

3-5 HORIZONTAL TABLE OF STANDARDS

STANDARD 1 Physical Activity Skills and Movement Patterns		
Third	Fourth	Fifth
PE.1.1 Performs locomotor skills in a variety of environments.		
<p>PE.3.1.1.a Leaps using a mature pattern. (M)</p> <p>PE.3.1.1.b Differentiates between sprinting and running. (A)</p> <p>PE.3.1.1.c Jumps horizontally and lands from a stationary position using a mature pattern. (M)</p> <p>PE.3.1.1.d Jumps vertically and lands from a stationary position using a mature pattern. (M)</p> <p>PE.3.1.1.e Performs teacher-selected and developmentally appropriate dance steps. (M)</p> <p>PE.3.1.1.f Performs a sequence of locomotor skills smoothly. (E)</p>	<p>PE.4.1.1.a Performs various locomotor skills in different environments including rhythmic activities and tumbling. (A)</p> <p>PE.4.1.1.b Demonstrates the mature pattern for running distance. (A)</p> <p>PE.4.1.1.c Jumps horizontally and lands using a mature pattern specific to tumbling. (A)</p> <p>PE.4.1.1.d Jumps vertically and lands using a mature pattern specific to tumbling. (A)</p> <p>PE.4.1.1.e Combines locomotor movement patterns and dance steps to create and perform an original dance. (M)</p> <p>PE.4.1.1.f Demonstrates the combination of locomotor skills with manipulative skills (e.g., dribbling, throwing, catching, and striking). (M)</p>	<p>PE.5.1.1.a Combines locomotor and manipulative skills in a variety of small-sided game environments (A)</p> <p>PE.5.1.1.b Paces at a variety of running distances. (A)</p> <p>PE.5.1.1.c Jumps horizontally and lands in combination with other movements. (A)</p> <p>PE.5.1.1.d Jumps vertically and lands in combination with other movements. (A)</p> <p>PE.5.1.1.e Combines locomotor skills in cultural and/or creative dance (e.g., self and group) with correct rhythm and pattern. (A)</p> <p>PE.5.1.1.f Applies the combination of locomotor and manipulative skills in small-sided practice tasks. (A)</p>
PE.1.2 Performs non-locomotor skills in a variety of environments.		
<p>PE.3.1.2.a Balances on different bases of support, combining levels and shapes. (M)</p> <p>PE.3.1.2.b Transfers weight from feet to hands for momentary weight support. (M)</p>	<p>PE.4.1.2.a Balances in an inverted position with stillness and supportive base. (M)</p> <p>PE.4.1.2.b Transfers weight from feet to hands, varying speed and using large extensions (e.g., mule kick, handstand,</p>	<p>PE.5.1.2.a Applies the combination of balance and weight transfer in tumbling. (A)</p> <p>PE.5.1.2.b Demonstrates weight transfer in tumbling. (A)</p>

