PA Health and Physical Education
PreK-12 Knowledge and Skills-Based Outcomes

HPE PIC
HEALTH & PHYSICAL EDUCATION
PROGRAM IMPROVEMENT COMMITTEE

Part I: Number of classes in Physical Education

Question: How many physical education lessons are taught at each grade level

Grade Levels	K	1	2	3	4	5	6	7	8	9	10	11	12
Number of Lessons													

Part II: What Topics do you Teach?

1. Use an (X) to mark all areas of the graph below to indicate the health topics you implement
2. Put an (O) to mark all areas you would like to add to address the gaps in your curriculum

Physical Literacy Component	Topic	K	1	2	3	4	5	6	7	8	9	10	11	12
Motor Skills (MS)	Locomotor								-	-	-	-	-	-
Motor Skills (MS)	Nonlocomotor								-	-	-	-	-	-
Motor Skills (MS)	Manipulatives								-	-	-	-	-	-
Motor Skills (MS)	Dance & Rhythms	-	-	-	-	-	-	-				-	-	-
Motor Skills (MS)	Specialized Skills & Movement Patterns	-	-	-	-	-	-	-				-	-	-
Motor Skills (MS)	Application of Specialized Manipulative Skills	-	-	-	-	-	-	-				-	-	-
Motor Skills (MS)	Outdoor Pursuits	-	-	-	-	-	-	-				-	-	-
Motor Skills (MS)	Individual Performance Activities	-	-	-	-	-	-	-				-	-	-
Motor Skills (MS)	Combined Movement Skills and Patterns	-	-	-	-	-	-	-	-	-	-			
Motor Skills (MS)	Specialized Skill Performance	-	-	-	-	-	-	-	-	-	-			
Physical Literacy Component	**Topic**	**K**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**
Movement Concepts and Performance (MCP)	Space								-	-	-	-	-	-
Movement Concepts and Performance (MCP)	Pathways, Shapes, & Levels								-	-	-	-	-	-

Movement Concepts and Performance (MCP)	Speed, Direction, & Force								-	-	-	-	-	-
Movement Concepts and Performance (MCP)	Strategies & Tactics													
Movement Concepts and Performance (MCP)	Principles & Critical Elements	-	-	-	-	-	-	-						
Level of Fitness (LF)	Physical Activity Knowledge													
Physical Literacy Component	**Topic**	**K**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**
Level of Fitness (LF)	Engages in Physical Activity													
Level of Fitness (LF)	Fitness Knowledge													
Level of Fitness (LF)	Nutrition													
Level of Fitness (LF)	Assessment & Program Planning	-	-	-										
Level of Fitness (LF)	Healthy Habits in Relation to Fitness	-	-	-	-	-	-	-						
Level of Fitness (LF)	Health Related Fitness	-	-	-	-	-	-	-	-	-	-			
Level of Fitness (LF)	Accessing Information	-	-	-	-	-	-	-	-	-	-			
Physical Literacy Component	**Topic**	**K**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**
Cooperative Skills and Positive Behavior (CSPB)	Personal Responsibility													
Cooperative Skills and Positive Behavior (CSPB)	Accepting Feedback											-	-	-
Cooperative Skills and Positive Behavior (CSPB)	Working with Others											-	-	-
Cooperative Skills and Positive Behavior (CSPB)	Cooperation											-	-	-
Cooperative Skills and Positive Behavior (CSPB)	Rules & Etiquette													
Cooperative Skills and Positive Behavior (CSPB)	Safety													
Physical Literacy Component	**Topic**	**K**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**
Value of Physical Activity (VPA)	Health													
Value of Physical Activity (VPA)	Challenge													
Value of Physical Activity (VPA)	Self Expression & Enjoyment													
Value of Physical Activity (VPA)	Social Interaction	-	-	-	-									

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<u>Part III:</u> How many lessons of each topic area will you provide to your students using the chart.

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Motor Skills (MS)	Locomotor								-	-	-	-	-	-
Motor Skills (MS)	Nonlocomotor								-	-	-	-	-	-
Motor Skills (MS)	Manipulatives								-	-	-	-	-	-
Motor Skills (MS)	Dance & Rhythms	-	-	-	-	-	-	-				-	-	-
Motor Skills (MS)	Specialized Skills & Movement Patterns	-	-	-	-	-	-	-				-	-	-
Motor Skills (MS)	Application of Specialized Manipulative Skills	-	-	-	-	-	-	-				-	-	-
Motor Skills (MS)	Outdoor Pursuits	-	-	-	-	-	-	-				-	-	-
Motor Skills (MS)	Individual Performance Activities	-	-	-	-	-	-	-				-	-	-
Motor Skills (MS)	Combined Movement Skills and Patterns	-	-	-	-	-	-	-	-	-	-			
Motor Skills (MS)	Specialized Skill Performance	-	-	-	-	-	-	-	-	-	-			
Physical Literacy Component	**Topic**	**K**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**
Movement Concepts and Performance (MCP)	Space								-	-	-	-	-	-
Movement Concepts and Performance (MCP)	Pathways, Shapes, & Levels								-	-	-	-	-	-
Movement Concepts and Performance (MCP)	Speed, Direction, & Force								-	-	-	-	-	-

Movement Concepts and Performance (MCP)	Strategies & Tactics													
Movement Concepts and Performance (MCP)	Principles & Critical Elements	-	-	-	-	-	-	-						
Level of Fitness (LF)	Physical Activity Knowledge													
Physical Literacy Component	**Topic**	**K**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**
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Level of Fitness (LF)	Assessment & Program Planning	-	-	-										
Level of Fitness (LF)	Healthy Habits in Relation to Fitness	-	-	-	-	-	-	-						
Level of Fitness (LF)	Health Related Fitness	-	-	-	-	-	-	-	-	-	-			
Level of Fitness (LF)	Accessing Information	-	-	-	-	-	-	-	-	-	-			
Physical Literacy Component	**Topic**	**K**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**
Cooperative Skills and Positive Behavior (CSPB)	Personal Responsibility													
Cooperative Skills and Positive Behavior (CSPB)	Accepting Feedback											-	-	-
Cooperative Skills and Positive Behavior (CSPB)	Working with Others											-	-	-
Cooperative Skills and Positive Behavior (CSPB)	Cooperation											-	-	-
Cooperative Skills and Positive Behavior (CSPB)	Rules & Etiquette													
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Value of Physical Activity (VPA)	Health													
Value of Physical Activity (VPA)	Challenge													
Value of Physical Activity (VPA)	Self Expression & Enjoyment													
Value of Physical Activity (VPA)	Social Interaction	-	-	-	-									

<u>Part IV:</u> Fill in the gaps by creating block plans based on your responses in Part II and III.

Scope and Sequence

Physical Education

1. **Grade Level:**

2. **Choose the Topic:**

3. **Choose the Physical Literacy Component(s):**

4. **Choose Outcomes (List all Outcomes for each lesson – Be Realistic):**

5. **Scope & Sequence of Skill-Based Outcomes & Activity for each lesson:**

Lesson 1 Outcome(s)	**Lesson 1 Activity**

Lesson 2 Outcome(s)	**Lesson 2 Activity**

Lesson 3 Outcome(s)	**Lesson 3 Activity**

Lesson 4 Outcome(s)	**Lesson 4 Activity**

Lesson 5 Outcome(s)	**Lesson 5 Activity**

Lesson 6 Outcome(s)	**Lesson 6 Activity**

6. Assessment of Skill-Based Outcomes: How do you know the student was successful?

Formative:
Summative: