

RSU 56 K-5 PHYSICAL EDUCATION AND HEALTH BENCHMARK STANDARDS 22/23: MLR
Referenced **08/22/2022**

The following Physical Education and Health Benchmark standards will be reported at DES during the 2022-2023 school year. Over a multi-year process, these standards were identified as the most essential learning for all students. Physical Education is offered part of “specials” that meet less often than a traditional class or core subject area.

**These will be reviewed as part of the 2022-2023 school year because the state standards were updated in 2022

For more information on the [Maine Learning Results Health and Physical Education Standards](#), [click here](#).

GRADE	Course	TERM	PowerSchool MLR
0	PE K	T1	HPE.MOV.3 - Skill-Related Fitness Components
0	PE K	T1	HPE.MOV.2 - Movement Skills
0	PE K	T1	HPE.MOV.1 - Stability and Force
0	PE K	T2	HPE.MOV.3 - Skill-Related Fitness Components
0	PE K	T2	HPE.MOV.2 - Movement Skills
0	PE K	T2	HPE.MOV.1 - Stability and Force
0	PE K	T3	HPE.MOV.1 - Stability and Force
0	PE K	T3	HPE.MOV.2 - Movement Skills
1	PE1	T1	HPE.MOV.3 - Skill-Related Fitness Components
1	PE1	T1	HPE.MOV.2 - Movement Skills
1	PE1	T1	HPE.MOV.1 - Stability and Force
1	PE1	T2	HPE.MOV.3 - Skill-Related Fitness Components
1	PE1	T2	HPE.MOV.2 - Movement Skills
1	PE1	T2	HPE.MOV.1 - Stability and Force
1	PE1	T3	HPE.MOV.2 - Movement Skills
1	PE1	T3	HPE.MOV.3 - Skill-Related Fitness Components
2	PE2	T1	HPE.MOV.3 - Skill-Related Fitness Components
2	PE2	T1	HPE.MOV.2 - Movement Skills
2	PE2	T1	HPE.MOV.1 - Stability and Force
2	PE2	T2	HPE.MOV.3 - Skill-Related Fitness Components
2	PE2	T2	HPE.MOV.2 - Movement Skills
2	PE2	T2	HPE.MOV.1 - Stability and Force

2	PE2	T3	HPE.MOV.2 - Movement Skills
2	PE3	T3	HPE.MOV.3 - Skill-Related Fitness Components
3	PE3	T1	HPE.FIT.3 - Fitness Activity
3	PE3	T1	HPE.FIT.2-Health related fitness plan
3	PE3	T1	HPE.FIT.1 - Fitness Assessment
3	PE3	T2	HPE.FIT.1 - Fitness Assessment
3	PE3	T2	HPE.FIT.3 - Fitness Activity
3	PE3	T2	HPE.FIT.4 - Physical Activity Benefits
3	PE3	T3	HPE.FIT.4 - Physical Activity Benefits
3	PE3	T3	HPE.FIT.3 - Fitness Activity
4	PE4	T1	HPE.FIT.3 - Fitness Activity
4	PE4	T1	HPE.FIT.2-Health related fitness plan
4	PE4	T1	HPE.FIT.1 - Fitness Assessment
4	PE4	T2	HPE.FIT.1 - Fitness Assessment
4	PE4	T2	HPE.FIT.3 - Fitness Activity
4	PE4	T2	HPE.FIT.4 - Physical Activity Benefits
4	PE4	T3	HPE.FIT.4 - Physical Activity Benefits
4	PE4	T3	HPE.FIT.3 - Fitness Activity
5	PE5	T1	HPE.FIT.3 - Fitness Activity
5	PE5	T1	HPE.FIT.2 - Health related fitness plan
5	PE5	T1	HPE.FIT.1 - Fitness Assessment
5	PE5	T2	HPE.FIT.1 - Fitness Assessment
5	PE5	T2	HPE.FIT.3 - Fitness Activity
5	PE5	T2	HPE.FIT.4 - Physical Activity Benefits
5	PE5	T3	HPE.FIT.4 - Physical Activity Benefits
5	PE5	T3	HPE.FIT.3 - Fitness Activity