

I can demonstrate concepts of self-space and  
general space.



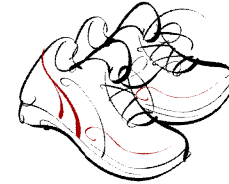
Movement Concepts: M.MC.00.01, M.Mc.01.01, M.MC.02.01

I can demonstrate space awareness concepts for  
directions like, up/down, forward/backward,  
right/left, clockwise/counter clockwise.



Movement concepts: M.MC.00.02, M.MC.01.02, M.MC.02.02

I will be able to demonstrate space awareness for levels like low, medium, and high.



Movement Concepts: M.MC.00.04, M.MC.01.04, M.MC. 02.04

I will be able to demonstrate space awareness for levels like large/small and far/near.



Movement Concepts: M.MC.00.05, M.MC.01.05, M.MC.02.05

I can demonstrate rate moving fast/slow,  
sudden/sustained.



Movement Concepts: M.MC.00.06, M.MC.01.06, M.MC.02.06

I can demonstrate effort of force using strong  
and light in many activities in PE.



Movement Concepts: M.MC.00.07, M.MC.01.07, M.MC.02.07

I can demonstrate moderate effort movement concepts  
such as bound and free.



Movement Concepts: M.MC.00.08, M.MC.01.08, M.MC.02.08

I can demonstrate movement concepts of body  
parts, such as, narrow, round, wide, symmetrical,  
non symmetrical.

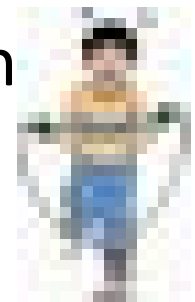


Movement Concepts: M.MC.00.09, M.MC.01.09, M.MC.02.09

I can understand moving over/under, on/off, and in front/behind, near/far, along/through, meeting/parting, surrounding, around, and alongside.

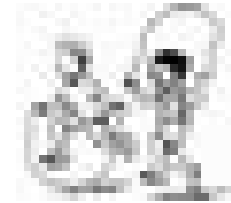
Movement Concepts: M.MC.00.10, M.MC.01.10, M.MC.02.10

I can demonstrate leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, and groups.



Movement Concepts: M.MC.00.11, M.MC.01.11, M.MC.02.11

I can demonstrate non-locomotor skills like balancing, bending, rocking, rolling, swinging, jumping, and landing. <sup>1)</sup> curling, twisting, turning, pushing, pulling, swinging, swaying, jumping, landing, <sup>2)</sup> transferring weight.



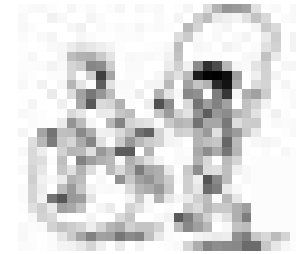
Motor Skills: M.MS.00.01, M.MS.01.01, M.MS.02.01

I can demonstrate locomotor skills such as, walk, run, leap, slide, gallop, hop, skip and flee.



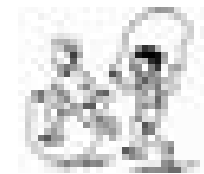
Motor Skills: M.MS.00.02, M.MS.01.02, M.MS.02.02

I can demonstrate manipulative skills such as roll, underhand throw, and overhand throw.



Motor Skills: M.MS.00.03, M.MS.01.03, M.MS.02.03

I can demonstrate two handed catch and kick and hand dribbling.



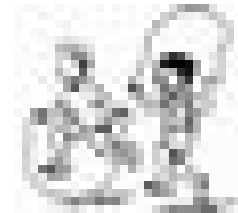
Motor Skills: M.MS.00.04, M.MS.01.04, M.MS.02.04

I can demonstrate the form of hand dribble and  
volley.



Motor Skills: M.MS.00.05, M.MS.01.05, M.MS.02.05

I can demonstrate even and uneven rhythms.



M.RA.00.01, M.RA.01.01, M.RA.02.01



I can give feedback from my teacher to improve movement patterns in fitness and physical activities.



Content Knowledge :FeedbackK.FB.00.01, K.FB.01.01, K.FB.02.02

I can understand safety rules and procedures that go along with physical activity.



Content Knowledge Participation: K.PA.00.01, K.PA.01.01, K.PA.02.01

I can identify the 5 components of health related fitness. (Muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition.)



Content Knowledge: Health Related Fitness: K.HR. 00.01, K.HR.01.01, K.HR.02.01

I can understand the purpose and reason for the one mile run, pacer test and its benefits.



Content Knowledge: Health Related Fitness: K.HR.02.02

I can understand the muscular strength it takes to do a curl up, push up, pull up and flexed arm hang.



Content Knowledge: Health Related Fitness: K. HR. 02.03

I can understand the concept of flexibility in the Sit and reach test.



Content Knowledge: Health Related Fitness: K.HR.02.04

I will understand what body composition is by using skin fold measurements and BMI.



Content Knowledge: Health Related Fitness: K.HR.02.05

I will understand what an increased heart rate, breathing rate, and what perspiration is by running, galloping, and hopping.



