

USD #447 Cherryvale-Thayer Schools
PHYSICAL EDUCATION

Kindergarten-2nd Grade

Standard 1. Motor Skills

Benchmark - The student will demonstrate initial skills of locomotion and balance.

1.1K1 Demonstrates initial form in galloping, skipping, hopping, and sliding

1.1K2 Demonstrates control in traveling, weight bearing, weight shifting, and balancing activities

Benchmark - The student will demonstrate rhythmic patterns and manipulative ball skills.

1.2K1 Combines locomotor patterns in time to music

1.2K3 Demonstrates motor patterns in simple combinations

1.2K2 Demonstrates the manipulative skills of throwing, catching, dribbling with hand and foot, kicking, and striking

Standard 2. Learning Concepts

Benchmark - The student will identify body parts and levels.

2.1K1 Identifies various body parts and levels in performing physical activities

Benchmark - The student will demonstrate movement skills safely and appropriately

2.2K2 Recognizes appropriate safety practices in general space

Units: USD 447 K-2, soccer

2.2K1 Applies movement concepts to a variety of basic skills

Benchmark - The student will develop performances as a response to corrective feedback.

2.3K2 Explains that appropriate practice improves performance

2.3K1 Corrects movement errors in response to corrective feedback

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Standard 3. Active Participation

Benchmark - The student will be able to participate in a wide variety of non-structured and structured physical activities at moderate to vigorous

- 3.1K1** Engages in moderate to vigorous physical activity on an intermittent basis
- 3.1K2** Engages in a wide variety of physical activity outside of physical education
- 3.1K3** Participates in a variety of activities that involve manipulation of objects in and outside of physical education class

Standard 4. Physical Fitness

Benchmark - The student will understand the need for physical fitness.

- 4.1K4** Recognizes the health related physical fitness components
- 4.1K1** Demonstrates sufficient muscular strength to bear body weight for climbing, hanging, and momentary body support of the hands
- 4.1K2** Participates in a variety of games that increase breathing and heart rate
- 4.1K3** Sustains activity for increasingly longer periods of time while participating in various activities in physical education

Standard 5. Personal and Social Behavior

Benchmark - The student will demonstrate self-management.
Demonstrates cooperation and consideration of others in group activities

- 5.1K4**
- 5.1K2** Works in diverse group settings without interfering with others
- 5.1K1** Follows instructions and class procedures while participating in physical education

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- 5.1K5 Demonstrates socially acceptable conflict resolution during class activity
- 5.1K3 Uses equipment safely and appropriately

Standard 6. Activity Appreciation

Benchmark - The student will appreciate various physical activities.

- 6.1K2 Willingly tries new movements and skills
- 6.1K1 Exhibits both verbal and nonverbal indicators of enjoyment
- 6.1K3 Continues to participate when not successful on the first try

Third-Sixth

Standard 1. Motor Skills

Benchmark - The student will demonstrate mature movement patterns of locomotion, manipulation of objects, and rhythmic concepts.

- 1.1K2 Develops and refines a creative dance into a repeatable pattern
- Develops and refines an individual short-rope routine using a variety of basic skills
- 1.1K4 Uses a mature form on the following skills: throw, catch, kick, volley, dribble with hands, dribble with feet, and strike
- 1.1K1 Transfers and supports body weight on upper body
- 1.1K6 Demonstrates the ability to change directions quickly while the body is in motion
- 1.1K5 Jumps and lands for height and distance using a mature form
- 1.1K3

Standard 2. Learning Concepts

Benchmark - The student will apply knowledge to improve skill development.

