

NEW YORK STATE  
EDUCATION DEPARTMENT



# The New York State Physical Education Learning Standards (2020)

GRADE  
P-12





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### 2018 – 2020 NYS Physical Education Learning Standards Review Committee

Thank you to all the individuals involved in the authoring, review, and revision of the New York State Physical Education Learning Standards. Additional thanks to all the individuals who provided feedback through NYSED's Stakeholder Feedback Survey.

### Leadership Team Committee

**Kerri Bullock**

*Director, Professional Development & Resource Center  
Broome-Tioga BOCES*

**Allison Relyea**

*Physical Education Teacher  
Guilderland CSD*

**Dr. Clancy Seymour**

*Assistant Professor  
Director of Physical & Health Education Teacher Education  
Canisius College*

### Authoring Workgroup

**Heather Adams**, Assistant in Research and Educational Services, NYSUT

**Dr. Helena Baert**, Professor of Physical Education, SUNY College at Cortland

**Dr. Pamela Banks**, Doctor of Osteopathy/Merrick CSD Board Member, Merrick, NY

**Lori Bifarella**, Physical Education Teacher, Attica Elementary School

**Renee (McCall) Brown**, Physical Education Teacher, Syracuse University

**Anthony Carrano**, Physical Education Instructional Coach, NYCDOE

**Maryanne Ceriello** Physical Education Teacher, Beacon CSD

**Colleen Corsi**, Executive Director, NYAHPERD

**Marysol De La Cruz**, Physical Education Instructional Coach, NYCDOE



**Authoring Workgroup** *(continued)*

**Annie DeRoy**, Physical Education Teacher, NYCDOE  
**David Garbarino**, Physical Education Director, Binghamton CSD  
**Douglas Hallberg**, Physical Education Teacher, Mohonasen CSD  
**Murphee Hayes**, Physical and Health Director, Whitney Point CSD  
**Dr. Alisa James**, Professor for Physical Education, SUNY College at Brockport  
**Eric Kohl**, Adapted Physical Education Teacher, Monroe 1 BOCES  
**Travis Kremer**, Physical Education Teacher, Capital Region BOCES  
**Dr. Matthew Madden**, Professor for Physical Education, SUNY College at Cortland  
**Dr. Mara Manson**, Professor for Physical Education, Adelphi University  
**Jeffrey Maslin**, Vice President/Board of Education President, Menands SD  
**Kermit Moyer**, Director of Health, Physical Education, and Athletics, Ellenville CSD  
**Rose Newman (Graham Rose)**, Physical Education Teacher, NYCDOE  
**Dr. Michael Norris**, Professor for Physical Education, Syracuse University  
**Dr. Tamela Ray**, Director of Physical Education, Auburn Enlarged CSD  
**Christina Rio**, Physical Education Teacher, NYCDOE  
**Kiki Seago**, Physical Education Teacher, Penn Yan Academy  
**Charlie Rizzuto**, Physical Education Teacher, Oyster Bay HS  
**Margaret Robelee**, Physical Education Teacher, North Park Elementary- Hyde Park  
**Theresa Rodriguez**, Physical Education Teacher, NYCDOE  
**Amanda Stallone**, Physical Education Teacher, NYCDOE  
**John D. Strong**, Professor of Physical Education, Niagara County Community College  
**Mary Tomczak**, Physical Education Teacher, NYSUT  
**Gregory Warren**, Director of Health and Physical Education, New Paltz CSD  
**Maurice “Bud” Watson**, Physical Education Teacher, Van Corlaer School  
**Tom Winiecki**, Physical Education Teacher, Mott Road Elementary Schools  
**Monica Wolfe**, Physical Education Teacher, Cooperstown CSD  
**Kathleen Young**, Physical Education Teacher, Newburgh Free Academy



