**Standard 1**

**DEMONSTRATES COMPETENCY IN A VARIETY OF MOTOR SKILLS AND MOVEMENT PATTERNS.**

**K-2**

**Benchmark A** Demonstrate locomotor and non-locomotor skills in a variety of ways.

**Benchmark B** Demonstrate developing control of fundamental manipulative skills.

**Grades 3-5**

**Benchmark A** Combine locomotor and non-locomotor skills into movement patterns.

**Benchmark B** Apply the critical elements of fundamental manipulative skills in a variety of physical activities

**Grades 6-8**

**Benchmark A** Demonstrate movement skills and patterns in a variety of individual performance activities and lifetime physical activities.

**Benchmark B** Demonstrate critical elements of specialized manipulative skills in a variety of settings.

**Grades 9-12**

**Benchmark A** Demonstrate combined movement skills and patterns in authentic settings.

**Benchmark B** Demonstrate specialized manipulative skills in a variety of settings.

**Standard 2**

**APPLIES KNOWLEDGE OF CONCEPTS, PRINCIPLES, STRATEGIES AND TACTICS RELATED TO MOVEMENT AND PERFORMANCE.**

**Grades K-2**

**Benchmark A** Demonstrate knowledge of movement concepts related to body, space, effort and relationships.

**Benchmark B** Demonstrate knowledge of critical elements of fundamental motor skills.

**Grades 3-5**

**Benchmark A** Demonstrate and apply basic tactics and principles of movement.

**Benchmark B** Demonstrate knowledge of critical elements for more complex motor skills

**Grades 6-8**

**Benchmark A** Apply tactical concepts and performance principles in game-like settings.

**Benchmark B** Demonstrate knowledge of critical elements and biomechanical principles for specialized skills.

**Grades 9-12**

**Benchmark A** Apply knowledge of tactical concepts and strategies in authentic settings.

**Benchmark B** Apply biomechanical principles to performance in authentic settings.

**Standard 3**

**DEMONSTRATES THE KNOWLEDGE AND SKILLS TO ACHIEVE AND MAINTAIN A HEALTH-ENHANCING LEVEL OF PHYSICAL ACTIVITY AND FITNESS.**

**Grades K-2**

**Benchmark A** Describes current level of physical activity and identifies additional physical activity opportunities.

**Benchmark B** Understand the principles, components and practices of health-related physical fitness.

**Grades 3-5**

**Benchmark A** Describes current level of physical activity and identifies additional physical activity opportunities to create calorie balance.

**Benchmark B** Understand the principles, components and practices of health-related physical fitness to maintain or improve one’s level of fitness.

**Grades 6-8**

**Benchmark A** Develops a plan to meet the recommendation for daily physical activity

**Benchmark B** Utilizes principles and practices to design a personalized health-related fitness plan

**Grades 9-12**

**Benchmark A** Develops a current and lifetime physical activity plan

**Benchmark B** Implements principles and practices to develop a fitness and nutritional plan to meet individual needs.

**Standard 4**

**EXHIBITS RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS.**

**Grades K-2**

**Benchmark A** Know and follow procedures and safe practices.

**Benchmark B** Responsible behavior in physical activity settings.

**Grades 3-5**

**Benchmark A** Understand the purpose of and apply appropriate rules, procedures and safe practices in physical activity settings.

**Benchmark B** Interact and communicate positively with others.

**Grades 6-8**

**Benchmark A** Develop and apply rules, safe practices and procedures in physical activity settings.

**Benchmark B** Communicate effectively with others to promote respect and conflict resolution in physical activity settings.

**Grades 9-12**

**Benchmark A** Demonstrate leadership by holding self and others responsible for following safe practices, rules, procedures and etiquette in physical activity settings.

**Benchmark B** Initiate responsible, personal, social behavior and positively influence the behavior of others in physical activity settings.

**Standard 5**

**RECOGNIZES THE VALUE OF PHYSICAL ACTIVITY FOR HEALTH, ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND/OR SOCIAL INTERACTION.**

**Grades K-2**

**Benchmark A** Identifies health benefits as reasons to value physical activity.

**Benchmark B** Identifies reasons to participate in physical activity.

**Grades 3-5**

**Benchmark A** Identifies multiple, specific health benefits as a reason to value physical activity.

**Benchmark B** Expresses multiple, specific reasons (enjoyment, challenge, social) to participate in physical activity.

**Grades 6-8**

**Benchmark A** Makes a connection between participation in physical activity and physical, emotional and intellectual health.

**Benchmark B** Discusses the positive impact physical activity has on his or her life.

**Grades 9-12**

**Benchmark A** Analyzes the activity to identify specific physical, mental and social health benefits.

**Benchmark B** Expresses multiple, specific reasons (enjoyment, challenge, self-expression, social) to participate in a selected physical activity.