- 2.1K4 Designs a new game, including rules
- Explains the necessity of transferring weight from the back to the front leg during any action that propels an object forward
- 2.1K2
- Demonstrates knowledge of key elements related to throw, catch, kick, volley, dribble with hands, dribble with feet, and strike
- 2.1K1 Identifies physical and psychological benefits that result from long term participation in physical activity
- 2.1K5 Explains how appropriate practice improves performance
- 2.1K3

Standard 3. Active Participation

Benchmark - The student will participate in a wide variety of physical activities at moderate to vigorous levels both in school and in the community

- Identifies at least one activity for participation on a regular basis outside of physical education class
- 3.1K1

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- 3.1K4 Accumulates at least 60-minutes of moderate to vigorous physical activity outside of physical education class on most days of the week
- 3.1K3 Maintains a physical activity log documenting activity date
- 3.1K2 Recognizes the opportunities for physical activity in the community

Standard 4. Physical Fitness

Benchmark - The student will understand the components of physical fitness and work to achieve increased levels of fitness.

- 4.1K2 Understands the importance of being active within the target heart zone
- 4.1K4 Meets the specific health related fitness standards
- 4.1K1 Participates in selected activities that develop and maintain each component of physical fitness
- 4.1K3 Monitors heart rate during aerobic activity
- 4.1K5 Identifies strengths and weaknesses based upon the results of health related fitness assessment
- 4.1K6 Physical fitness pretest at beginning of year

Standard 5. Personal and Social Behavior

Benchmark - The student will exhibit responsible personal and social behavior while working in diverse groups.

- 5.1K3 Assesses and takes responsibility for behavior choices without blaming others
- 5.1K4 Recognizes and appreciates similar and different skill abilities of peers
- 5.1K1 Cooperates with all class members by taking turns and sharing equipment
- 5.1K2 Accepts the teacher's decision without displaying negative reactions
- 5.1K5 Encourages others regularly and refrains from derogatory statements

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Standard 6. Activity Appreciation

Benchmark - The student will value physical activity and recognize its impact on skill-improvement and health.

6.1K4 Recognizes the impact of practice on skill improvement

6.1K3 Displays persistence in learning new motor skills

Identifies positive feelings associated with participation in physical

6.1K1 activities

6.1K2 Recognizes the impact of physical activity on health

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Middle School

Standard 1. Motor Skills

Benchmark - The student will demonstrate mature movement patterns of locomotion, manipulation of objects, and rhythmic concepts during modified

1.1K5

Explores introductory outdoor pursuit skills

1.1K1

Uses basic offensive and defensive strategies in modified net games and invasive games

1.1K4

Demonstrates competency while participating in modified versions of team and individual sports

1.1K3

Designs and performs gymnastics (or dance) sequences that combine traveling, rolling, balancing, and weight transfer into smooth, flowing sequences with intentional changes in direction, speed, and flow

Standard 2. Learning Concepts

Benchmark - The student will demonstrate movement concepts, principles, strategies, and tactics that apply to the performance of physical activities

2.1K2

Detects and corrects errors in personal performance

2.1K3

Explains at least two game tactics involved in playing a team sport

2.1K1

Identifies similarities in body position in various team sports

2.1K4

Designs a new game that incorporates skills and tactics that can be played fairly by all students, including those with disabilities

Standard 3. Active Participation

Benchmark - The student will regularly participate in moderate to vigorous levels of physical activity.

3.1K1

Participates in physical activities both during and outside of school for the purpose of improving skill and health

3.1K3

Accumulates a recommended number of minutes of moderate to vigorous physical activity outside of physical education class on three or more days during the week

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3.1K2 Sets realistic, measurable, and attainable goals for participation in activities of own choosing

Standard 4. Physical Fitness

Benchmark - The student will develop high levels of basic physical fitness.

4.1K4 Demonstrates appropriate training principles and exercise techniques designed to improve physical fitness

4.1K1 Participates in activities designed to improve or maintain the health related fitness components

4.1K3 Self-assesses heart rate before, during, and after vigorous physical activity
Understands the importance of staying within the target heart rate (THR)

4.1K2 zone while participating in games and activities

Standard 5. Personal and Social Behavior

Benchmark - The student will exhibit responsible personal and social behavior while working in diverse groups.

