports and/or physical activities from other cultures.	Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Physical Education	7	Responsible Behaviors and Values
PE.8.C.2.1	Identify basic rules for individual/dual sports.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	8	Cognitive Abilities
PE.8.C.2.2	Identify basic rules for alternative/extreme sports activities.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	8	Cognitive Abilities
PE.8.C.2.3	Explain basic offensive and defensive strategies in individual/dual sports.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	8	Cognitive Abilities
PE.8.C.2.4	Explain basic offensive and defensive strategies in alternative/extreme sports activities.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	8	Cognitive Abilities
PE.8.C.2.5	Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	8	Cognitive Abilities
PE.8.C.2.6	Identify the critical elements for successful performance in a variety of sport skills or physical activities.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	8	Cognitive Abilities
PE.8.C.2.7	List specific safety procedures and equipment necessary for a variety of sport skills and physical activities.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	8	Cognitive Abilities
PE.8.C.2.8	Describe how movement skills and strategies learned in one physical activity can be transferred and used in other physical activities.	Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Physical Education	8	Cognitive Abilities
PE.8.L.3.1	Participate in moderate physical activity on a daily basis.	Participate regularly in physical activity.	Physical Education	8	Lifetime Fitness
PE.8.L.3.2	Participate in vigorous physical activity on a daily basis.	Participate regularly in physical activity.	Physical Education	8	Lifetime Fitness
PE.8.L.3.3	Participate in a variety of individual/dual and alternative/extreme sport activities that promote health-related components of fitness.	Participate regularly in physical activity.	Physical Education	8	Lifetime Fitness
PE.8.L.3.4	Identify the in-school opportunities for participation in individual/dual and alternative/extreme sports.	Participate regularly in physical activity.	Physical Education	8	Lifetime Fitness
PE.8.L.3.5	Identify the community opportunities for participation in individual/dual and alternative/extreme sports.	Participate regularly in physical activity.	Physical Education	8	Lifetime Fitness

PE.8.L.3.6	Identify a variety of individual/dual and alternative/extreme sport activities that promote stress management.	Participate regularly in physical activity.	Physical Education	8	Lifetime Fitness
PE.8.L.4.1	Create, implement and assess a personal fitness program in collaboration with a teacher.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.	Physical Education	8	Lifetime Fitness
PE.8.L.4.2	Develop goals and strategies for a personal physical fitness program.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.	Physical Education	8	Lifetime Fitness
PE.8.L.4.3	Use available technology to assess, design and evaluate a personal physical fitness program.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.	Physical Education	8	Lifetime Fitness
PE.8.L.4.4	Develop a personal fitness program including a variety of physical activities.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.	Physical Education	8	Lifetime Fitness
PE.8.L.4.5	Identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.	Physical Education	8	Lifetime Fitness
PE.8.L.4.6	Define training principles appropriate for enhancing cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.	Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.	Physical Education	8	Lifetime Fitness
PE.8.M.1.1	Demonstrate competency in motor skills for a variety of individual/dual and extreme/alternative sports.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	8	Movement Competency
PE.8.M.1.2	Demonstrate critical elements when striking with an object or implement.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	8	Movement Competency
PE.8.M.1.3	Demonstrate body management for successful participation in a variety of modified games and activities.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	8	Movement Competency
PE.8.M.1.4	Apply principles of biomechanics necessary for safe and successful performance.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	8	Movement Competency
PE.8.M.1.5	Demonstrate appropriate speed and generation of force when distance running, sprinting, throwing, jumping, striking or kicking.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	8	Movement Competency
PE.8.M.1.6	Demonstrate offensive, defensive and transition strategies and tactics.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	8	Movement Competency
PE.8.M.1.7	Apply skill-related components of balance, reaction time, agility, coordination, power and speed to enhance performance levels.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	8	Movement Competency
PE.8.M.1.8	Apply technology to evaluate, monitor and improve individual motor skills.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	8	Movement Competency
PE.8.M.1.9	Select and utilize appropriate safety equipment.	Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.	Physical Education	8	Movement Competency

PE.8.R.5.1	List ways to act independently of peer pressure during physical activities.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	8	Responsible Behaviors and Values
PE.8.R.5.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	8	Responsible Behaviors and Values
PE.8.R.5.3	Demonstrate sportsmanship during game situations.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	8	Responsible Behaviors and Values
PE.8.R.5.4	Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activities.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	8	Responsible Behaviors and Values
PE.8.R.5.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.	Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.	Physical Education	8	Responsible Behaviors and Values
PE.8.R.6.1	Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Physical Education	8	Responsible Behaviors and Values
PE.8.R.6.2	Describe the potential benefits of participation in a variety of physical activities.	Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Physical Education	8	Responsible Behaviors and Values
PE.8.R.6.3	Compare and contrast games, sports and/or physical activities from other cultures.	Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Physical Education	8	Responsible Behaviors and Values