

## NATIONAL STANDARDS FOR PHYSICAL EDUCATION

*The student will:*

1. Demonstrate competency in many movement forms and proficiency in a few movement forms.
2. Apply movement concepts and principles to the learning and development of motor skills.
3. Exhibit a physically active lifestyle.
4. Achieve and maintain a health-enhancing level of physical fitness.
5. Demonstrate responsible personal and social behavior in physical activity settings.
6. Demonstrate understanding and respect for differences among people in physical settings.
7. Understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

## NEW YORK STATE LEARNING STANDARDS FOR HEALTH, PHYSICAL EDUCATION, AND HOME ECONOMICS

**Standard 1:** Personal Health and Fitness: Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

**Standard 2:** A Safe and Healthy Environment: Students will acquire the knowledge and ability to create and maintain a safe and healthy environment.

**Standard 3:** Resource Management: Students will understand and be able to manage their personal and community resources.

## Physical Education Outcomes KINDERGARTEN

### Abilities Outcome

*(Should be achieved throughout the year.)*

1. Be able to apply physical education to life.
  - work to improve physical skills and develop fitness
  - play safely and by the rules
  - be a good winner and loser, encourage others, and show acceptable social skills
  - know why we practice skills
  - take care of sports equipment

### Content Outcomes

1. balance on one foot, hop, skip, gallop, slide and do the standing broad jump (locomotor skill)
2. move a part of your body when told to do so (perceptual motor proficiency)
  - know the names of parts of the body
  - move the parts of the body in response to verbal directions
3. move to a rhythm
  - move in line and do circle games to a rhythm
  - move balls, scarves, sticks, and other objects to a rhythm
  - hop, skip, walk, gallop, jump and run to a rhythm
  - move body parts to a rhythm
  - make up your own ways to move to a rhythm
4. form body shapes
  - angular
  - curved
  - twisted
  - narrow
  - wide
5. perform nonlocomotor skills
  - swing, sway, twist
  - turn, bend, curl
  - stretch, shake, rise
  - sink, push, pull

## Physical Education Outcomes FIRST GRADE

### Abilities Outcome

*(Should be achieved throughout the year.)*

1. Be able to apply physical education to life.
  - work to improve physical skills and to develop physical fitness
  - play safely and by the rules
  - be a good winner and loser, encourage others, and show acceptable social skills
  - know why we practice skills
  - take care of sports equipment

### Content Outcomes

1. move easily in many ways (balance, flexibility, and agility)
  - continue to develop to walk, leap, gallop, run, hop, skip, and jump when told to (motor skills)
  - bend, twist, stretch, turn, and sway when told to (nonlocomotor skills)
  - form shapes -- angular, curved, twisted, narrow, wide, symmetrical and asymmetrical
2. move more than one part of your body, or your whole body in many ways (perceptual motor proficiency)
  - know the names of parts of the body and be able to move each when told to do so
  - move the parts of the body in the way you are told to (integrate unilateral and cross-lateral movements)
  - move sideways, change directions, and move around as told to
3. catch, throw, roll, bounce, bat, and kick balls (show eye-hand and eye-foot coordination)
  - catch many different balls
  - throw many different balls
  - roll a ball at a target
  - bounce a ball with both hands
  - bat a volleyball with your fist and your hand
  - kick a stationary ball
4. become stronger and better at moving (Increase muscular strength, endurance, flexibility, body awareness, and agility through fitness and recreational activities.)
  - perform a two-foot jump with a short jump rope (forward with double rebound)
  - perform jumping jacks and warm-up exercises, running for fun, and easy games
  - move a parachute in many ways as a part of a group
  - show you are physically fit (Achieve age-appropriate norms on a standardized fitness test.)
5. dance and move to a rhythm
  - create dances (using body, time, space, and force)
  - stamp feet, do-si-do, step hop, elbow swing, and bow
  - move objects to a rhythm
  - form single circles, double circles, and partners

## Physical Education Outcomes SECOND GRADE

### Abilities Outcome

(Should be achieved throughout the year.)