<p>PE.3.1.2.c Rolls in a variety of shapes, levels, and directions. (M)</p> <p>PE.3.1.2.d Transitions from one balance to another with curling, stretching, twisting, and bending actions. (M)</p> <p>PE.3.1.2.e Combines locomotor and non-locomotor skills and movement concepts (e.g., levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance individually. (E)</p> <p>PE.3.1.2.f Combines balance and weight transfers with movement concepts to create and perform a dance. (E)</p>	<p>cartwheel). (M)</p> <p>PE.4.1.2.c Applies rolling in a tumbling sequence. (A)</p> <p>PE.4.1.2.d Transitions from one balance to another with curling, stretching, twisting, and bending actions in a tumbling sequence. (M)</p> <p>PE.4.1.2.e Combines locomotor and non-locomotor skills and movement concepts (e.g., levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a partner. (E)</p> <p>PE.4.1.2.f Combines traveling with balance and weight transfers to create a tumbling sequence. (E)</p>	<p>PE.5.1.2.c Applies rolling in a variety of environments (e.g., dance, games). (A)</p> <p>PE.5.1.2.d Applies curling, stretching, twisting, and bending in dance and tumbling. (A)</p> <p>PE.5.1.2.e Combines locomotor and non-locomotor skills and movement concepts (e.g., levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a group. (E)</p> <p>PE.5.1.2.f Combines tumbling skills with balance and weight transfers to create a tumbling sequence. (E)</p>
PE.1.3 Performs manipulative skills in a variety of environments.		
<p>PE.3.1.3.a Throws underhand to a partner or target using a mature pattern. (M)</p> <p>PE.3.1.3.b Demonstrates 3 of 5 critical elements of an overhand throw in a non-dynamic environment for distance and/or force. (E)</p> <p>PE.3.1.3.c Passes to a stationary partner, at various distances. (E)</p> <p>PE.3.1.3.d Catches a tossed ball from a partner demonstrating 4 of 5 critical elements. (E)</p> <p>PE.3.1.3.e Dribbles, with preferred hand, and travels in general space, at slow to moderate jogging speed, with control of ball and body.</p>	<p>PE.4.1.3.a Applies underhand throwing skills with different sizes and types of objects. (A)</p> <p>PE.4.1.3.b Throws overhand using a mature pattern in a non-dynamic environment. (M)</p> <p>PE.4.1.3.c Throws to a partner or target with accuracy at a designated distance. (E)</p> <p>PE.4.1.3.d Passes to a moving partner, at various distances. (M)</p> <p>PE.4.1.3.e Catches a thrown ball at various levels (e.g., overhand and underhand) using a mature pattern in a non-dynamic environment. (M)</p> <p>PE.4.1.3.f Dribbles, with both the preferred</p>	<p>PE.5.1.3.a Applies underhand throwing skills with different sizes and types of objects in small-sided games. (A)</p> <p>PE.5.1.3.b Throws overhand with accuracy in small-sided games. (M)</p> <p>PE.5.1.3.c Passes, with both partners moving, at various distances. (A)</p> <p>PE.5.1.3.d Catches a struck ball at all levels (e.g., overhand and underhand) in a non-dynamic environment. (A)</p> <p>PE.5.1.3.e Catches while both partners are moving. (A)</p> <p>PE.5.1.3.f Combines hand dribbling with other</p>

