

Physical Education and Health Grades K - 2 (Revised PT's)

Standard 1: Motor Skills and Movement Demonstrate competency in a variety of specialized skills necessary for participation in lifetime physical activities				
1a: Demonstrate or perform age-appropriate body movements and skills that require muscle control, changing directions, and combining skills that are continuous in a variety of individual or team activities	1: Beginning	2: Developing	3: Proficient	4: Advanced
	I can with prompting perform locomotor skills such as hopping, galloping, running, sliding, and skipping while maintaining balance, working toward an age-appropriate movement pattern	I can sometimes perform locomotor skills such as hopping, galloping, running, sliding, and skipping while maintaining balance, working toward an age-appropriate movement pattern	I can perform locomotor skills such as hopping, galloping, running, sliding, and skipping while maintaining balance, working toward an age-appropriate movement pattern	I can consistently perform locomotor skills such as hopping, galloping, running, sliding, and skipping while maintaining balance, working toward an age-appropriate movement pattern
1b: Apply motor skills, movement patterns, and previously learned skills into game situations	1: Beginning	2: Developing	3: Proficient	4: Advanced
	I can with prompting differentiate between twisting, curling, bending, and stretching actions I can demonstrate proper throwing, catching, dribbling and kicking skills. I can demonstrate striking a ball with hands, short, and long-handled implement	I can sometimes differentiate between twisting, curling, bending, and stretching actions I can demonstrate proper throwing, catching, dribbling and kicking skills. I can demonstrate striking a ball with hands, short, and long-handled implement	I can differentiate between twisting, curling, bending, and stretching actions I can demonstrate proper throwing, catching, dribbling and kicking skills. I can demonstrate striking a ball with hands, short, and long-handled implement	I can consistently differentiate between twisting, curling, bending, and stretching actions I can demonstrate proper throwing, catching, dribbling and kicking skills. I can demonstrate striking a ball with hands, short, and long-handled implement

1c. Demonstrate consistent physical participation in a variety of individual and team activities.	1: Beginning	2: Developing	3: Proficient	4: Advanced
	I can with prompting demonstrate through consistent physical participation movement patterns in a variety of individual and team activities	I can sometimes demonstrate through consistent physical participation movement patterns in a variety of individual and team activities	I can demonstrate through consistent physical participation movement patterns in a variety of individual and team activities	I can consistently demonstrate through consistent physical participation movement patterns in a variety of individual and team activities

Standard 2: Application of Knowledge Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance				
2a. Apply knowledge of pathways, shapes, time, force, chasing, fleeing, and dodging	1: Beginning	2: Developing	3: Proficient	4: Advanced
	With prompting, I can apply knowledge of pathways, shapes, time, force, chasing, fleeing, and dodging.	I can sometimes apply knowledge of pathways, shapes, time, force, chasing, fleeing, and dodging	I can apply knowledge of pathways, shapes, time, force, chasing, fleeing, and dodging	I can consistently apply knowledge of pathways, shapes, time, force, chasing, fleeing, and dodging
2b. Apply safe practices, rules, and procedures that exhibit responsible personal and social	1: Beginning	2: Developing	3: Proficient	4: Advanced
	With prompting, I can apply safe practices, rules, and procedures that	I sometimes can apply safe practices, rules, and procedures that exhibit	I can apply safe practices, rules, and procedures that exhibit	I can consistently apply safe practices, rules, and procedures that exhibit

behavior that respects self and others in all physical activity settings	exhibit responsible personal and social behavior that respects self and others in all physical activity settings	responsible personal and social behavior that respects self and others in all physical activity settings	responsible personal and social behavior that respects self and others in all physical activity settings	responsible personal and social behavior that respects self and others in all physical activity settings
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Standard 3: Physical Activity and Fitness

Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

3a. Describe ways to be active outside of school to maintain healthy living	1: Beginning	2: Developing	3: Proficient	4: Advanced
	I can identify what is healthy living	I can sometimes describe ways to be active outside of school to maintain healthy living	I can describe ways to be active outside of school to maintain healthy living	I can consistently describe ways to be active outside of school to maintain healthy living
3b. Recognize healthy nutrition habits	1: Beginning	2: Developing	3: Proficient	4: Advanced
	I can identify what is healthy nutrition habits	I can sometimes recognize healthy nutrition habits	I can recognize healthy nutrition habits	I can consistently recognize healthy nutrition habits

Standard 4: Core Health Concepts

Comprehend concepts related to health promotion and disease prevention to enhance health.

4a. Recognize that there are multiple dimensions of health.	1: Beginning	2: Developing	3: Proficient	4: Advanced
	I have begun to define health.	I can define health.	I can recognize multiple dimensions of health (e.g., physical, social, mental/emotional)	I can recognize multiple dimensions of health (e.g., physical, social, mental/emotional) and provide examples of healthy behaviors
4b. Identify that healthy behaviors affect personal health.	1: Beginning	2: Developing	3: Proficient	4: Advanced
	I have begun to identify healthy behaviors.	I can identify healthy behaviors.	I can identify that healthy behaviors affect personal health.	I can describe how my healthy behaviors impact my own health.

Standard 5: Influences on Health

Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

5a. Identify how family and peers influence personal health practices	1: Beginning	2: Developing	3: Proficient	4: Advanced
	I have begun to identify who influences me.	I can identify who influences me and how it affects my decisions.	I can identify how family and peers influence personal health	I can identify, with detail, how family and peers influence my

and behaviors.			practices and behaviors.	personal health practices and behaviors.
5b. Demonstrate how to make positive choices.	1: Beginning	2: Developing	3: Proficient	4: Advanced
	I have begun to identify examples of positive choices.	I can identify multiple examples of positive choices.	I can demonstrate how to make positive choices.	I can support others to make positive choices.