## **NYS Physical Education Advisory Panel**

**Tim Chamberlain**, Physical Education Teacher, CiTi BOCES Mexico

**Elizabeth Colligan**, Physical Education/Health Education Teacher, Portville CS

**Jeffrey Engel**, Director of Physical Education/Assistant Principal, Long Island City HS (NYC DOE)

**Brad Gitlin**, Physical Education and Health Director, East Ramapo CSD

**Michael Gosset**, Coordinator/Professor of Physical Education, Hostos CC

**Geoffrey Hopcus**, Physical Education Teacher, Erie 2 Chautauqua-Cattaraugus BOCES

**Jeffrey Jordan**, Physical Education Director/ Principal, Falconer CS

**Mathew Murphy**, Physical Education Teacher, Fayetteville-Manlius CSD

**Dr. John Ramin**, Director of Curriculum and Instruction, CiTi BOCES Mexico

**James Rose**, Director of Physical Education and Health, Yonkers Public Schools

**Amanda Turnbull**, Physical Education Teacher, CiTi BOCES Mexico

**Kathleen Whitmore**, Physical Education and Health Education Teacher, Clymer CS

## **New York State Education Department Staff**

### **Marybeth Casey**

*Assistant Commissioner*

*Office of Curriculum and Instruction*

### **Catherine Coons**

*Assistant in English Language Arts*

*Office of Curriculum and Instruction*

### **Darryl Daily**

*Associate in Physical Education*

*Office of Curriculum and Instruction*

### **Patti Rosa-Farleigh**

*Associate in Special Education*

*Office of Curriculum and Instruction*

### **Erik Sweet**

*Supervisor, Education Programs*

*Office of Curriculum and Instruction*



## Introduction to the NYS Physical Education Standards Design Process

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Physical Education Learning Standards express what a student should know and be able to do in physical education. In New York State, the Board of Regents approve learning standards, and then the school districts use the learning standards to develop curriculum and deliver instruction. In 2018, New York State began a review process of its current physical education standards, first adopted in 1996. New standards were then developed and now reflect the collaborative efforts of NYS educators, curriculum specialists, parents, school administrators, and field experts in higher education. The State Education Department released a draft of the new physical education standards for public comment in Fall 2019 and received more than 500 responses. As a result, each outcome was reviewed again, and based on the public feedback, necessary modifications to the standards were made. Continuous input from the various committees helped to finalize the changes.

The New York State Physical Education Learning Standards reflect a process of review that involved numerous educators over two years. These new standards are the framework for the development of knowledge, skills, and social-emotional learning that enables students to become healthy, physically literate adults. In tandem with the release of the Physical Education Learning Standards, the Department will publish a three-year implementation plan in three phases: Build Awareness; Build Capacity; and Full Implementation.

The important connection between physical and mental health toward the overall wellness of a child was a critical consideration in this project. As a result, the New York State Physical Education Learning Standards reflect both the NYS Social Emotional Benchmarks and the NYS Mental Health Education initiative. This provides physical educators the opportunity to support school districts' efforts to contribute to the goal of overall wellness. The National Wellness Institute identifies the following six dimensions of wellness: emotional, spiritual, intellectual, social, physical, and occupational. These dimensions are revealed in the anchor standards and grade-level outcomes.

### Context for Revision of the NYS Physical Education Learning Standards

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The Every Student Succeeds Act (ESSA) allocates grant money under Titles I, II, and IV Part A, which give states greater flexibility in spending, thus focusing more on the development of the whole child. Federal funding stipulates that schools establish a “well-



rounded” education, emphasizing health and physical education. This shift in thinking has provided a platform to further the discipline of physical education and move forward with this initiative.

Physical and mental well-being was also an important theme reflected in the new standards. For example, the Social Emotional benchmarks, along with the New York State Mental Health Education initiative, are nested into Standards 4-6. Within these standards, multiple opportunities can be built into a curriculum that fosters physical and mental health. The standards and outcomes integrate these critical dimensions and provide physical educators with the support needed to assist each student on his/her path to overall wellness.

These new standards reflect more explicit instruction in building character traits such as perseverance, healthy decision-making, and self-expression as demonstrated through goal setting. Broadening the understanding of community/occupational resources, through using various mediums (technologies), a reimagined vision has emerged, helping students search for career opportunities or ways to promote lifelong habits of physical activity. The advances seen in the twenty-first century have opened the physical education learning environment to extend beyond the school.

