



# P.E. units of study and standards



## Movement

Kindergarten	1 <sup>st</sup>	2 <sup>nd</sup>
<ul style="list-style-type: none"> <li>Use different locomotor movements to move around the room safely without bumping into others</li> <li>Walk, jump, hop, gallop, slide, crabwalk</li> <li>Move forward and backward safely</li> </ul>	<ul style="list-style-type: none"> <li>Use different locomotor movements to move around the room safely without bumping into others</li> <li>Walk, jump, hop, gallop, slide, skip crabwalk</li> <li>Be able to change from one movement to the next (slide, to a jump)</li> <li>Move forward, backward and sideways while using different locomotor movements safely</li> </ul>	<ul style="list-style-type: none"> <li>Use different locomotor movements to move around the room safely without bumping into others</li> <li>Walk, jump, hop, gallop, slide, skip crabwalk</li> <li>Be able to change from one movement to the next (slide, to a jump)</li> <li>Move forward, backward and sideways while using different locomotor movements safely</li> <li>Knows the difference between right and left</li> </ul>

## Volleyball

3 <sup>rd</sup> grade	4 <sup>th</sup> grade	5 <sup>th</sup> grade
Perform a direct bump volley with proper form (GEL: Grip, elbows locked, and legs bent)	Move to receive the ball and bump it back using proper form	Be able to rally the ball with a partner at least 5 times in a row using a bump or set

## Basketball

Kindergarten	1 <sup>st</sup> grade	2 <sup>nd</sup> grade	3 <sup>rd</sup> grade	4 <sup>th</sup> grade	5 <sup>th</sup> grade
Stationary dribble with their favorite hand at least 5 times in row	Stationary dribble with either hand at least 5 times in a row	Dribble while moving forward under control	Can dribble while avoiding an opponent and not "walking" or "traveling".	Chest and bounce pass with proper form	Shoot a ball with proper form

## Jump Rope

Kindergarten	1 <sup>st</sup> grade	2 <sup>nd</sup> grade
Turns the rope over their head brings it to their feet and then jumps	Is able to jump at least 2 times in a row	Is able to jump at least 5 times in a row

## Dance

Kindergarten	1 <sup>st</sup> grade	2 <sup>nd</sup> grade	3 <sup>rd</sup> grade	4 <sup>th</sup> grade	5 <sup>th</sup> grade
Copy movements while keeping control of their bodies, and keeping their own dance space	Copy movements in a sequence and keeps their own dance space	Perform movements in a sequence	Perform movements in a sequence while keeping the beat	Perform a simple line dance while keeping the beat	Work in a group to create a dance. Perform the dance while keeping the beat

## Tumbling/gymnastics

Kindergarten	1 <sup>st</sup> grade	2 <sup>nd</sup> grade	3 <sup>rd</sup> grade	4 <sup>th</sup> grade	5 <sup>th</sup> grade
Perform a forward roll (may not be smooth)	Perform a forward roll smoothly (without getting stuck on their head)	Perform a mule kick	Perform a beginner round-off or cartwheel	Perform a round-off or cartwheel	Perform both a round-off and a cartwheel

## Tennis

Kindergarten	1 <sup>st</sup> grade	2 <sup>nd</sup> grade	3 <sup>rd</sup> grade	4 <sup>th</sup> grade	5 <sup>th</sup> grade
Strike a balloon to themselves using various body parts using the proper amount of force	Strike a balloon with a racket to themselves using the proper amount of force	Strike a balloon using the forehand, lob, and smash stroke with the proper amount of force	Forehand strike a ball using a tennis racket	Forehand strike a ball that is bounced to you using proper form	Rally a ball off the wall 3 times in a row using a forehand stroke in tennis

### Rolling/tossing/throwing

Kindergarten	1 <sup>st</sup> grade	2 <sup>nd</sup> grade	3 <sup>rd</sup> grade	4 <sup>th</sup> grade	5 <sup>th</sup> grade
Rolls a ball using the "tick tock" motion and steps toward the target	Rolls a ball using the "tick tock" motion an steps with the opposite foot consistently	Overhand throws a ball using proper form (may be robotic) SLOT, side to target, arm in L, step with opposition, twist	Overhand throw using proper form smoothly to targets at various heights	Can overhand throw for distance. Slide step into a throw smoothly	Can gather a ground ball, and then put their side to a target and throw with proper form

### Soccer

Kindergarten	1 <sup>st</sup> grade	2 <sup>nd</sup> grade	3 <sup>rd</sup> grade	4 <sup>th</sup> grade	5 <sup>th</sup> grade
Kick a ball using the inside of their foot, not their toe	Kick a ball using the inside of their foot, not their toe while facing their target	Approach a ball, step beside it, and pass using the inside of their foot	Dribble a ball while keep control of it and avoiding an opponent	Pass a ball to a partner, and trap a ball when it is passed to you	Dribble a ball and set yourself to pass or kick a ball to a target

### Golf

Kindergarten	1 <sup>st</sup> grade	2 <sup>nd</sup> grade	3 <sup>rd</sup> grade	4 <sup>th</sup> grade	5 <sup>th</sup> grade
Putting: Tap the ball don't push it	Putting: Grip with hands together, and tap the ball	Putting: Grip with hands together, tap the ball, and stand sideways	Driving: correct grip, brings the club way back	Driving: correct grip, brings the club way back, and finishes	Driving: correct grip, brings club way back, finishes, and uses core rotation, does not spin out.

## Respect and responsibility

Kindergarten	1 <sup>st</sup> grade	2 <sup>nd</sup> grade	3 <sup>rd</sup> grade	4 <sup>th</sup> grade	5 <sup>th</sup> grade
Follows rules and directions	Follows rules and directions and is a good winner and a good loser	Follows rules and directions and is a good winner and good loser	Is able to give, receive, and apply feedback. Follows rules, directions, and is a good sport	Is able to give, receive and apply feedback from peers. Is able to set goals. Follows rules, directions, and is a good sport	Is able to give, receive and apply feedback from peers. Is able to set goals. Follows rules, directions, and is a good sport

## Fitness

Kindergarten	1 <sup>st</sup> grade	2 <sup>nd</sup> grade	3 <sup>rd</sup> grade	4 <sup>th</sup> grade	5 <sup>th</sup> grade
Able to stay active the whole class period. Knows where their heart and lungs are. Knows what activities are good for your heart	Able to stay active the whole class period. Knows your heart beats faster, lungs breathe deeper, and body sweats when you exercise. Understands which activities make your heart strong	Able to stay active the whole class period. Knows your heart pumps blood, lungs breath in oxygen and skin sweats during exercise. Knows what activities are good for your heart an which ones are good for your muscles	Able to stay active the whole class period. Can find their pulse. Knows the difference between cardio-respiratory endurance and muscular endurance. Knows what FITT means	Able to stay active the whole class period. Knows what their target heart rate is, and if they are in it during an activity. Knows the difference between cardio-respiratory activities and muscular endurance activities. Knows how to determine their intensity level in the FITT principal	Able to stay active the whole class period. Knows what their target heart rate is, and if they are in it during an activity. Knows all 5 fitness components and activities that would fall into each category. Knows the correlation between intensity and time in the FITT principal