<p>(E)</p> <p>PE.3.1.3.f Dribbles with feet in general space at slow to moderate jogging speed with control of ball and body. (E)</p> <p>PE.3.1.3.g Receives a ball from a stationary partner, cushioning on reception before returning the pass. (E)</p> <p>PE.3.1.3.h Performs a continuous running approach and kicks a ball along the ground demonstrating 4 of 5 critical elements. (E)</p> <p>PE.3.1.3.i Performs a continuous running approach and kicks a ball in the air, demonstrating 4 of 5 critical elements. (E)</p> <p>PE.3.1.3.j Kicks a stationary ball for accuracy using a continuous running approach. (E)</p> <p>PE.3.1.3.k Punts a ball demonstrating 4 of 5 critical elements. (E)</p> <p>PE.3.1.3.l Volleys an object with an underhand or a sidearm striking pattern, sending it forward over a net, to the wall, or over a line to a partner, demonstrating 4 of 5 critical elements. (E)</p> <p>PE.3.1.3.m Volleys a lightweight object with a two-hand overhead pattern, sending it upward, demonstrating 3 of 5 critical elements. (E)</p> <p>PE.3.1.3.n Strikes an object with a short-handled implement (e.g., racquet, paddle) sending it forward over a low net or to a wall, demonstrating 3 of 5 critical elements.</p>	<p>and the non-preferred hands, in self-space using a mature pattern. (M)</p> <p>PE.4.1.3.g Dribbles with feet in general space, with control of ball and body, while increasing and decreasing speed. (E)</p> <p>PE.4.1.3 h Passes and receives a ball with various parts of the feet (e.g., inside, outside, top) with a stationary partner, cushioning on reception before returning the pass. (E)</p> <p>PE.4.1.3.i Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting). (E)</p> <p>PE.4.1.3.j Kicks a ball along the ground using a mature pattern. (M)</p> <p>PE.4.1.3.k Kicks a ball in the air using a mature pattern. (M)</p> <p>PE.4.1.3.l Punts a ball using a mature pattern. (M)</p> <p>PE.4.1.3.m Volleys underhand using a mature pattern in a dynamic environment (e.g., 2-square, 4-square). (M)</p> <p>PE.4.1.3.n Volleys a lightweight ball with a two-hand overhead pattern, sending it upward, demonstrating 4 of 5 critical elements. (E)</p> <p>PE.4.1.3.o Strikes an object with a short-handled implement (e.g., racquet, paddle) over a net or against a wall using a mature pattern. (M)</p>	<p>skills (e.g., passing, receiving, shooting) in a dynamic environment. (A)</p> <p>PE.5.1.3.g Combines foot dribbling with other skills (e.g., passing, receiving, shooting) using a mature pattern. (A)</p> <p>PE.5.1.3.h Passes and receives with the feet as both partners travel. (M)</p> <p>PE.5.1.3.i Dribbles with hands or feet with mature patterns in a variety of small-sided games. (E)</p> <p>PE.5.1.3.j Kicks in small-sided practice tasks using a mature pattern. (A)</p> <p>PE.5.1.3.k Punts in small-sided practice tasks. (A)</p> <p>PE.5.1.3.l Applies underhand volley in a dynamic environment using different sizes and types of balls. (A)</p> <p>PE.5.1.3.m Performs a forearm pass using 3 of 5 critical elements. (E)</p> <p>PE.5.1.3.n Volleys a lightweight ball, using a two-hand pattern, sending it upward to a target. (M)</p> <p>PE.5.1.3.o Strikes an object consecutively with a partner, using a short-handled implement, over a net or against a wall in a dynamic environment. (A)</p> <p>PE.5.1.3.p Combines striking with a long-handled implement (e.g., hockey stick, lacrosse stick) with receiving and traveling</p>
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<p>(E)</p> <p>PE.3.1.3.o Strikes an object with a long-handled implement, sending it forward using proper grip (e.g., hockey stick, bat, golf club). (E)</p> <p>PE.3.1.3.p Strikes a pitched ball with a bat using 3 of 5 critical elements. (E)</p> <p>PE.3.1.3.q Combines traveling with dribbling, throwing, catching, and striking in teacher-designed practice tasks. (E)</p> <p>PE.3.1.3.r Performs a variety of skills for long and short ropes. (E)</p> <p>PE.3.1.3.s Moves in and out of a turning long rope. (M)</p>	<p>PE.4.1.3.p Strikes an object with a short-handled implement, alternating hits with a partner over a low net or against a wall. (M)</p> <p>PE.4.1.3.q Strikes an object with a long-handled implement (e.g., hockey stick, bat, golf club), demonstrating 3 of 5 critical elements. (E)</p> <p>PE.4.1.3.r Strikes a pitched ball with a bat using 4 of 5 critical elements. (E)</p> <p>PE.4.1.3.s Combines traveling with dribbling, throwing, catching, and striking in teacher-and/or student-designed practice tasks. (E)</p> <p>PE.4.1.3.t Creates a jump rope routine with either a short or long rope. (A)</p>	<p>skills in practice tasks. (M)</p> <p>PE.5.1.3.q Strikes a pitched ball with a bat using a mature pattern. (M)</p> <p>PE.5.1.3.r Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey, basketball; receiving a pass in flag football). (M)</p> <p>PE.5.1.3.s Creates a jump rope routine, with a partner or group, with either a short or long rope. (A)</p>
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STANDARD 2 Movement Concepts, Strategies, and Tactics

