

### **SPORTS & MOVEMENT SKILLS**

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

Strand	Learning Outcomes
5.1.1 Locomotor Skills	Applies a combination of two or more locomotor movements into a more complex movement (ie jumping and landing, dance step)
5.1.2 Manipulative Skills Using Body	Consistently executes critical elements of selected manipulative skills using various body parts to control, maneuver, throw and strike objects in activities and game settings.
5.1.3 Manipulative Skills Using Implement	Performs critical elements of selected manipulative skills using an implement (i.e., racket, paddle, hockey stick) to control, maneuver, and strike objects in activities and game settings.
5.1.4 Tumbling	Knows and performs movement combinations during tumbling stunts, both individually and with a small group.
5.1.5 Dance & Rhythm	Knows and performs various types of dances (i.e., folk, social, line, round).
5.1.6 Exercise Techniques	Identifies and performs key elements of various exercises which develop strength, endurance, and flexibility.
5.1.7 Coordination Skills	Executes 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
5.2.1 Movement Concepts	Applies movement concepts of open space to various games and physical activities.
5.2.2 Speed & Force	Demonstrates movement concepts (i.e., force, trajectory) that apply to the ability to control an object or enhance its' accuracy.
5.2.3 Spatial Relationships	Applies spatial concepts during a variety of team sports and activities.
5.2.4 Skill-related Fitness	Demonstrates proficient skill-related fitness application to various games, sports, and skill challenges.
5.2.5 Practice Principles	Identifies and applies principles of practice and conditioning to enhance movement performance.
5.2.6 Sport Rules	Knows and applies rules of various individual and team sports.
5.2.7 Game Strategy & Tactics	Demonstrate offensive and defensive strategies for a variety of group games and team sports.

### **HEALTH-RELATED FITNESS**

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

Strand	Learning Outcomes
5.3.1 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.
5.3.2 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).
5.3.3 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.
5.3.4 Health-related Fitness	Identifies and applies health-related fitness components to a variety of exercises and physical activities.
5.3.5 Training Principles	Applies the FITT Principle to a physical activity plan.
5.3.6 Nutrition, PA and Weight Management	Describe the relationship between poor nutrition and lack of physical activity to health risk factors, such as overweightness.
5.3.7 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
5.4.1 Personal Best	Identify and exhibit key behaviors (i.e., self-confidence, self-esteem, emotion regulation, self-management) during individual and group activities, which exemplify each of the following intrapersonal character traits: best effort, compassion, and responsibility.
5.4.2 Social Responsibility	Identify and exhibit key behaviors (i.e., problem-solving, self-reflection, decision-making), during game play and cooperative activities, which exemplify the interpersonal character traits of both a leader and team player: communication, cooperation, sportsmanship, constructive competition, and respect for rights and feelings of others.
5.4.3 Safety Rules & Procedures	Participate in physical activities, sports, and games in a safe and responsible manner by following safety rules and procedures.
5.4.4 Cooperation Skills	Identify social and mental benefits associated with regular participation in physical activity and sport.
5.4.5 Feedback	Show respect for the views and perspectives of other peers from different cultural backgrounds.
5.4.6 Value of Physical Fitness & Health	Interact with students of all abilities by helping with their physical activity challenges.
5.4.7 Cultural Acceptance	Exhibit self-expression through creative and independent displays of movements and work.

**HEALTH LITERACY**

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

Strand	Learning Outcomes
5.5.1 Healthful Relationships	Identifies trusted adults who can help provide support for personal health issues.
5.5.2 Mental-Emotional Health	Demonstrates verbal and nonverbal communication skills to effectively convey messages and feelings.
5.5.3 Growth & Development	Knows the various human body systems, including the reproductive system, how they function and how to care for them.
5.5.4 Dietary Guidelines	Explains how a healthful diet can contribute to healthy growth - physically, emotionally, mentally, and socially.
5.5.5 Disease Prevention	Identifies how the body protects itself against disease and ways that a person can reduce the threat of communicable and non-communicable diseases.
5.5.6 Personal Safety	Identifies precautions for various safety hazards (i.e., weapon safety, on-line, stranger) and how to respond.
5.5.7 Substance Use	Identifies high risk behaviors relating to drug-use and healthy alternatives/strategies for resisting and/or avoiding 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
5.6.1 Health Influences	Identifies how peers, family, culture, and media can influence health practices and behaviors.
5.6.2 Health Information	Identifies and locates resources from home, at school, on-line and in the community that provide valid health information.
5.6.3 Communication Skills	Demonstrates effective verbal and non-verbal communication skills to avoid/reduce health risks and enhance personal health.
5.6.4 Health Decisions	Predicts the potential outcomes of personal decisions regarding personal health and chooses a healthy option.
5.6.5 Health Goals	Identifies a personal health goal, develops short-term and long-term goals and a plan for achieving them.
5.6.6 Health Practices	Demonstrates a variety of healthy practices that help promote healthy growth.
5.6.7 Health Advocacy	Expresses opinions and gives accurate health information in promoting healthy school and community environments.