5.1K1 Makes responsible decisions about using time, applying rules, and following through with the decisions made

5.1K6 Resolves conflict with a sensitivity to the rights and feelings of others

5.1K4 Considers the consequences of choices when confronted with negative peer pressures

5.1K3 Demonstrates concern for safety of self and others during games and activities

5.1K5 Plays within the rules of the game or activity and shows self-control by accepting a controversial decision

5.1K7 Through verbal and nonverbal behavior, demonstrates cooperation with peers of different gender, race, and ability in a physical activity setting

5.1K2 Remains on-task without close teacher monitoring

Standard 6. Activity Appreciation

Benchmark - The student will value physical activity and recognize its impact on skill improvement and health.

6.1K3

Respects the physical and performance limitations of self and others

6.1K1

Recognizes physical activity as a positive opportunity for social and group interaction

6.1K2

Appreciates the creative aspects of skilled performance in others and self

6.1K4

Analyzes selected physical experiences for social, emotional, and health benefits

High School PE

Standard 1. Motor Skills

Benchmark - The student will demonstrate and apply mature motor skills, manipulation of objects and rhythmic concepts

- 1.1K3** Selects and uses the appropriate offensive and defensive skills in a variety of individual, dual, and team activities
- 1.1K2** Uses a variety of skills appropriately within a game situation
- 1.1K4** Demonstrates the ability to safely and comfortably adapt to environmental conditions in a variety of outdoor pursuits

Standard 2. Learning Concepts

Benchmark - The student will demonstrate and refine movement concepts, principles, strategies, and tactics

- 2.1K2** Explains appropriate tactical decisions in a game situation
- 2.1K1** Develops an appropriate conditioning program for a self-selected game and activity for lifetime engagement

Standard 3. Active Participation

Benchmark - The student will independently participate in moderate to vigorous levels of physical activity on a regular basis.

- 3.1K3** Monitors physical activity through the use of a pedometer, heart rate monitor, and/or a physical activity log, or other appropriate technology
- 3.1K1** Willingly participates in a variety of physical activities appropriate for maintaining or enhancing a healthy and active lifestyle

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3.1K4 Understands the ways in which personal characteristics, personal styles, and activity preferences will change over a lifespan

3.1K2 Accumulates, on most days, a recommended number of minutes of moderate to vigorous physical activity outside of physical education class

Standard 4. Physical Fitness

Benchmark - The student will take an active role in developing and maintaining appropriate personal fitness.

4.1K1 Maintains appropriate levels of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition necessary for a healthy and productive life

4.1K4 Designs and implements a personal fitness program based on information obtained from the fitness assessment and in accordance with appropriate training principles

4.1K3 Assesses, interprets, and applies the health-related fitness components to personal physical fitness status

4.1K7 Explains the impact of participation in selected sports and activities on various components of fitness

4.1K6 Plans a summer personal conditioning program

4.1K5 Participates in a variety of physical activities appropriate for enhancing physical fitness

4.1K2 Develops realistic short-term and long-term personal fitness goals

Standard 5. Personal and Social Behavior

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Benchmark - The student will display independent, responsible behavior during physical activity.

- 5.1K4 Provides appropriate support for a teammate in a team activity
- 5.1K1 Participates successfully in a cooperative learning group in a variety of physical activity settings
- 5.1K2 Invites less skilled students to participate in physical activity
- 5.1K3 Encourages others to apply appropriate etiquette in all physical activity settings

Standard 6. Activity Appreciation

Benchmark - The student will appreciate and actively pursue lifetime physical activities that meet their own needs.

