

SPORTS & MOVEMENT SKILLS

HPE Standard 1 – Apply competent motor skills and movement patterns needed to perform a variety of physical activities.

Strand	Learning Outcomes
3.1.1 Locomotor and Non-locomotor Skills	Performs basic locomotor skills and non-locomotor skills into simple combinations while performing in various games and physical activities.
3.1.2 Manipulative Skills Using Body	Executes key elements of selected manipulative skills using different body parts to maintain control and/or change possession of an object.
3.1.3 Manipulative Skills Using Implement	Executes elements of selected manipulative skills using an implement (i.e., racket, paddle, hockey stick) to control, maneuver, and strike objects in a skill practice setting.
3.1.4 Tumbling Skills	Knows and performs key elements of simple balance and tumbling stunts (individually).
3.1.5 Dance & Rhythm	Performs dance steps and movement patterns in various dances and rhythmic activities.
3.1.6 Exercise Techniques	Identifies and performs key elements of various exercises which develop strength, endurance, and flexibility.
3.1.7 Coordination Skills	Performs various hand-eye and foot-eye activities which develop coordination skills (i.e., juggling, jump rope, wands).

HPE Standard 2 – Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.

Strand	Learning Outcomes
3.2.1 Movement Concepts (Space, Levels, and Pathways)	Applies locomotor skills with movement concepts of space, levels and pathways in a variety of games and physical activities.
3.2.2 Movement Concepts (Speed & Force)	Applies concepts of speed and force to various movement and manipulative skills.
3.2.3 Bodily Awareness	Employs the concept of bodily alignment and muscular tension in various physical challenges.
3.2.4 Skill-related Fitness	Knows and applies skill-related fitness components (i.e., balance, agility, power) in various fitness challenges and physical education activities.
3.2.5 Practice Principles	Demonstrates the importance of practice to improvements in movement skill and fluency.
3.2.6 Game Rules & Strategy	Knows and applies rules and basic game tactics of various individual and team sports.
3.2.7 Creativity & Problem Solving	Creates movement patterns for the purpose of responding to various stimuli.

HEALTH-RELATED FITNESS

HPE Standard 3 – Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

Strand	Learning Outcomes
3.3.1 Participation in Physical Activity	Participates regularly in a variety of physical activities in and out of school for 60 minutes or more a day.
3.3.2 Benefits of Fitness and Physical Activity	Identifies health benefits associated with regular participation in physical activity.
3.3.3 Personal Fitness Development	Strives to improve health-related fitness through personal fitness planning.
3.3.4 Health-related Fitness	Identifies and applies health-related fitness components in a variety of exercises and physical activities.
3.3.5 Training Principles	Incorporates basic training principles - frequency, intensity, and time - to improve aerobic and muscle fitness in a safe and healthful way.
3.3.6 Nutrition, PA and Weight Management	Identifies foods that are good sources of energy, without providing unnecessary calories.
3.3.7 Safety Precautions	Identifies safety equipment and behaviors that helps reduce chances of injury in various physical activities.

SOCIAL & CHARACTER SKILLS

HPE Standard 4 – Exhibits responsible personal and social behavior that enhances health of self and others.

Strand	Learning Outcomes
3.4.1 Personal Best	Displays effort towards learning skills and engaging in various physical education activities.
3.4.2 Social Responsibility	Identifies and displays simple acts of good sportsmanship (i.e., telling someone good job or good game).
3.4.3 Safety Rules & Procedures	Participates in physical education activities in a safe and responsible manner, following safety rules and procedures.
3.4.4 Cooperation Skills	Participates in group activities working cooperatively with others.
3.4.5 Feedback	Offers and accepts feedback to and from peers in a positive way regarding performance in physical education activities.
3.4.6 Value of Physical Fitness & Health	Reflects on their participation and experiences in various physical activities.
3.4.7 Cultural Acceptance	Shows respect for the views and perspectives of other peers from different cultural backgrounds.

HEALTH LITERACY

HPE Standard 5 – Comprehend concepts related to health promotion and disease prevention to enhance health.

Strand	Learning Outcomes
3.5.1 Healthful Relationships	Identifies ways to strengthen my relationships with family and friends.
3.5.2 Mental-Emotional Health	Identifies ways to manage emotions and feelings.
3.5.3 Growth & Development	Identifies parts of body systems that make up the human body and how to care for them.
3.5.4 Dietary Guidelines	Identifies nutrient dense foods and how these nutrients help the body grow.
3.5.5 Disease Prevention	Distinguishes between communicable and non-communicable diseases and ways to protect the body from acquiring or spreading disease.
3.5.6 Personal Safety	Identifies safety rules and hazards in and around the community (i.e., pedestrian, on wheels, water).
3.5.7 Substance Use	Explains how drugs, such as tobacco and alcohol, can affect a person's health.

HPE Standard 6 – Demonstrate the ability to use health-enhancing skills and behaviors to avoid/reduce health risks and enhance health.

Strand	Learning Outcomes
3.6.1 Health Influences	Identifies how peers, family, culture, and media can influence health practices and behaviors.
3.6.2 Health Information	Identifies characteristics of valid health information and products.
3.6.3 Communication Skills	Demonstrates effective verbal and non-verbal communication skills to avoid/reduce health risks and enhance personal health.
3.6.4 Health Decisions	Predicts the potential outcomes of personal decisions regarding personal health and chooses a healthy option.
3.6.5 Health Goals	Identifies a personal health goal and tracks progress toward its achievement.
3.6.6 Health Practices	Demonstrates a variety of healthy practices that help promote healthy growth.
3.6.7 Health Advocacy	Expresses opinions and gives accurate health information in promoting healthy school and community environments.