

K-5th Grade MDUSD Physical Education Priority Standards

Demonstrate the Motor Skills and Movement Patterns needed to Perform a Variety of Physical Activities

Kindergarten	First	Second	Third	Fourth	Fifth
<p>1.1 Travel within a large group without bumping into others or falling, while using locomotor skills.</p> <p>1.13 Toss a ball to oneself, using the underhand throw pattern, and catch it before it bounces twice.</p>	<p>1.1 Demonstrate an awareness of personal space, general space, and boundaries while moving in different directions and at high, medium, and low levels in space.</p> <p>1.11 Demonstrate the overhand movement (throw) pattern.</p>	<p>1.1 Move to open spaces within boundaries while traveling at increasing rates of speed</p> <p>1.2 Transfer weight from feet to hands and back to feet, landing with control.</p> <p>1.8 Throw a ball for distance using proper form</p> <p>1.13 Strike a ball with a bat from a tee or cone, using correct grip and side orientation.</p>	<p>1.9 Throw a ball, using the overhand movement pattern with increasing accuracy</p> <p>1.12 Continuously strike a ball upward using a paddle or racket.</p> <p>1.15 Perform with a partner a line, circle, and folk dance.</p>	<p>1.18 Manipulate an object by using a long-handled implement.</p> <p>1.22 Perform a routine to music that includes even and uneven locomotor patterns.</p>	<p>1.6 Throw and catch an object underhand and overhand-while avoiding an opponent</p> <p>1.18 Design and perform a creative dance, combining locomotor patterns with intentional changes in speed and direction.</p>

Demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities

Kindergarten	First	Second	Third	Fourth	Fifth
<p>2.5 Identify the locomotor skills of walk, jog, run, hop, jump, slide, and gallop.</p>	<p>2.4 Distinguish between a jog and a run, a hop and a jump, and a gallop and a slide and explain the key differences and similarities in those movements.</p>	<p>2.9 Explain key elements when throwing for distance.</p>	<p>2.1 Describe how changing speed and direction can allow one person to move away from another.</p> <p>2.2 Explain and demonstrate the correct hand position when catching a ball – above the head, below the waist, near the middle of the body, and away from the body.</p>	<p>2.2 Describe ways to create more space between an offensive player and a defensive player.</p> <p>2.10 Design a routine to music that includes even and uneven locomotor patterns.</p>	<p>2.4 Identify the following phases for striking a ball: preparation, application of force, follow-through, and recovery.</p> <p>2.5 Design a routine to music, changing speed and direction while manipulating an object.</p>

K-5th Grade MDUSD Physical Education Priority Standards

Assess and maintain a level of physical fitness to improve health and performance

Kindergarten	First	Second	Third	Fourth	Fifth
3.4 Climb a ladder, jungle gym, or apparatus.	3.5 Travel hand-over-hand along a horizontal ladder or hang from an overhead bar.	3.6 Sustain continuous movement for increasing periods of time, while participating in moderate to vigorous physical activity.	3.6 Hold for an increasing period of time basic stretches for hips, shoulders, hamstrings, quadriceps, triceps, biceps, back, and neck.	3.8 Measure and record changes in aerobic capacity and muscular strength, using scientifically based health-related physical fitness assessments.	3.8 Assess health-related physical fitness. 3.9 Meet age- and gender-specific fitness standards for aerobic capacity, muscular strength, flexibility, and body composition, using a scientifically based health-related fitness assessment.

Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance

Kindergarten	First	Second	Third	Fourth	Fifth
4.5 Explain that physical activity increases the heart rate.	4.4 Recognize that the heart is the most important muscle in the body and is approximately the size of a fist. 4.5 Explain that increasing the heart rate during physical activity strengthens the heart muscle. 4.6 Identify physical activities that cause the heart to beat faster.	4.7 Describe the relationship between the heart and lungs during physical activity. 4.8 Compare and contrast changes in heart rate before, during, and after physical activity.	4.2 List and define the components of physical fitness. 4.11 Name and locate the major muscles of the body.	4.2 Explain the principles of physical fitness: frequency, intensity, time, and type.	4.15 Explain why body weight is maintained when calorie intake is equal to the calories expended.

K-5th Grade MDUSD Physical Education Priority Standards

Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity

Kindergarten	First	Second	Third	Fourth	Fifth
5.5 Participate as a leader and a follower during physical activities.	5.3 Demonstrate the characteristics of sharing and cooperation in physical activity. 5.6 Identify and demonstrate effective practices for working with a group without interfering with others.	5.5 Demonstrate respect for self, others, and equipment during physical activities.	5.5 Demonstrate respect for individual differences in physical abilities. 5.6 Work in pairs or small groups to achieve an agreed-upon goal	5.3 Accept responsibility for one’s own performance without blaming others. 5.4 Respond to winning and losing with dignity and respect 5.5 Include others in physical activities and respect individual differences in skill and motivation.	5.4 Act in a safe and healthy manner when confronted with negative peer pressure during physical activity 5.5 Contribute ideas and listen to the ideas of others in cooperative problem-solving activities.