### English Language Learners/Multilingual Learners and the Standards

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The need to promote physical education and wellness extends to all students. Students who are English Language Learners (ELLs) and Multilingual Learners (MLLs) now comprise over 20 percent of the school-age population, which reflects significant growth in the past decades. Between 1980 and 2009, this population increased from 4.7 to 11.2 million young people, or from 10-21 percent of the school-age population. The greatest growth has occurred in our secondary schools.<sup>1</sup>

All students have strengths and potential upon which to build their future individual competencies and contributions. English Language Learners/Multilingual Learners, especially, have unique cultural and linguistic resources which can add considerably to the breadth and depth of knowledge, perspectives, and talents of their classroom peers. The role of the NYS Physical Education Standards is to create opportunities that allow different groups and ideas to become part of the physical activity setting. It is a cultural view of learning and human development in which multiple expressions of diversity are recognized and regarded as assets for teaching and learning—otherwise referred to as Culturally Responsive-Sustaining Education (CR-S).



## Students with Disabilities and the Standards

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It is a fundamental right that all students, including students with disabilities, have access to the same set of high standards as their general education peers. The revised New York State Physical Education Standards provide a unique opportunity for students with disabilities to demonstrate and improve their physical skills as well as their cognitive, mental, and social-emotional skills. Students with disabilities can safely and successfully participate in physical education activities and can achieve these rigorous standards with appropriate specially designed instruction, accommodations, supports, and services based on their individual needs. High quality instruction in physical education encourages the healthy, active lifestyle needed to maintain motivation in various areas of life and aid in future success.

## Early Learning and the Standards

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As with all learners, but especially for our youngest learners, the Physical Education Standards should be implemented with careful understanding of child development and developmentally appropriate practice. The physical education foundation that is set for our youngest learners is essential, and the social emotional needs and environment are key ingredients for student success. As these standards are implemented, it is important to meet the needs of the “whole child,” recognizing that a well-rounded education, positive learning environment, strong home-school connection, and high expectations all contribute to student success.

For Prekindergarten, please also see the [NYSED Prekindergarten Standards](#) which include the domain of physical development and health. This domain includes Physical Development, Physical Fitness, Physical Health and Well-Being, and Physical Safety.

## Understanding the Physical Education Learning Standards

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The current version of the physical education standards are derivatives of two sources. The first was the original NYS Physical Education Learning Standards, adopted in 1996, in which the revision committee identified important themes that were carried over into this new iteration. The second source—The National Standards for K-12 Physical Education and Grade Level Outcomes developed by the Society of Health and Physical





Educators America (SHAPE)<sup>1</sup>—was the principal document used to develop the New York State Physical Education Learning Standards.

The revised New York Physical Education Standards are a twenty-first century expansion of the previous NYS frameworks grounded in physical literacy—the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person (Mandigo, Francis, Lodewyk & Lopez, 2012). The physical literacy construct is an important theme in this version of the New York State Physical Education Learning Standards and is embedded throughout the six standards, grade-level strands, and outcomes. It provides unique learning opportunities that contribute to and assure that students become physically literate and engage in a physically active lifestyle.

The **anchor standards** represent broad statements about the expectations for students as they prepare for high school graduation and then positioning themselves into leading a healthy and active life. **Grade-level strands** represent a delineation of the anchor standards. For each anchor standard, two to four strands are outlined for students at all grade levels, from the kindergarten level to the graduation-ready level of 11<sup>th</sup> and 12<sup>th</sup> graders. Each strand is organized by grade-level outcomes for students' learning from one grade to the next and occasional repetition occurs in the set of expectations for learners from grade to grade.

Physical education programs in New York State are disparate and unique, therefore, educators have the autonomy to do what is best to meet the needs of their school/district, using the Standards to guide their practice and align curriculum accordingly. The curriculum is a local decision derived from the Standards. For example, there are significant differences among school districts like facility availability, equipment resources, time allotment, and many more variables. Therefore, it is important that the New York State Physical Education Learning Standards are developmentally appropriate for all students, including students with disabilities and English Language Learners.

The expectations or learning outlined in the Standards are intentionally broad. While the outcomes set grade-specific expectations for physical education, they do not define the intervention methods or materials necessary to support students who are well below or well above grade-level outcomes. It is also beyond the scope of the standards to define the full range of supports appropriate for English Language Learners /Multilingual

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<sup>1</sup> Permission has been received to use adaptations from SHAPE America-Society of Health and Physical Educators, 1900 Association Drive, Reston, VA 20191, [www.shapeamerica.org](http://www.shapeamerica.org)



Learners and students with disabilities. As noted earlier, the expectation is that Standards are for all learners.

The underlying aim of the Standards when guiding and planning instruction is that students should receive appropriate accommodations to ensure their maximum participation and that their diversity is treated as an asset to the learning environment.