1. Be able to apply physical education to life.
  - work to have better coordination, endurance, and a good attitude. know your heart rate is faster when you are active
  - know why you want to be active and to follow important safety rules when you are active
  - be a good winner and loser, encourage others, and show acceptable social skills
  - know why you should practice skills many times
  - take care of sports equipment

### Content Outcomes

1. move in many ways alone, with a partner, or in a group (locomotor and nonlocomotor skills)
  - perform walk, slide, hop, gallop, run, leap, jump, carioca, and skip when told to
  - perform many stretching exercises when told to in response to verbal directions
  - demonstrate twist and swing in many ways with a partner
  - perform symmetrical and asymmetrical activities
2. control your body parts (perceptual motor proficiency)
  - control several body parts at once
  - maintain a stationary balance position
  - maintain balance while moving
3. show eye-hand and eye-foot coordination
  - throw different-sized balls at a target, both overhand and underhand using opposition
  - catch different-sized balls, with fingers up or down
  - bounce a ball with either hand
  - deflect a thrown or kicked ball
  - kick a slowly rolling ball
  - trap a slowly rolling ball
  - begin to bat a thrown ball with your fist, your hand, or a bat
4. get stronger and better at moving (Increase muscular strength, endurance, flexibility, body awareness, and agility through fitness and recreational activities.)
  - demonstrate individual jump rope skills with a short jump rope (two foot rebound forward and backward, two foot single rebound forward and backward, and alternate feet forward and backward)
  - perform warm-up exercises, jumping jacks, push-ups, and sit-ups
  - move a parachute in many ways as part of a group
  - run for fun
  - play many group games
  - strive to achieve, work to demonstrate the shape you are in (Achieve age-appropriate norms on a standardized fitness test.)
5. move to different rhythms and experiment with dance movements
  - experiment with the elements of dance (body, time, space, force)
  - stamp feet, do-si-do, step hop, elbow swing, and promenade
  - move lummi sticks, ribbons, feathers, and scarves to different rhythms
  - move to music using various formations (i.e., form single circles, double circles, lines, and partners)
  - pathways

## Physical Education Outcomes THIRD GRADE

### Abilities Outcome

(Should be achieved throughout the year.)

1. Be able to apply physical education to life.
  - work to have better coordination, endurance, and a good attitude
  - assess your heart rate
  - know the benefits, safety practices, and rules for participating in physical activities
  - know why it is important and what it takes to be in good physical condition
  - be a good sport about winner and losing, to be a part of a team, to encourage and help others, to follow the rules for team games, and to show social skills
  - know your own strengths and weaknesses and the value of repetition and practice
  - take care of sports equipment

### Content Outcomes

1. demonstrate knowledge of basic activity positions and incorporate skills which lead up to group and team activities (i.e., boundaries, offense, defense, start line, finish line, etc.)
  - Pre-kickball: rules (three outs, force out, foul ball, tagging out), correct overhand throw (dominant hand stepping with opposite foot), catching correctly with hands and arms, and running the bases properly
  - Pre-soccer skills: kick properly, dribble ball with feet, pass ball with accuracy, trap ball, and deflect and catch ball as goalie
  - Pre-football: throw football properly (holding ball properly, hitting stationary target), catch football (with hands and arms), kick football properly (three-step kick), and carry ball properly (wedged between hand, arm, and body).
  - Pre-volleyball: do two-handed catch set, serve underhanded, and play properly with others in a modified game
  - Pre-basketball: dribble basketball (both hands -- walking and stationary), bounce and chest pass, catch basketball properly (hands and arms), and play properly with others in a modified game
  - Pre-softball: grip softball properly, throw softball properly (opposite foot steps), and bat (correct grip and stance)
  - Floor hockey: control puck with stick while moving, pass puck, shoot puck, and play properly with others in a game
  - Pre-track
2. increase muscular strength, endurance, flexibility, body awareness, and agility through fitness and recreational activities (jumping rope, endurance running, and parachutes)
  - Strive for age-appropriate norms on a standardized fitness test and recognize your fitness level
  - show individual skills with short rope
  - perform warm-up exercises, jumping jacks, push-ups, one minute bent sit-up, 40-yard dash, pull-up/flex arm hand, shuttle run, and standing long-jump
  - move a parachute in many ways as a part of a group and take part in many simple group games
  - age-appropriate endurance running
3. improve ability to dance and move to rhythms
  - use dance elements to create individual and group dances
  - perform basic steps (heel-toe, two-step, sashay, step draw)
  - perform basic formations (threes, reel, partner, sets, a variety of circles)
4. demonstrate the knowledge and skills which will make you better in individual and dual sports and recreational activities
  - apply safety procedures (proper warm-up, spotting techniques, and proper attire)
  - know the importance of stretching techniques
  - know local sports and recreational activities and places (YMCA, city, clubs, teams, and organizations)
  - be familiar with equipment which can aid in sports and recreational activities

## Physical Education Outcomes FOURTH GRADE

### Abilities Outcome

(Should be achieved throughout the year.)