Third	Fourth	Fifth
PE.2.1 Demonstrates knowledge of movement concepts in a variety of environments.		
<p>PE.3.2.1.a Recognizes the concept of open space in a movement context. (E)</p> <p>PE.3.2.1.b Demonstrates pathways (e.g., straight, curved, zigzag), shapes, and levels, using locomotor skills in a variety of practice tasks. (E)</p> <p>PE.3.2.1.c Combines speed, direction, and force with skills. (M)</p> <p>PE.3.2.1.d Employs the concept of alignment in tumbling and dance. (E)</p> <p>PE.3.2.1.e Employs the concept of muscular tension with balance in tumbling and dance. (E)</p>	<p>PE.4.2.1.a Demonstrates the concept of open space with combination skills involving traveling within boundaries while changing speeds (e.g., dribbling and traveling). (M)</p> <p>PE.4.2.1.b Combines movement concepts with skills in small-sided practice tasks, tumbling, and dance environments. (M)</p> <p>PE.4.2.1.c Applies speed and force with pacing when running. (A)</p> <p>PE.4.2.1.d Applies direction and force when striking an object with a short-handled implement, sending it to a designated target. (M)</p> <p>PE.4.2.1.e Applies the concept of alignment in teacher-designed tumbling and dance sequences. (M)</p> <p>PE.4.2.1.f Applies the concept of muscular tension with balance in teacher-designed tumbling and dance. (M)</p>	<p>PE.5.2.1.a Combines spatial concepts with locomotor and manipulative skills in a variety of small-sided games and dance. (A)</p> <p>PE.5.2.1.b Combines movement concepts with skills in a variety of small-sided game environments, tumbling, and dance. (E & A)</p> <p>PE.5.2.1.c Applies speed, direction, and force to strategy in small-sided games. (A)</p> <p>PE.5.2.1.d Applies direction and force when striking an object with a long-handled implement, sending it to a designated target. (M)</p> <p>PE.5.2.1.e Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice tasks. (A)</p> <p>PE.5.2.1.f Applies the concept of alignment in student-designed tumbling and dance sequences. (M)</p> <p>PE.5.2.1.g Applies the concepts of muscular tension with balance in student-designed tumbling and dance. (M)</p>
PE.2.2 Applies knowledge of strategies and tactics in a variety of environments.		
PE.3.2.2.a Performs simple strategies and	PE.4.2.2.a Applies simple offensive and	PE.5.2.2.a Applies basic offensive and

<p>tactics in chasing and fleeing activities. (E)</p> <p>PE.3.2.2.b Charts participation in physical activities outside physical education class. (E)</p>	<p>defensive strategies in chasing and fleeing activities. (M)</p> <p>PE.4.2.2 b Recognizes the types of kicks needed for different small-sided game situations and activities. (M)</p>	<p>defensive strategies and tactics in small-sided invasion games. (A)</p> <p>PE.5.2.2.b Applies basic offensive and defensive strategies and tactics in net/wall games. (A)</p> <p>PE.5.2.2.c Recognizes the types of throw, volley, or striking actions needed for different small sided game situations and activities. (M)</p>
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STANDARD 3 Health-Related Physical Activity and Fitness

Third	Fourth	Fifth
PE.3.1 Demonstrates the knowledge to achieve and maintain a health-enhancing level of physical activity.		
PE.3.3.1.a Identifies benefits of physical activity to enhance health. (E)	PE.4.3.1.a Analyzes opportunities for participating in physical activity outside physical education class. (M)	PE.5.3.1.a Charts and analyzes physical activity outside physical education class for fitness benefits of activities. (A)
PE.3.2 Engages in physical activity.		
PE.3.3.2.a Engages in physical activity in physical education class with teacher prompting. (E)	PE.4.3.2.a Engages in physical activity in physical education class without teacher prompting. (M)	PE.5.3.2.a Engages in both teacher-directed and independent physical education class activities. (A)
PE.3.3 Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness.		
<p>PE.3.3.3.a Describes the concept of fitness and provides examples of physical activity to enhance fitness. (E)</p> <p>PE.3.3.3.b Recognizes the importance of warm-up and cool-down for vigorous physical activity. (E)</p>	<p>PE.4.3.3.a Identifies the components of health-related fitness. (E)</p> <p>PE.4.3.3.b Demonstrates warm-up and cool-down for cardio-respiratory fitness self-evaluation. (M)</p>	<p>PE.5.3.3.a Differentiates between skill-related and health-related fitness. (M)</p> <p>PE.5.3.3.b Identifies and applies the need for warm-up and cool-down for various physical activities. (A)</p>
PE.3.4 Communicates the importance of health-related fitness components and nutrition for physical activity.		
<p>PE.3.3.4.a Demonstrates, with teacher direction, the health-related fitness components (e.g., push-up, curl-up, trunk lift, sit and reach). (E)</p> <p>PE.3.3.4.b Identifies foods that are beneficial before and after physical activity. (E)</p>	<p>PE.4.3.4.a Completes health-related fitness assessment (e.g., pre and post). (M)</p> <p>PE.4.3.4.b Utilizes assessment results with teacher assistance to identify components needing maintenance and/or remediation. (E)</p> <p>PE.4.3.4. c Identifies strategies for progress in remediation areas with teacher assistance. (M)</p>	<p>PE.5.3.4.a Analyzes, with teacher assistance, results of health-related fitness assessment (e.g., pre and post), comparing results with criteria for good health. (A)</p> <p>PE.5.3.4.b Designs a goal-setting plan, with teacher assistance, to address ways to use physical activity to enhance and maintain fitness. (A)</p>

