

SPORTS & MOVEMENT SKILLS

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

Strand	Learning Outcomes
4.1.1 Locomotor Skills	Knows and perform key elements of selected locomotor movements appropriately in physical activities.
4.1.2 Manipulative Skills Using Body	Knows and executes critical elements of selected manipulative skills using various body parts to control, maneuver, throw and strike objects in small-sided, lead-up games.
4.1.3 Manipulative Skills Using Implement	Knows and executes critical elements of selected manipulative skills using an implement (i.e., racket, paddle, hockey stick) to control, maneuver, and strike objects in small-sided, lead-up games.
4.1.4 Tumbling	Knows and performs key elements of simple balance and tumbling stunts, both individually and with a small group.
4.1.5 Dance & Rhythm	Knows and performs basic dance steps and formations of various line and social dances.
4.1.6 Exercise Techniques	Identifies and performs key elements of various exercises which develop strength, endurance, and flexibility.
4.1.7 Coordination Skills	Know and perform key elements of various eye-hand-foot tracking and coordination activities (i.e., jump rope, juggling, toss-and-catch)

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

Strand	Learning Outcomes
4.2.1 Movement Concepts	Applies movement concepts of open space to various games and physical activities.
4.2.2 Speed & Force	Demonstrates movement concepts (i.e., force, trajectory) that apply to the ability to control an object or enhance its' accuracy.
4.2.3 Spatial Relationships	Demonstrates spatial concepts during a variety of team sports and activities (i.e., moving to open space).
4.2.4 Skill-related Fitness	Knows and applies skill-related fitness components (i.e., balance, agility, power) in various games, sports, and skill challenges.
4.2.5 Practice Principles	Identifies and applies principles of practice and conditioning to enhance movement performance.
4.2.6 Sport Rules	Knows and applies rules of various individual and team sports.
4.2.7 Game Strategy & Tactics	Demonstrates offensive and defensive strategies for a variety of small-sided games.

HEALTH-RELATED FITNESS

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

Strand	Learning Outcomes
4.3.1 Participation in Physical Activity	Participates in 60 minutes or more of moderate-to-vigorous physical activity a day using available technology to self-monitor intensity level.
4.3.2 Benefits of Fitness and Physical Activity	Identifies health benefits associated with regular participation in physical activity and sport (i.e., fun was to stay active and get fit, personal confidence, teaches how to interact with others, teamwork skills, meeting new people).
4.3.3 Personal Fitness Development	Identifies healthy-level standards of health-related fitness (cardiorespiratory, muscular strength and endurance, and flexibility) and strives to improve in at least two areas.
4.3.4 Health-related Fitness	Identifies and applies health-related fitness components to a variety of exercises and physical activities.
4.3.5 Training Principles	Explains the relationship between frequency, intensity, time, and type (FITT) on the development of aerobic and muscle fitness.
4.3.6 Nutrition, PA and Weight Management	Explains the importance of good nutrition and regular physical activity to weight management.
4.3.7 Safety Precautions	Identifies safety equipment and behaviors that helps reduce chances of injury in various sports and physical activities.

SOCIAL & CHARACTER SKILLS

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

Strand	Learning Outcomes
4.4.1 Personal Best	Displays and assesses effort towards learning skills and engaging in various physical education activities.
4.4.2 Social Responsibility	Identifies simple acts of good sportsmanship and respectful behavior and self-assesses this behavior during various physical activities and team sports
4.4.3 Safety Rules & Procedures	Applies safety rules and precautions (i.e., proper use of equipment, proper attire) for participating safely in physical education activities.
4.4.4 Cooperation Skills	Interacts with other group skills members in a positive way during cooperation activities.
4.4.5 Feedback	Offers and accepts feedback to and from peers in a positive way regarding performance in physical education activities.
4.4.6 Value of Physical Fitness & Health	Rates their personal enjoyment and feelings of competence in various physical activities and sports.
4.4.7 Cultural Acceptance	Shows respect for the views and perspectives of other peers from different cultural backgrounds.

HEALTH LITERACY

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

Strand	Learning Outcomes
4.5.1 Healthful Relationships	Identifies characteristics of a healthful relationship with peers and family members.
4.5.2 Mental-Emotional Health	Identifies strategies for managing stress and emotions.
4.5.3 Growth & Development	Knows the various human body systems, including the reproductive system, how they function and how to care for them.
4.5.4 Dietary Guidelines	Describes what a well-balanced diet entails and how it is influenced.
4.5.5 Disease Prevention	Explains how community and environmental conditions contribute to disease and poor health conditions and ways to reduce your exposure to these health risks.
4.5.6 Personal Safety	Distinguishes between emergencies and basic first aid situations and explains how to respond.
4.5.7 Substance Use	Identifies dangers of various drugs (i.e., tobacco, alcohol, inhalants) and ways to resist pressures to use them.

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

Strand	Learning Outcomes
4.6.1 Health Influences	Identifies how peers, family, culture, and media can influence health practices and behaviors.
4.6.2 Health Information	Identifies and locates resources from home, at school, on-line and in the community that provide valid health information.
4.6.3 Communication Skills	Demonstrates effective verbal and non-verbal communication skills to avoid/reduce health risks and enhance personal health.
4.6.4 Health Decisions	Predicts the potential outcomes of personal decisions regarding personal health and chooses a healthy option.
4.6.5 Health Goals	Identifies a personal health goal, develops short-term and long-term goals and a plan for achieving them.
4.6.6 Health Practices	Demonstrates a variety of healthy practices that help promote healthy growth.
4.6.7 Health Advocacy	Expresses opinions and gives accurate health information in promoting healthy school and community environments.