1. Be able to apply physical education to life.
  - demonstrate physical fitness (strength, flexibility, speed, endurance and agility)
  - assess physical fitness needs (heart rate)
  - know basics of individual and group sports, and recreational activities (benefits, safety practices, responsibilities of participation, rules of activities)
  - begin to understand personal health, wellness, and fitness needs (prevention and care of injuries, nutrition and diet, commitment necessary to gain and maintain fitness)
  - demonstrate sportsmanship in sports and recreation (be a gracious winner or loser, united goal setting, ground rules for team play, basic social and cooperative skills)
  - use a variety of strategies to succeed in sports and recreational activities (recognize strengths and weaknesses, know value of repetition and practice)
  - demonstrate proper treatment of sports equipment (safety, care, storage, for intended purpose only)

### Content Outcomes

1. show knowledge and skills which better enable and/or improve participation in group and team sports (basketball, soccer, softball, volleyball, floor hockey, and track)
  - Pre-basketball: use correct technique in passing (bounce and chest) and stationary dribble with either hand
  - Pre-soccer: trap propelled ball with foot, dribble soccer ball while moving (15 yards), and pass with accuracy (ground pass and distance pass)
  - Pre-softball: grip softball correctly, throw softball correctly (overhand, opposition, follow through), run bases correctly (first base, footing while stepping on base, rounding), and know basic rules (scoring, three-outs, fair and foul balls, being safe and out)
  - Pre-volleyball: serve underhand properly and successfully, demonstrate catch set skills, and know basic rules of volleyball (three hits, points on serve, boundaries)
  - Pre-floor hockey
  - Pre-track
2. increase muscular strength, endurance, flexibility, body awareness, and agility through fitness and recreational activities (jumping rope)
  - determine your fitness level as compared to age-appropriate norms on a standardized fitness test
  - perform ten individual rope jumping skills, develop and perform a 45-second individual routine
  - perform warm-up exercises, jumping jacks, push-ups, and stretches
3. improve movement through rhythms and dancing
  - dance elements to create individual and group dances
  - perform basic folk dances, square, circle and line
4. demonstrate the knowledge and skills which better enable participation in individual and dual sports and recreational activities
  - know the importance of stretching techniques
  - know local sports and recreational activities and places (YMCA, city recreation, clubs, teams)
  - be familiar with equipment which can aid in sports and recreational activities
  - decision making in areas of sport participation, i.e., proper footwear and clothing

## Physical Education Outcomes FIFTH GRADE

### Abilities Outcome

(Should be achieved throughout the year.)

1. Be able to apply physical education to life.
  - demonstrate physical fitness (coordination, endurance, nutrition, good attitude)
  - physical fitness needs (heart rate, fitness levels)
  - know basics of individual and group sports, and recreational activities (benefits, conditioning requirements, safety practices, responsibilities of participation, rules of activities)
  - manage personal health, wellness, and fitness needs (prevention and care of injuries, nutrition and diet, commitment necessary to gain and maintain fitness)
  - demonstrate sportsmanship in sports and recreation (be able to be a gracious winner or loser, united goal-setting, ground rules for team play, basic social and cooperative skills)
  - use a variety of strategies to succeed in sports and recreational activities (recognize strengths and weaknesses, know resources for improving skills, know value of repetition and practice)
  - demonstrate proper treatment of sports equipment (safety, care, storage, for intended purpose only)