	PE.4.3.4.d Discusses the importance of hydration and hydration choices for physical activities. (E)	PE.5.3.4.c Analyzes the impact of food choices for physical activity, youth sports, and personal health. (M)
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STANDARD 4**Responsible Behavior**

Third	Fourth	Fifth
PE.4.1 Exhibits personal responsibility in physical activity settings.		
<p>PE.3.4.1.a Exhibits personal responsibility in teacher-directed activities. (M)</p> <p>PE.3.4.1.b Works independently for extended periods of time. (M)</p>	<p>PE.4.4.1.a Exhibits responsible behavior in independent group situations. (M)</p> <p>PE.4.4.1.b Reflects on personal and social behavior in physical activity settings. (M)</p>	<p>PE.5.4.1.a Engages in physical activity with responsible interpersonal behavior (e.g., peer-to-peer, student-to-teacher, student-to-referee). (M)</p> <p>PE.5.4.1.b Exhibits responsible behavior in a variety of physical activity contexts, environments, and facilities. (A)</p>
PE.4.2 Accepts and responds to specific corrective feedback from teacher and peers.		
<p>PE.3.4.2.a Accepts and implements positive corrective feedback from the teacher. (M)</p>	<p>PE.4.4.2.a Listens respectfully to specific corrective feedback from peers and adults. (M)</p> <p>PE.4.4.2.b Gives positive corrective feedback respectfully to peers when prompted. (E)</p>	<p>PE.5.4.2.a Gives specific corrective feedback respectfully to peers. (M)</p>
PE.4.3 Exhibits responsible social behavior when working with others.		
<p>PE.3.4.3.a Works cooperatively with others. (M)</p> <p>PE.3.4.3.b Praises others for their success in movement performance. (M)</p>	<p>PE.4.4.3.a Praises the movement performance of others with varying skill abilities. (M)</p> <p>PE.4.4.3.b Accepts players of varying skill levels into the physical activity. (M)</p>	<p>PE.5.4.3.a Accepts, recognizes, and actively involves others with varying abilities in physical activities and group projects. (A)</p>
PE.4.4 Follows rules and demonstrates proper etiquette.		
<p>PE.3.4.4.a Practices adherence to rules and etiquette in physical activity with peers. (E)</p>	<p>PE.4.4.4.a Exhibits etiquette and adherence to rules in a variety of physical activities. (E)</p>	<p>PE.5.4.4.a Critiques the etiquette involved in various game activities. (M)</p>

PE.4.5 Participates safely in physical activities.

PE.3.4.5.a Works independently and safely in physical activity settings. (M)

PE.4.4.5.a Works safely with peers and equipment in physical activity settings. (M)

PE.5.4.5.a Applies safety principles with age-appropriate physical activities. (A)

STANDARD 5 Physical Activity Benefits

Third	Fourth	Fifth
PE.5.1 Recognizes the benefits of physical activity for health.		
PE.3.5.1.a Discusses the relationship between physical activity and good health. (E)	PE.4.5.1.a Investigates the health benefits of participation in physical activity. (M)	PE.5.5.1.a Compares the health benefits of participating in selected physical activities. (A)
PE.5.2 Recognizes the benefits of physical activity for challenge.		
PE.3.5.2.a Discusses the challenges of learning a new physical activity. (E)	PE.4.5.2.a Rates the satisfaction of participating in challenging and mastered physical activities. (M)	PE.5.5.2.a Expresses the challenge of participating in a favorite physical activity. (A)
PE.5.3 Recognizes the benefits of physical activity for self-expression and enjoyment.		
PE.3.5.3.a Reflects on the reasons for enjoying selected physical activities. (M)	PE.4.5.3.a Ranks the enjoyment of participating in different physical activities. (M)	PE.5.5.3.a Analyzes different physical activities for self-expression and enjoyment. (A)
PE.5.4 Recognizes the benefits of physical activity for social interaction.		
PE.3.5.4.a Describes the positive social interactions when engaged with others in physical activity. (E)	PE.4.5.4.a Describes and compares the positive social interactions when engaged in partner, small group, and large group physical activities. (M)	PE.5.5.4.a Describes the social benefits gained from participating in physical activity. (M)