



Holland Public Schools

Essential Standards Chart

Essential Standards Chart: What is it we expect students to learn?

Subject: Elementary Physical Education

Team Members: Connor Fowler, Thadd LeFebre, Nicolette Klein

Standard Description	Common Core Standard	Example Rigor	Prerequisite Skill	Common Assessment	When Taught?	Extension Standards
What is the essential standard to be learned? Describe in student-friendly vocabulary.		What does proficiency look like? Provide an example and/or description.	What prior knowledge, skills, and/or vocabulary is/are needed for a student to master this standard?	What assessments will be used to measure student mastery?	When will this standard be taught?	What will we do when students have learned the essential standard(s)?
I can complete multiple skills and movements while using correct form	Standard 1: Demonstrates competency in a variety of motor skills and movement patterns	I can perform the correct steps for shooting a basketball (5th gr.)	Proficiency in previous grades standards related to the topic being taught 1st graders must be proficient in the standard below to move on to the 2nd grade standard: Hops, gallops, jogs, and slides using a mature pattern. (1st) Skips using a mature pattern. (2nd) Leaps using a mature pattern. (3rd) Uses various locomotor skills in a variety of small-sided practice tasks,	Relay races, stations, group games, skills challenges, partner rating of skill performance	Year round/rotating	Provide more challenging levels of skills

			dance, and educational gymnastics experiences. (4th) Demonstrate mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics, and dance. (5th)			
I can use skills I've practiced in games/game setting	Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance	I can move in self-space and general space in response to designated beats/rhythms.	Proficiency in previous grades standards related to the topic being taught 1st graders must be proficient in the standard below to move on to the 2nd grade standard: Moves in self-space and general space in response to designated beats/rhythms. (1st) Combines locomotor skills in general space to a rhythm. (2nd) Recognizes the concept of open spaces in a movement context. (3rd) Applies the concept of open spaces to	Stations, stations, or side games	Year round/rotating	Implement game specific rules to gameplay (sport specific) Split class into advanced and less advanced groups

			combination skills involving traveling (e.g. dribbling and traveling) (4th) Combines spatial concepts with locomotor and nonlocomotor movements for small groups in gymnastics, dance, and games environments. (5th)			
I can understand how physical activity can help my body be strong	Standard 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhance level of physical activity and fitness	I can identify physical activities that contribute to fitness.	Proficiency in previous grades standards related to the topic being taught 4th grade must be proficient in standard below to move onto 5th grade standard Identifies the components of health-related fitness.(4th) Differentiates between skill-related and health-related fitness.(5th)	Fastest Class Challenge, Warmup	Year round/rotating	Challenge them to increase their performance or challenge them to find time outside of school.
I can respect my teacher and classmates in instruction and activities	Standard 4: Exhibits personal and social behavior that respects self and others.	I can follow teacher directions for safe participation and proper use of equipment without teacher reminders	Proficiency in previous grades standards related to the topic being taught	Self Reflection questions, Self grading	Year round/rotating	Put them in teams and tell them to encourage their teammates Respecting others' abilities even if they are

			K students must be proficient in standard below to move to 1st grade standard: Follows instructions/directions when prompted. (K) Responds appropriately to general feedback from the teacher. (1st) Accepts specific corrective feedback from the teacher. (2nd) Accepts and implements specific corrective feedback from the teacher (3rd) Listens respectfully to corrective feedback from others (e.g. peers, adults). (4th) Gives corrective feedback respectfully to peers. (5th)			not as skilled as themselves
I can understand how being active can help other areas of my life.	Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge,	I can recognize that challenges in physical activities can lead to success.	Proficiency in previous grades standards related to the topic being taught	In class writing activity	Year round/rotating	Give them/inform them about activities or opportunities outside of school to

	self-expression and/or social interaction		1st graders must be proficient in standard below to move on to the 2nd grade standard: Identifies physical activity as a component of good health (1st). Recognizes the value of “good health balance.” (2nd) Charts participation in physical activities outside physical education class. (3rd) Analyzes opportunities for participating in physical activity outside physical education class. (4th) Charts and analyzes physical activity outside physical ed (5th)			continue their enjoyment, and social interaction