Content Knowledge: Physical Activity & Nutrition: K.AN.00.01, K.AN.01.01, K.AN.02.01

I will be able to support my body weight in activities that build muscular strength and endurance by hanging, climbing, hopping, jumping, animal walks and stunts.



Content Knowledge: Physical Activity & Nutrition: K.AN.00.02, K.AN.01.02, K.AN.02.02

I can recognize flexibility by using range of motion action of major joints.



Content Knowledge: Physical Activity & Nutrition: K.AN.01.03, K.AN.02.03

I can understand that my body is made up of two things, lean body mass and body fat.



Content Knowledge: Physical Activity & Nutrition: K. AN.02.04

I can understand behaviors that show responsibility, best effort, cooperation and compassion.



Content Knowledge: Personal/Social: K.PS. 02.01

I can understand what constructive competition is and what initiative and leadership means.



Content Knowledge: Personal/Social: K.PS.02.02

I can identify verbal cues and non verbal cues while participating in PE. (Talking, whistle)



Content Knowledge: Regular Participation: K.RP.02.01

I can understand and explain what active participation is during physical education.



Content Knowledge: Regular Participation: K.RP.02.02

I can choose to participate in physical activities alone or with others during Phys. Ed. Class.



Content Knowledge: Individual Differences K.ID.02.02



I can understand that emotions may show during phys. Ed class and it will show how individuals feel while participating in class.



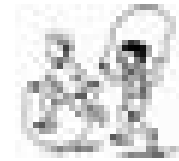
Content Knowledge: Feelings: K.FE.02.01

I can participate in PE working on skill building while including locomotor manipulative skills.



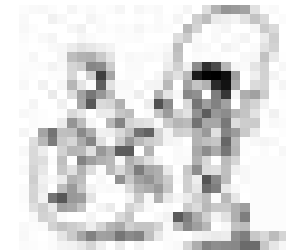
Fitness & Physical Activity: Participation: A.PE.00.01, A.PE.01.01, A.PE.02.01

I can choose to participate in skill building rather than on formal game structure, while including locomotor manipulative skills on a daily basis.



Fitness & Physical Activity: Participation Outside of PE Class: A.PA.00.01, A.PA.01.01, A.PA.02.01

I can recognize one or more of the five components of health-related fitness.



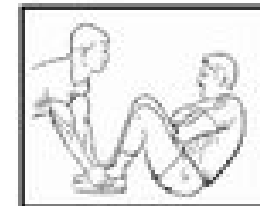
Fitness and Physical Activity: Health Related Fitness: A.HR.00.01, A.HR.01.01, A.HR.02.01

I can meet the standards for age and gender in the Pacer, Step test, One Mile Run, Walk test, Hand-cycle Test.



Fitness and Physical Activity: Health Related Fitness: A.HR.02.02

I can meet the standards for age and gender for muscular strength and endurance for curl up, push-up; pull up, flexed arm hang.



Fitness and Physical Activity: Health Related Fitness: A. HR.02.03

I can meet the standards for flexibility as measured in the sit and reach test.



Fitness and Physical Activity: Health Related Fitness: A.HR. 02.04

I can meet the standards for body composition as measured with skin folds or by BMI for age and gender.



Fitness and Physical Activity: Health Related Fitness: A. HR. 02.05

I can understand that physical activity can lead to increased heart rate, breathing rate, perspiration. The more I do, the more I can sustain vigorous levels of activity.



Fitness and Physical Activity: Physical Activity & Nutrition: A.AN.00.01, 1.AN.01.01, A.AN.02.01

I can support my own body weight briefly when climbing, hanging, hopping, jumping, animal walks to improve my muscular strength and endurance.



Fitness and Physical Activity: Physical Activity and Nutrition: A.AN.00.02, A.AN. 01.02, A.AN.02.02

I can demonstrate flexibility through a full range of motion of major joints.



Fitness and Physical Activity: Physical Activity and Nutrition: A.AN.01.03, A.AN.02.03

I can use limited cues from my teacher to improve motor skills and movement patterns, fitness, and physical activities in PE.



Personal/Social Behaviors: Feedback: B.FB.00.01, B.FB.01.01, B.FB.02.01

I can show behaviors which show best effort, cooperation, and compassion while participating in PE activities.



Personal/Social Behaviors: B.PS.00.01, B.PS.01.01, B.PS.02.01

I can show behaviors that show I have character traits of initiative and leadership qualities in Phys. Ed. Activities.



Personal/Social Behaviors: B.PS.02.02

I can choose to participate in a physical activity for the fun/novelty and to be challenged in Phys. Ed. Class.



Personal/Social Behaviors Values: Regular Participation

B.RP.02.02

I can show and express verbal and nonverbal actions of enjoyment while participating in physical activities in PE.



Personal/Social Behaviors and Values: Regular Participation: B.RP.02.01



I can choose to participate in Physical activities  
alone or with others in phys. ed. class.



Personal/Social Behaviors and Values: B.ID.02.01

I can identify a limited number of differences  
between ideal body images and elite  
performances shown in the media and personal  
characteristics and skills.



Personal/Social Behaviors and Values: B.ID.02.02

...a limited number of emotions  
related to how I feel when participating in  
physical activity.



Personal/Social Behaviors and Values: B.FE.02.01

