

Standards By Design:

***Third Grade and Fifth Grade for Physical
Education***



Physical Education

Third Grade

Benchmark 1 (Grades K-3) physical education students work on the basic skills of moving, using equipment and varying the manner in which the skills are performed in relationship to changing conditions and expectations. Students achieve mature form in the less complex skills (e.g., underhand throw) and progress toward achieving mature form in the more complex skills (e.g., foot dribble). They also work on safe practices, physical education class rules and procedures.

Expressive and Efficient Moving

Demonstrate knowledge of a variety of motor skills.

PE.03.EE.01 Demonstrate mature form of basic locomotor patterns: run, gallop, slide, horizontal jump, hop, leap, and skip, starting and stopping on command and in control.

PE.03.EE.02 Demonstrate critical elements in manipulative skills: throw, catch, kick, and strike.

PE.03.EE.03 Balance, demonstrating momentary stillness, in symmetrical and asymmetrical shapes on a variety of body parts.

PE.03.EE.04 Demonstrate three different step patterns and combinations of movements into repeatable sequences.

Understand and participate in a variety of physical and recreational activities available in the school and community.

No standards currently exist for this CCG

Understand and apply movement concepts.

No standards currently exist for this CCG

Understand and apply physical education vocabulary as it relates to movement concepts.

No standards currently exist for this CCG

Understand rules and strategies for a variety of physical activities.

No standards currently exist for this CCG

Fitness for Lifetime

Demonstrate knowledge of a physically active lifestyle.

PE.03.FL.01 Identify changes in his/her body during moderate to vigorous exercise.

Understand the meaning of physical fitness and how personal fitness can be improved and maintained using a health-related fitness assessment as one tool for measuring.

No standards currently exist for this CCG

Self- Management and Social Behavior

Understand appropriate and positive behavior management (social skills) and respect for all individual differences, including gender, ethnicity, and physical ability during physical activity.

PE.03.SM.01 Identify rules, procedures, and etiquette in a specified physical activity.

PE.03.SM.02 Identify positive ways to resolve conflict.

Understand and apply safety in movement activities.

No standards currently exist for this CCG

Understand that history and culture influence games, sports, play, and dance.

No standards currently exist for this CCG

Fifth Grade

Benchmark 2 (Grades 4-5) physical education students continue to build on achieving mature form of more complex skills (e.g., hand dribble, throw). Students begin to engage in physical activities specifically related to each component of physical fitness (cardio-respiratory endurance, muscular strength and endurance, flexibility and body composition), complete standardized fitness testing comprised of these components and with teacher assistance interpret the results. Students become capable of monitoring their own activity and use performance feedback to increase their understanding of a skill as well as to improve performance.

Expressive and Efficient Moving

Demonstrate knowledge of a variety of motor skills.

PE.05.EE.01 Demonstrate the use of a foot dribble (R/L foot), hand dribble (R/L hand), strike, throw, catch, and volley with a partner.

PE.05.EE.02 Perform one dance or rhythmic activity to music.

Understand and participate in a variety of physical and recreational activities available in the school and community.

No standards currently exist for this CCG

Understand and apply movement concepts.

PE.05.EE.03 Through feedback and practice, demonstrate improvement in performance of a new motor skill.

Understand and apply physical education vocabulary as it relates to movement concepts.

No standards currently exist for this CCG

Understand rules and strategies for a variety of physical activities.

PE.05.EE.04 Use basic offensive and defensive roles in physical activities, or games, or sports.

PE.05.EE.05 Identify rules and procedures in specified physical activities.

Fitness for Lifetime

Demonstrate knowledge of a physically active lifestyle.

PE.05.FL.01 Identify changes in his/her body before, during and after moderate to vigorous exercise (e.g., perspiration, increased heart and breathing rates).

Understand the meaning of physical fitness and how personal fitness can be improved and maintained using a health-related fitness assessment as one tool for measuring.

PE.05.FL.02 Identify and assess the health-related components of fitness.

Self- Management and Social Behavior

Understand appropriate and positive behavior management (social skills) and respect for all individual differences, including gender, ethnicity, and physical ability during physical activity.

PE.05.SM.01 Explain and demonstrate safety, rules, procedures, and etiquette to be followed during participation in physical activities.

Understand and apply safety in movement activities.

No standards currently exist for this CCG

Understand that history and culture influence games, sports, play, and dance.

No standards currently exist for this CCG