

PE and Health Standards: Kindergarten through 4th grade

| | | Kindergarten | 1 st Grade | 2 nd Grade | 3 rd Grade | 4 th Grade |
|--------------------------------------|---------------|--|---|--|---|---|
| Understands concepts and uses skills | PE Skills | <ul style="list-style-type: none"> • Throws, bounces, and catches a variety of objects • Runs and jumps with coordination • Balances on a variety of body parts while changing states of motion • Achieves and maintains a challenging level of health-related physical fitness (sustained moderate physical activity) | <ul style="list-style-type: none"> • Throws, volleys, bounces, catches, and kicks a variety of objects without moving from self-space • Grips various equipment appropriately • Runs and jumps with coordination while moving in a group and with a variety of objects • Achieves and maintains a challenging level of health-related physical fitness (sustained moderate physical activity) | <ul style="list-style-type: none"> • Kicks a variety of stationary objects using running or walking approach • Catches a tossed or bounced object without moving from self-space • Steps toward and makes contact with a stationary object using a variety of equipment • Runs, jumps, and throws objects in a variety of directions and for a variety of measurements • Achieves and maintains a challenging level of health-related physical fitness (sustained moderate physical activity) | <ul style="list-style-type: none"> • Throws, catches, and kicks a variety of objects alone and with partners using a variety of equipment • Dribbles a ball with dominant hand while moving and with non-dominate hand while stationary • Runs and jumps with control while using equipment • Performs a backward, shoulder roll and combine forward, backward and sideways rolls in sequence (summersault) • Achieves and maintains a challenging level of health-related physical fitness (sustained moderate physical activity) | <ul style="list-style-type: none"> • Steps towards and makes contact with a moving object using a variety of equipment and body parts • Volleys a tossed object with a partner using hands, arms, or equipments using a mature motor pattern • Moves using mature motor patterns at different speeds, levels, and directions, and transfers them to a game situate • Achieves and maintains a challenging level of health-related physical fitness (sustained moderate physical activity) |
| | Health Skills | <ul style="list-style-type: none"> • Understands accident prevention, safety, and personal space • Distinguishes between activities that are healthy and unhealthy • Demonstrates health-enhancing behaviors (hand washing) | <ul style="list-style-type: none"> • Identifies foods that are part of good nutrition • Understands the benefits and practices of personal cleanliness and personal health habits • Knows who to consult regarding unknown substances | <ul style="list-style-type: none"> • Recognizes safety hazards and practices preventive safety measures • Knows and understands when and how to use universal precautions (hand washing, mouth covering, and avoiding contact to prevent sickness) • Knows how to contact emergency personnel | <ul style="list-style-type: none"> • Identifies health hazards in their home and knows how to avoid them • Checks own heart rate • Knows and understands when and how to use universal precautions • Illustrates food combinations from the five food groups that provide a balanced diet | <ul style="list-style-type: none"> • Interprets the meaning of nutritional information on food labels and how they can be used in selecting healthy foods • Develops awareness of the harmful effects of alcohol, tobacco and other drugs and the consequences of misuse • Identifies and illustrates the food pyramid that is essential to a balanced human diet and recognizes nutritional factors in choosing foods |