### Content Outcomes

1. show knowledge and skills which better enable and/or improve participation in group and team sports (basketball, flag football, soccer, softball, and volleyball)
  - Pre-basketball: use correct technique for overhead pass, catch ball properly which comes to left side and middle and right side, dribble at walking speed (with either hand) for 15 seconds, know how to score (one-, two-, three-point shots), and know roles of basketball players (shoot, pass, defense, rebound)
  - Flag football: throw forward pass to moving target, catch ball from kick and punt, know basic rules of flag football (boundaries, downs, line of scrimmage, snap, grabbing flag, holding, pass interference), know responsibilities of positions (offense--center, quarterback, pass catching and defense--rushing, defending), and know how to score (touchdown, field goal, extra points)
  - Pre-soccer: dribble at game speed (20 yards), deflect or catch ball as goalie (game speed), know the rules of the game (boundaries, guarding, kicking the ball, no touching ball with arms or hands), and know how to score (goals, free kicks, breaking ties)
  - Pre-softball: field fly balls properly (eye on ball, glove up, two-hand catch), field ground ball properly (glove down and body down, eye on ball), know positions and responsibilities of various positions, and know rules of modified slow-pitch (arc of pitch, ball and strikes, innings, batter rules)
  - Pre-volleyball: serve underhand properly and successfully (20 feet back), be able to pass to any position, and know rotation
2. increase muscular strength, endurance, flexibility, body awareness, and agility through fitness, and recreational activities
  - strive to achieve age-appropriate norms on a standardized fitness test
  - know benefits of developing strength, endurance, flexibility, and agility
  - know techniques for developing strength, endurance, and flexibility (stretching)
  - develop a long-term plan for developing strength, endurance, and flexibility (stretching)
3. improve movement through rhythms and multicultural dancing
  - perform dance steps for rhythms and multicultural dancing
  - know and perform proper social courtesies for multicultural dancing
  - know and apply techniques for developing fluid movement and rhythm.
4. demonstrate the knowledge and skills which better enable participation in individual, dual sports, and recreational activities (i.e., orienteering, golf, tennis, inline skating, etc.)
  - apply safety procedures (proper warm-up and spotting techniques)
  - know the importance of stretching techniques
  - know local sports and recreational activities and places (YMCA, city recreation, clubs, teams)
  - know equipment which can aid in sports and recreational activities
  - understand the need for proper attire and equipment for ultimate participation in sport activities

## Physical Education Outcomes SIXTH GRADE

### Abilities Outcome

(Should be achieved throughout the year.)

1. Be able to apply physical education to life.
  - demonstrate physical fitness (coordination, endurance, nutrition, good attitude)
  - assess physical fitness needs (heart rate, fitness levels, know differences between aerobic and anaerobic conditioning, relationship between body composition and fitness)
  - know basics of individual and group sports, and recreational activities (benefits, requirements, conditioning requirements, safety practices, responsibilities of participation, rules of activities)
  - manage personal health, wellness, and fitness needs (prevention and care of injuries, nutrition and diet, commitment necessary to gain and maintain fitness)
  - demonstrate sportsmanship in sports and recreation (benefits of competition, value of winning and losing, united goal-setting, ground rules for team play, basic social and cooperative skills)
  - use a variety of strategies to succeed in sports and recreational activities (recognize strengths and weaknesses, analyze strengths, weaknesses, and tendencies of opponents, know resources for improving skills, develop preparation skills, know value of repetition and practice)
  - demonstrate consumerism skills in purchase of sports equipment (cost of equipment, different types of sources, quality vs. price, needs)

### Content Outcomes

1. show knowledge and skills which better enable participation in group and team sports (basketball, softball, and volleyball)
  - Pre-basketball: use correct techniques for dribbling at running speed for 15 seconds, use correct pivoting techniques (pivot and pass, pivot and shot, pivot and dribble, pivot while dribbling), know basic rules (boundaries -- out of bounds and lane, dribbling -- traveling, guarding -- fouls), and know roles of basketball players (setting screens, helping out, driving, moving without the ball)
  - Pre-softball: use batting techniques (stance, grip, stride, eye on ball, level swing), know expectations of various positions (outfield, infield, catcher, pitcher), and know and use game strategies (base running and fielding)
  - Pre-volleyball: serve underhand properly and successfully (28 feet), pass properly and successfully to a front court position, know scoring (points, game, match), and know rules of volleyball (boundaries, net, proper striking, number of hits)
2. increase muscular strength, endurance, flexibility, body awareness, and agility through fitness and recreational activities
  - know fitness capabilities according to standardized test and be able to set goals and achieve progress as measured on fitness test.
  - take pulse both resting and working, and know your appropriate rate for both
  - use proper cool-down techniques (stretching, larger-slower movements, slow cooling)
  - know your strengths and weaknesses for strength, endurance, flexibility, and agility
3. improve movement through rhythms, folk, and square dances, and aerobics
  - know and perform proper social courtesies for folk and square dancing
  - demonstrate basic dance steps for folk and square dancing
  - create a 45-second routine with manipulatives alone or as part of a group
  - perform elementary aerobic dance exercises
4. demonstrate the knowledge and skills which better enable participation in individual and dual sports and recreational activities (tumbling, bowling, and light recreational games)
  - apply proper warm-up and safety procedures
  - know local resources for sports and recreational activities (YMCA, city recreation, clubs, teams)
  - know equipment which can aid in sports and recreational activities
  - demonstrate basic tumbling skills
  - Pre-bowling: lane etiquette, grip and delivery, and basic scoring
  - demonstrate the basic skills and a basic knowledge of a variety of light recreational games: tetherball, four square, frisbee golf, kite flying, and skating