



Browse Quality Core Curriculum Standards by subject

Subject: Physical Education**Grade: K**Strand: Physical Education

- 1** **Topic:** Physical Fitness
Standard: Participates in developmentally appropriate health-related fitness activities.

- 2** **Topic:** Movement Concepts
Standard: Demonstrates and identifies the basic locomotor movements of walking, running, hopping, jumping, galloping, sliding, leaping, and skipping.

- 3** **Topic:** Movement Concepts
Standard: Demonstrates and identifies basic nonlocomotor movements of bending, straightening, curling, stretching, twisting, turning, swinging, swaying, rising, and collapsing.

- 4** **Topic:** Movement Concepts
Standard: Exhibits concepts of general and personal space using a variety of movement skills while transferring weight in various levels, directions, and pathways.

- 5** **Topic:** Movement Competencies
Standard: Demonstrates basic manipulative skills of throwing, catching, striking, and kicking.

- 6** **Topic:** Movement Competencies
Standard: Demonstrates static balance using various body parts.

- 7** **Topic:** Movement Competencies
Standard: Demonstrates basic rhythmic movements, timing, and following a beat.

- 8** **Topic:** Self-Management
Standard: Applies classroom rules, procedures, and safe practices.

- 9** **Topic:** Self-Management
Standard: Shares space and equipment with others.

Browse **Quality Core Curriculum Standards by subject****Subject: Physical Education****Grade: 1**

- 1** **Topic:** Physical Fitness
Standard: Participates in developmentally appropriate health-related fitness activities.
- 2** **Topic:** Physical Fitness
Standard: Identifies physiological signs (heart rate and breathing) of moderate physical activity.
- 3** **Topic:** Physical Fitness
Standard: Selects and participates in activities that require physical exertion.
- 4** **Topic:** Movement Concepts
Standard: Demonstrates progress toward mature locomotor skills of walking, running, hopping, skipping, galloping, sliding, jumping, and leaping.
- 5** **Topic:** Movement Concepts
Standard: Demonstrates progress toward mature nonlocomotor skills of bending, stretching, curling, twisting, turning, swinging, and swaying.
- 6** **Topic:** Movement Concepts
Standard: Demonstrates progress toward mature manipulative skills of throwing, catching, kicking, and striking.
- 7** **Topic:** Movement Concepts
Standard: Combines locomotor movements in time with rhythmic and spatial composition.
- 8** **Topic:** Movement Competencies
Standard: Demonstrates static balance with various body parts, shapes and bases.
- 9** **Topic:** Movement Competencies
Standard: Applies concepts of spatial awareness and can change directions, levels, and pathways in general and personal space.
- 10** **Topic:** Movement Competencies
Standard: Demonstrates the body's relationship to objects, individuals, and groups when: meeting/parting, mirroring/matching, leading/following, and moving over/under, behind, and alongside.
- 11** **Topic:** Self-Management
Standard: Applies classroom rules, procedures, and safe practices.
- 12** **Topic:** Self-Management
Standard: Works cooperatively with others. Shares equipment, takes turns, and follows directions.



Browse **Quality Core Curriculum Standards by subject**

Subject: Physical Education

Grade: 2

- 1** **Topic:** Physical Fitness
Standard: Identifies and participates in developmentally appropriate health-related fitness activities.
- 2** **Topic:** Physical Fitness
Standard: Identifies changes in the body during, and as a result of, vigorous activity.
- 3** **Topic:** Movement Concepts
Standard: Selects and uses equipment appropriate to a variety of movements and activities.
- 4** **Topic:** Movement Concepts
Standard: Applies concepts of weight transfer in a variety of ways.
- 5** **Topic:** Movement Concepts
Standard: Designs and performs simple sequences that focus on changes in directions, levels, and pathways.
- 6** **Topic:** Movement Concepts
Standard: Demonstrates body's relationships to other objects, individuals, and groups when meeting/parting, mirroring/matching, leading/following, or moving over, under, behind, and alongside.
- 7** **Topic:** Movement Competencies
Standard: Demonstrates mature locomotor and nonlocomotor skills.
- 8** **Topic:** Movement Competencies
Standard: Demonstrates progress toward mature throwing, catching, kicking, and striking skills.
- 9** **Topic:** Movement Competencies
Standard: Demonstrates simple stunts, tumbling, and balancing.
- 10** **Topic:** Movement Competencies
Standard: Creates and performs simple rhythmical/spatial compositions.
- 11** **Topic:** Self-Management
Standard: Identifies appropriate behaviors for participating with others in physical activity.



