

SPORTS & MOVEMENT SKILLS

HPE Standard 1 – Apply competent motor skills and movement patterns needed to perform a variety of physical activities.

Strand	Learning Outcomes
1.1.1 Locomotor Skills	Performs various locomotor movements, in a variety of activities, demonstrating progress towards mature patterns.
1.1.2 Manipulative – Sending & Receiving	Attempts to perform key elements of throwing and catching with various objects.
1.1.3 Manipulative – Striking an Object	Attempts to perform key elements of striking using various body parts and implements.
1.1.4 Non-Locomotor – Balance & Weight Transfer	Demonstrates ability to balance on different bases of support in various positions.
1.1.5 Dance & Rhythm	Participates in creative dance movements, folk dances, and other rhythmic activities.
1.1.6 Calisthenics	Performs various movements and postures of simple exercises (i.e., jumping jack, push up).
1.1.7 Coordination Skills	Performs various movements and postures of simple exercises (i.e., jumping jack, push up).

HPE Standard 2 – Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.

Strand	Learning Outcomes
1.2.1 Body & Spatial Awareness	Moves safely and respectfully in general space applying various patterns, levels, and directions.
1.2.2 Speed & Force	Demonstrates movement sequences and activities using different speeds, tempos, and force.
1.2.3 Spatial Relationships	Creates different shapes and formations in simple movement activities and low-organized games.
1.2.4 Skill Applications	Applies various movement skills in low-organized games and physical challenges.
1.2.5 Practice & Repetition	Stays focused and on-task while practicing movement and manipulative skills.
1.2.6 Games Rules	Knows and applies rules of various low-organized games.
1.2.7 Problem Solving	Demonstrate creativity in solving simple problems and tasks.

HEALTH-RELATED FITNESS

HPE Standard 3 – Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

Strand	Learning Outcomes
1.3.1 Participation in Physical Activity	Participates willingly in a variety of physical activities.
1.3.2 Benefits of Physical Activity	Identifies the benefits of being active, including having a strong body, positive feelings, and better thinking.
1.3.3 Fitness Goals	Strives to achieve a goal for a fitness task or challenge.
1.3.4 Physical Fitness	Participates in exercises that benefit muscle strength, endurance, and flexibility (i.e., calisthenics, running, stretching, animal walks).
1.3.5 Body Response to Exercise	Recognizes the change in breathing and heart rate during various intensities of exercise.
1.3.6 Food & Water	Recognizes the body's need for nutritious food and water for participating safely and effectively in physical activity.
1.3.7 Safety Precautions	Identifies safety precautions and hazards and practice safe behaviors in various play areas (e.g., gym, playground).

SOCIAL & CHARACTER SKILLS

HPE Standard 4 – Exhibits responsible personal and social behavior that enhances health of self and others.

Strand	Learning Outcomes
1.4.1 Effort	Displays reasonable effort in various physical education games and fitness activities.
1.4.2 Fair Play	Displays understanding of fair play.
1.4.3 Safety Rules & Procedures	Follows rules and directions for safe participation in physical education activities.
1.4.4 Cooperation Skills	Works cooperatively with others during partner and small group activities.
1.4.5 Feedback	Responds appropriately to general feedback from the teacher.
1.4.6 Value of Physical Fitness and Health	Describes positive outcomes that result from participating in physical activities.
1.4.7 Inclusion of Others	Welcomes and invites others to join a group.

HEALTH LITERACY

HPE Standard 5 – Comprehend concepts related to health promotion and disease prevention to enhance health.

Strand	Learning Outcomes
1.5.1 Friends & Family	Discusses characteristics of a friend and how to treat them kindly.
1.5.2 Mental-Emotional Health	Identifies positive ways when responding to others emotions.
1.5.3 Growth & Development	Identifies different parts of their body and ways to protect and care for them.
1.5.4 Nutrition	Explain the importance of foods and healthful eating practices.
1.5.5 Healthy Habits	Identifies ways to keep the body healthy through regular hygiene habits (i.e., brushing teeth, combing hair, washing face, bathing).
1.5.6 Personal Safety	Identifies safety rules and procedures for home and school (i.e., fire, severe weather, earthquake) and how to respond.
1.5.7 Harmful Substances	Identifies ways to keep safe from harmful medicines and other substances.

HPE Standard 6 – Demonstrate the ability to use health-enhancing skills and behaviors to avoid/reduce health risks and enhance health.

Strand	Learning Outcomes
1.6.1 Health Helpers	Identifies ways that parents and family members help support positive health behaviors.
1.6.2 Health Information	Identifies how to get trusted health information to promote health and safety.
1.6.3 Communication Skills	Demonstrates ways to communicate effectively about health needs or threats.
1.6.4 Health Decisions	Determines when a health-related decision can be made individually or when assistance is needed.
1.6.5 Health Planning	Develops goals and plans for keeping care of their health.
1.6.6 Health Practices	Practices health behaviors that can help protect and/or improve one's health.
1.6.7 Health Promotion	Creates messages to promote positive health behaviors with others.