

Standard 1: Students will demonstrate a variety of motor skills and movement patterns in the following areas.

Locomotor

- Mature Patterns, Manipulative Skills, Traveling with Manipulative Skills, and Rhythmic
- Running
- Jumping and Landing, Horizontal and Vertical
- Cultural, and Original, and Group Dance
- Combinations

Non-Locomotor

- Balance and Balance with Equipment
- Stability/Weight Transfer
- Stability, Curling, Stretching, Twisting and Bending
- Combinations

Manipulatives

- Underhand Throw and Underhand Throw at Target
- Overhand Throw and Overhand Throw at Target
- Passing with Hands and Passing with Hands Small Game
- Catching, Catching While Moving, and Catching Small Game
- Dribbling/ball control with Hands and Dribbling with an Implement
- Dribbling/Ball Control with Feet
- Passing and Receiving with Feet and Receiving with Feet While Moving
- Volley, underhand
- Volley, overhead
- Striking, Short Handled Implement
- Striking, Long Handled Implements and Striking, Long Handled Implements While Traveling
- In Combination with Locomotor
- Jumping Rope

Standard 2: Students will apply knowledge of concepts, principles, strategies and tactics related to movement and performance in the following areas.

Movement Concepts:

- Open and Closing Spaces and Boundaries
- Pathways, Shapes, Levels
- Alignment and Muscular Tension, Movement
- Game Situations, Direction and Force, Modified Situations
- Alignment and Muscular Tension, Movement
- Invasion, Net/Wall/Strategies, Tactics and Game Sport Situations

Standard 3: Students will demonstrate the knowledge and skills to achieve and maintain a healthy level of physical activity and fitness in the following areas.

- **Physical Activity Knowledge**
- **Engages in Physical Activity**
- **Fitness Knowledge**
 - Heart Health
 - Health-Related Fitness, Warm-Up/Cool Down, FITT Principle, Muscle Identification, Muscular/Skeletal Movement
 - Skill-Related
- **Assessment and Program Planning**
- **Nutrition**

Standard 4: Students will show responsible personal and social behavior that respects self and others in the following areas.

- **Personal Responsibility**
- **Accepting Feedback**
- **Working with Others**
 - Praises and Accepts Others
- **Rules and Fair Play**
- **Safety**
 - Sun and Aquatic Safety

Standard 5: Students can recognize the value of physical activity in the following areas.

- **Health**
- **Challenge**
- **Self Expression/Enjoyment**
- **Social Interaction**