

**SPORTS & MOVEMENT SKILLS**

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

Strand	Learning Outcome
2.1.1 Locomotor Skills	Demonstrates locomotor movements, in a variety of activities, using a mature pattern.
2.1.2 Manipulative – Sending & Receiving	Applies key elements of sending and receiving with hands and feet in low organized games.
2.1.3 Manipulative – Striking an Object	Applies key elements of striking a ball or other object using various body parts and implements
2.1.4 Non-Locomotor – Balance & Weight Transfer	Demonstrates ability to balance on different bases of support in various positions during dynamic and non-dynamic actions.
2.1.5 Dance & Rhythm	Demonstrates basic elements of dance (space, time, and energy) when participating in various types of individual rhythm and dance activities.
2.1.6 Body Management Skills	Performs various movements and postures of simple exercises which require an integration of fitness skills.
2.1.7 Coordination Skills	Executes simple hand-eye, hand-foot, and other activities which develop coordination skills (i.e., bean bags, hula hoop, jump rope) with proficient patterns.

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

Strand	Learning Outcome
2.2.1 Body & Spatial Awareness	Moves in general space applying various patterns, levels, and directions.
2.2.2 Speed & Force	Demonstrates movement sequences and activities using different speeds, tempos, and force.
2.2.3 Spatial Relationships	Works together with others to create different shapes and formations in simple movement activities and low-organized games.
2.2.4 Skill Applications	Applies various movement skills in low-organized games and physical challenges.
2.2.5 Practice & Repetition	Stays focused and on-task while practicing movement and manipulative skills.
2.2.6 Games Rules	Knows and applies rules of various low-organized games.
2.2.7 Problem Solving	Shows 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
2.3.1 Regular Physical Activity	Participates willingly in a variety of physical activities.
2.3.2 Benefits of Physical Activity	Explain the benefits of being active, including having a strong body, positive feelings, and better thinking.
2.3.3 Fitness Goal-setting	Strives to achieve a goal for a fitness task or challenge.
2.3.4 Health-related Fitness Components	Performs movements/exercises that benefits muscle strength, endurance, and flexibility (i.e., calisthenics, running, stretching, animal walks).
2.3.5 Body Response to Exercise	Identifies signs of health-enhancing physical activity (i.e., faster breathing, increased heart rate, sweating).
2.3.6 Food & Water	Describes how a nutritious diet is related to energy and performance in physical activity.
2.3.7 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
2.4.1 Effort	Displays best effort in various games and physical education activities.
2.4.2 Fair Play	Identifies and demonstrates fair play and respectful behaviors in various small group activities.
2.4.3 Safety Rules & Procedures	Displays personal responsibility by following rules and directions for safe participation.
2.4.4 Cooperation Skills	Works cooperatively with others during partner and small group activities.
2.4.5 Feedback	Responds appropriately to general feedback from teacher and other students.
2.4.6 Value of Physical Fitness and Health	Describes positive feelings that result from participating in physical activity and group activities.
2.4.7 Inclusion of Others	Shows appreciation for other group or team members during physical education activities.

**HEALTH LITERACY**

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

Strand	Learning Outcome
2.5.1 Friends & Family	Explains how family members, parents and other trusted adults help guide and protect me.
2.5.2 Mental-Emotional Health	Identifies ways of dealing with emotions of self and others.
2.5.3 Growth & Development	Develops an awareness of their body and how it grows.
2.5.4 Nutrition	Describes ways of identifying healthful foods for eating healthy.
2.5.5 Healthy Habits	Identifies health behaviors that keep the body healthy and protect against illness.
2.5.6 Personal Safety	Identifies safety hazards in and near the home, how to prevent them and how to respond to them.
2.5.7 Harmful Substances	Identifies harmful substances and ways to be safe around them.

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

Strand	Power Standard
2.6.1 Health Helpers	Identifies positive influences on personal health behaviors.
2.6.2 Health Information	Identifies where reliable information can be found to help promote health and safety.
2.6.3 Communication Skills	Demonstrates ways to communicate effectively about health needs or threats.
2.6.4 Health Decisions	Identifies ways to respond appropriately to situations that require a thoughtful decision about their health
2.6.5 Health Planning	Develops goals and plans for keeping care of personal health.
2.6.6 Health Practices	Practices health behaviors that can help protect and/or improve one's health.
2.6.7 Health Promotion	Creates messages using words and/or pictures to promote positive health behaviors with others.