### How to Read the Physical Education Learning Standards

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To make these Standards meaningful, clear, and easy to read, it is necessary to explain features in the document. For example, in Standard 1 (NYS1.1) grade 7 and 8 outcomes are identical; however, the curriculum recommendation is to include a variety of activities based on many local factors (i.e., facilities, equipment, time allotment, age appropriateness of the students, teacher expertise, etc.) Finally, to navigate and utilize the New York State Physical Education Learning Standards, it is important to understand how the standards have been organized and labeled. The NYS Standards are categorized by six anchor standards.

The Physical Education Standards are organized by grade-level from Prekindergarten through grade eight, followed by grade-banded levels for high school: Level I (grades 9-10), Level II (grades 11-12).

**Anchor Standards** represent broad statements about the expectations for students as they prepare for high school graduation, and then positioning themselves into leading a healthy and active life. There are six anchor standards.

**Strands** delineate and further define the anchor standards.

**Outcomes** are grade-level expectations, derived from the strands, demonstrating what a student should be able to understand and do.



## Standards-based Curriculum Development: Guidance for Educators

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The Physical Education Standards do not dictate curriculum or teaching methods. Teachers and other educational leaders at the local level should use these Standards to develop or guide their selection of curriculum, programs, and individual lessons. Each district and building should explore and choose “Best Practices” to achieve the Standards. Standards introduced and taught at one grade-level should be reinforced and continued through graduation. Curriculum decisions in New York State are made at the local level. Examples in the Standards are included to help provide clarification; they are not mandates.

### Additional Guidance for Educators: *Key Points*

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- The development of physical literacy includes the three domains of learning: cognitive, psychomotor, and affective, which are embedded in the six standards.
- The word “wellness” should be construed as encompassing more than a healthy body. The mental and social-emotional well-being of an individual incorporates the understanding of wellness.
- Addressing social-emotional needs through personal health and fitness is highlighted in these new standards.
- These standards do not specify any one method of instruction or approach and instead honors local curriculum decisions, cultural needs, and the individuality of the student.
- Collaboration, teamwork, and civility among students are emphasized in these new standards as a part of the twenty-first century skills.
- The New York State Commissioner’s regulations are uniquely robust and supports the need for current standards in a P-12 physical education environment. An inclusive setting uses a quality physical education curriculum and is important for all our students. Please see the [NYS Regulations](#) for additional information.
- The New York State Physical Education Standards were developed with the understanding that each region has its own unique factors such as access to facilities, equipment, supplies, and contact hours.
- Assessments will be varied and may include a verbal response, a physical demonstration, brief written responses, and/or application of strategies.



- The State Education Department recognizes that the most qualified person to provide instruction in physical education would be a certified physical education teacher.
- Outcomes are grade-level expectations, derived from the strands, demonstrating what a student should know and be able to do.

## Physical Education Lifelong Practices

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### Physical Education Lifelong Practices: Overview

One new aspect in these Standards is the inclusion of the Physical Education Lifelong Practices, which reflects the changing expectations of what it means to be physically literate today. To optimally support this vision for physical education planning, coursework and instruction based on the Physical Education Learning Standards should develop within the context of the Physical Education Lifelong Practices. The practices are intended to be the context for the standards and to extend beyond graduation. It is important that students acquire lifelong practices promoting community membership, a healthy lifestyle, and the positive impacts of physical activity.

### Physical Education Lifelong Practices

- Demonstrates perseverance and resilience
- Advocates for self, others, and community
- Respects and embraces individual and cultural differences
- Adapts to multiple environments
- Acquires skills necessary to live a healthy life
- Demonstrates a commitment to safety
- Uses motivational strategies to encourage self and others' participation in a physical activity
- Exhibits civility when confronted with adversity
- Connects the physical well-being to social emotional wellness



## Introduction to Prekindergarten Physical Education Standards

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**Prekindergarten** physical and health domain focuses on developing children’s physical health and their ability to engage in daily activities in multiple environments. Research has shown strong links between healthy eating, physical activity, and improved academic achievement. Prekindergarten is designed to foster physical development and health by developing spatial awareness, exploring balance, developing fine motor skills, strengthening, controlling and coordinating large muscle groups, sequencing large motor skills, and increasing overall endurance. These are incorporated through games, movement, and dance. Prekindergarten promotes healthy habits in authentic ways and builds a sense of well-being. Standards for Prekindergarten physical development and health are included in the [New York State Prekindergarten Learning Standards: A Resource for School Success](#). This resource consolidates all learning standards for Pre-K students into one document and organizes them by key learning domains.