- 6.1K3 Integrates physical activity meaningfully into daily life
- 6.1K2 Differentiates between intrinsic and extrinsic reasons for participating in physical activity
- 6.1K4 Reflects on reasons for choosing to participate in selected physical activities
- 6.1K1 Displays persistence in learning new physical activities

Weights

Standard 1. Motor Skills

Benchmark - The student will demonstrate and apply mature motor skills, manipulation of objects and rhythmic concepts

1.1K4 Demonstrates the ability to safely and comfortably adapt to environmental conditions in a variety of outdoor pursuits

Standard 2. Learning Concepts

Benchmark - The student will demonstrate and refine movement concepts, principles, strategies, and tactics

2.1K1 Develops an appropriate conditioning program for a self-selected game and activity for lifetime engagement

Standard 3. Active Participation

Benchmark - The student will independently participate in moderate to vigorous levels of physical activity on a regular basis.

3.1K3 Monitors physical activity through the use of a pedometer, heart rate monitor, and/or a physical activity log, or other appropriate technology

3.1K1 Willingly participates in a variety of physical activities appropriate for maintaining or enhancing a healthy and active lifestyle

3.1K4 Understands the ways in which personal characteristics, personal styles, and activity preferences will change over a lifespan

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- 3.1K2** Accumulates, on most days, a recommended number of minutes of moderate to vigorous physical activity outside of physical education class

Standard 4. Physical Fitness

Benchmark - The student will take an active role in developing and maintaining appropriate personal fitness.

- 4.1K1** Maintains appropriate levels of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition necessary for a healthy and productive life
- 4.1K4** Designs and implements a personal fitness program based on information obtained from the fitness assessment and in accordance with appropriate training principles
- 4.1K3** Assesses, interprets, and applies the health-related fitness components to personal physical fitness status
- 4.1K7** Explains the impact of participation in selected sports and activities on various components of fitness
- 4.1K6** Plans a summer personal conditioning program
- 4.1K5** Participates in a variety of physical activities appropriate for enhancing physical fitness
- 4.1K2** Develops realistic short-term and long-term personal fitness goals

Standard 5. Personal and Social Behavior

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PHYSICAL EDUCATION

Benchmark - The student will display independent, responsible behavior during physical activity.

- 5.1K4 Provides appropriate support for a teammate in a team activity
- 5.1K1 Participates successfully in a cooperative learning group in a variety of physical activity settings
- 5.1K2 Invites less skilled students to participate in physical activity
- 5.1K3 Encourages others to apply appropriate etiquette in all physical activity settings

Standard 6. Activity Appreciation

Benchmark - The student will appreciate and actively pursue lifetime physical activities that meet their own needs.

- 6.1K3 Integrates physical activity meaningfully into daily life

Fitness and Sports Conditioning

Standard 1. Motor Skills

Benchmark - The student will demonstrate and apply mature motor skills, manipulation of objects and rhythmic concepts

Selects and uses the appropriate offensive and defensive skills in a variety of individual,
1.1K3 dual, and team activities

Standard 2. Learning Concepts

Benchmark - The student will demonstrate and refine movement concepts, principles, strategies, and tactics

Develops an appropriate conditioning program for a self-selected game and activity for
2.1K1 lifetime engagement

Standard 4. Physical Fitness

Benchmark - The student will take an active role in developing and maintaining appropriate personal fitness.

Maintains appropriate levels of cardio-respiratory endurance, muscular strength,
muscular endurance, flexibility, and body composition necessary for a healthy and
4.1K1 productive life

Designs and implements a personal fitness program based on information obtained from
4.1K4 the fitness assessment and in accordance with appropriate training principles

Assesses, interprets, and applies the health-related fitness components to personal

4.1K3 physical fitness status

Explains the impact of participation in selected sports and activities on various

4.1K7 components of fitness

4.1K6 Plans a summer personal conditioning program

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4.1K5 Participates in a variety of physical activities appropriate for enhancing physical fitness

4.1K2 Develops realistic short-term and long-term personal fitness goals

Standard 6. Activity Appreciation

Benchmark - The student will appreciate and actively pursue lifetime physical activities that meet their own needs.

6.1K4 Reflects on reasons for choosing to participate in selected physical activities