

SPORTS & MOVEMENT SKILLS

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

| Strand | Learning Outcomes |
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| 4.1.1 Locomotor Skills | Knows and perform key elements of selected locomotor movements appropriately in physical activities. |
| 4.1.2 Manipulative Skills Using Body | Knows and executes critical elements of selected manipulative skills using various body parts to control, maneuver, throw and strike objects in small-sided, lead-up games. |
| 4.1.3 Manipulative Skills Using Implement | Knows and executes critical elements of selected manipulative skills using an implement (i.e., racket, paddle, hockey stick) to control, maneuver, and strike objects in small-sided, lead-up games. |
| 4.1.4 Tumbling | Knows and performs key elements of simple balance and tumbling stunts, both individually and with a small group. |
| 4.1.5 Dance & Rhythm | Knows and performs basic dance steps and formations of various line and social dances. |
| 4.1.6 Exercise Techniques | Identifies and performs key elements of various exercises which develop strength, endurance, and flexibility. |
| 4.1.7 Coordination Skills | Know and perform key elements of various eye-hand-foot tracking and coordination activities (i.e., jump rope, juggling, toss-and-catch) |

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

| Strand | Learning Outcomes |
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| 4.2.1 Movement Concepts | Applies movement concepts of open space to various games and physical activities. |
| 4.2.2 Speed & Force | Demonstrates movement concepts (i.e., force, trajectory) that apply to the ability to control an object or enhance its' accuracy. |
| 4.2.3 Spatial Relationships | Demonstrates spatial concepts during a variety of team sports and activities (i.e., moving to open space). |
| 4.2.4 Skill-related Fitness | Knows and applies skill-related fitness components (i.e., balance, agility, power) in various games, sports, and skill challenges. |
| 4.2.5 Practice Principles | Identifies and applies principles of practice and conditioning to enhance movement performance. |
| 4.2.6 Sport Rules | Knows and applies rules of various individual and team sports. |
| 4.2.7 Game Strategy & Tactics | Demonstrates offensive and defensive strategies for a variety of small-sided games. |

HEALTH-RELATED FITNESS

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

| Strand | Learning Outcomes |
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| 4.3.1 Participation in Physical Activity | Participates in 60 minutes or more of moderate-to-vigorous physical activity a day using available technology to self-monitor intensity level. |
| 4.3.2 Benefits of Fitness and Physical Activity | Identifies health benefits associated with regular participation in physical activity and sport (i.e., fun was to stay active and get fit, personal confidence, teaches how to interact with others, teamwork skills, meeting new people). |
| 4.3.3 Personal Fitness Development | Identifies healthy-level standards of health-related fitness (cardiorespiratory, muscular strength and endurance, and flexibility) and strives to improve in at least two areas. |
| 4.3.4 Health-related Fitness | Identifies and applies health-related fitness components to a variety of exercises and physical activities. |
| 4.3.5 Training Principles | Explains the relationship between frequency, intensity, time, and type (FITT) on the development of aerobic and muscle fitness. |
| 4.3.6 Nutrition, PA and Weight Management | Explains the importance of good nutrition and regular physical activity to weight management. |
| 4.3.7 Safety Precautions | Identifies safety equipment and behaviors that helps reduce chances of injury in various sports and physical activities. |

SOCIAL & CHARACTER SKILLS

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

| Strand | Learning Outcomes |
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| 4.4.1 Personal Best | Displays and assesses effort towards learning skills and engaging in various physical education activities. |
| 4.4.2 Social Responsibility | Identifies simple acts of good sportsmanship and respectful behavior and self-assesses this behavior during various physical activities and team sports |
| 4.4.3 Safety Rules & Procedures | Applies safety rules and precautions (i.e., proper use of equipment, proper attire) for participating safely in physical education activities. |
| 4.4.4 Cooperation Skills | Interacts with other group members in a positive way during cooperation activities. |
| 4.4.5 Feedback | Offers and accepts feedback to and from peers in a positive way regarding performance in physical education activities. |
| 4.4.6 Value of Physical Fitness & Health | Rates their personal enjoyment and feelings of competence in various physical activities and sports. |
| 4.4.7 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 |
|-------------------------------|--|
| 4.5.1 Healthful Relationships | Identifies characteristics of a healthful relationship with peers and family members. |
| 4.5.2 Mental-Emotional Health | Identifies strategies for managing stress and emotions. |
| 4.5.3 Growth & Development | Knows the various human body systems, including the reproductive system, how they function and how to care for them. |
| 4.5.4 Dietary Guidelines | Describes what a well-balanced diet entails and how it is influenced. |
| 4.5.5 Disease Prevention | Explains how community and environmental conditions contribute to disease and poor health conditions and ways to reduce your exposure to these health risks. |
| 4.5.6 Personal Safety | Distinguishes between emergencies and basic first aid situations and explains how to respond. |
| 4.5.7 Substance Use | Identifies dangers of various drugs (i.e., tobacco, alcohol, inhalants) and ways to resist pressures to use them. |

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

| Strand | Learning Outcomes |
|----------------------------|---|
| 4.6.1 Health Influences | Identifies how peers, family, culture, and media can influence health practices and behaviors. |
| 4.6.2 Health Information | Identifies and locates resources from home, at school, on-line and in the community that provide valid health information. |
| 4.6.3 Communication Skills | Demonstrates effective verbal and non-verbal communication skills to avoid/reduce health risks and enhance personal health. |
| 4.6.4 Health Decisions | Predicts the potential outcomes of personal decisions regarding personal health and chooses a healthy option. |
| 4.6.5 Health Goals | Identifies a personal health goal, develops short-term and long-term goals and a plan for achieving them. |
| 4.6.6 Health Practices | Demonstrates a variety of healthy practices that help promote healthy growth. |
| 4.6.7 Health Advocacy | Expresses opinions and gives accurate health information in promoting healthy school and community environments. |