Browse **Quality Core Curriculum Standards by subject**

Subject: Physical Education

Grade: 3

- 1** **Topic:** Physical Fitness
Standard: Identifies and participates in developmentally appropriate health-related fitness activities.
- 2** **Topic:** Physical Fitness
Standard: Identifies one activity associated with each of the following components of health-related fitness: cardiovascular strength and endurance, muscular strength and endurance, and flexibility.
- 3** **Topic:** Physical Fitness
Standard: Demonstrates the ability to maintain continuous aerobic activity for an age- appropriate period.
- 4** **Topic:** Movement Concepts
Standard: Demonstrates the ability to create and perform aerobic/rhythmic activities.
- 5** **Topic:** Movement Competencies
Standard: Demonstrates progression of skill development using manipulatives.
- 6** **Topic:** Movement Competencies
Standard: Refines sequential stunts, tumbling and balancing patterns.
- 7** **Topic:** Movement Competencies
Standard: Identifies and demonstrates mature locomotor and nonlocomotor skills with and without equipment and apparatus.
- 8** **Topic:** Self-Management
Standard: Designs and follows class rules and procedures.
- 9** **Topic:** Self-Management
Standard: Demonstrates the ability to work successfully alone, with a partner and with a small group.



Browse **Quality Core Curriculum Standards by subject**

Subject: Physical Education

Grade: 4

- 1** **Topic:** Physical Fitness
Standard: Participates in fitness assessment (i.e., Fitness Gram) and developmentally appropriate health-related fitness activities for the purpose of improving skill performance and physical fitness.

- 2** **Topic:** Physical Fitness
Standard: Identifies several activities related to each component of physical fitness.

- 3** **Topic:** Physical Fitness
Standard: Interprets the results and significance of information provided by formal measures of physical fitness.

- 4** **Topic:** Movement Concepts
Standard: Demonstrates beginning skills of a few specialized movement forms: sports, gymnastics, and dance.

- 5** **Topic:** Movement Concepts
Standard: Identifies and applies components of complex rhythms and dance.

- 6** **Topic:** Movement Competencies
Standard: Demonstrates the ability to combine mature forms of locomotor/nonlocomotor skills into repetitive patterns with and without equipment.

- 7** **Topic:** Movement Competencies
Standard: Identifies and applies concepts to improve performance in fundamental and selected skills.

- 8** **Topic:** Self-Management
Standard: Demonstrates responsible personal and social behavior in physical activity settings. Follows activity -specific rules, procedures and etiquette.

Browse **Quality Core Curriculum Standards by subject****Subject: Physical Education****Grade: 5**

- 1** **Topic:** Physical Fitness
Standard: Participates in fitness assessment (i.e., Fitness Gram) and developmentally appropriate health -related fitness activities for the purpose of improving skill performance and physical fitness.
- 2** **Topic:** Physical Fitness
Standard: Demonstrates progress toward meeting health-related fitness standards as defined by current research (i.e., Fitness Gram).
- 3** **Topic:** Physical Fitness
Standard: Interprets the results and significance of information provided by formal measures of physical fitness (i.e., Fitness Gram).
- 4** **Topic:** Physical Fitness
Standard: Selects and participates in appropriate activities to improve personal fitness levels.
- 5** **Topic:** Physical Fitness
Standard: Describes health benefits that result from regular and appropriate participation in physical activity.
- 6** **Topic:** Movement Competencies
Standard: Demonstrates mature performance of all basic skills: locomotor skills, nonlocomotor skills, manipulatives, transfer of weight, spatial awareness and relationships.
- 7** **Topic:** Movement Competencies
Standard: Demonstrates competencies in more advanced specialized skills (sports, dance and educational gymnastics).
- 8** **Topic:** Movement Competencies
Standard: Recognizes similarities and differences between movement skills and transfers appropriately from one to the other.
- 9** **Topic:** Movement Competencies
Standard: Creates complex rhythmic and aerobic activities.
- 10** **Topic:** Self-Management
Standard: Demonstrates responsible personal and social behavior in physical activity settings. Participates in establishing rules, procedures and etiquette that are safe and effective for specific activities.