### Physical Development

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**Uses sense to assist and guide learning.**

- a. Identifies sights, smells, sounds, tastes, and textures.
- b. Compares and contrasts different sights, smells, tastes, and textures.
- c. Communicates to discuss sights, smells, sounds, tastes, and textures.

**Uses sensory information to plan and carry out movements.**

- a. Demonstrates appropriate body awareness when moving in different spaces.
- b. Exhibits appropriate body movements when carrying out a task.
- c. Demonstrates awareness of spatial boundaries and the ability to work within them.

**Demonstrates coordination and control of larger muscles.**

- a. Displays an upright posture when standing or seated.
- b. Maintains balance during sitting, standing, and movement activities.
- c. Runs, jumps, walks in a straight line, and hops on one foot.
- d. Navigates stairs using alternating feet.
- e. Puts on age-appropriate clothing items, such as shirts, jackets, pants, shoes, etc.



**Combines a sequence of large motor skills with and without the use of equipment.**

- a. Navigates age-appropriate playground equipment.
- b. Explores, practices, and performs skill sets.
- c. Participates in a series of large motor movements or activities (e.g., dancing, pedaling, following the leader, participating in games/sports).

**Demonstrates eye-hand coordination and fine motor skills**

- a. Demonstrates ability to use fine motor skills (e.g., engages in finger plays, uses materials such as pencils, paint brushes and utensils effectively).
- b. Manipulates small objects with ease (e.g., fits objects into holes, strings wooden beads, etc.)
- c. Uses buttons, zippers, snaps, hooks, and tape successfully.

## Physical Fitness

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**Engages in a variety of physical fitness activities.**

- a. Engages in rigorous large motor activities (e.g., walking, marching, hopping, running, jumping, dancing) in increasingly longer periods of time as skill and endurance develops.
- b. Participates in activities designed to strengthen major muscle groups.
- c. Participates in activities to promote balance and flexibility.

## Physical Health and Well-Being

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**Demonstrates personal care and hygiene skills.**

- a. Demonstrates growing independence in using personal hygiene skills.
- b. Exhibits self-help when dressing, cleaning up, participating in meals, etc.
- c. Recognizes and communicates the need to use the restroom or when experiencing symptoms of hunger or illness.

**Demonstrates awareness and understanding of healthy habits.**

- a. Recognizes the importance of good nutrition, water, rest, and sleep to be healthy.
- b. Demonstrates ways to self-soothe during times of stress.
- c. Talks about food choices in relationship to personal allergies and overall health.
- d. Relates healthy behaviors to good personal health (e.g., eating a balanced diet, exercising, etc.).



## Physical Safety

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**Demonstrates awareness and understanding of safety rules.**

- a. Verbalizes and demonstrates safety rules (e.g., bus safety, holding an adult's hand when walking on sidewalks or near a street).
- b. Understands and communicates that some practices could be unsafe (e.g., playing with matches, playing near a busy street, not wearing a bike helmet, etc.).
- c. Participates in fire evacuation drills, understands what the alarm bell is and the need to go to a safe location, etc.
- d. Explains how to get help in emergency situations (e.g., communicates their guardian's name).



## Introduction to Kindergarten Physical Education Standards

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**Kindergarten** students possess varying physical abilities; therefore, the grade level outcomes reflect developmentally appropriate skill acquisition. Physical education will provide kindergartners with a foundation of concepts in body and space awareness which will be developed through locomotor and non-locomotor physical activities. Through exploration, students will begin to identify how movement affects the body and mind. These experiences will introduce students to personal responsibility and behavior. Students will learn that being successful in challenging activities will promote confidence and motivation to become active throughout their lives.

### Standard 1. Demonstrates competency in a variety of motor skills and movement patterns.

---

#### **Sports Skills and Games**

1.1.K. Identifies locomotor, non-locomotor, and manipulative skills.

#### **Dance, Movement, and Rhythmic Activities**

1.2.K. Identifies locomotor, non-locomotor, and manipulative skills in dance, movement, and rhythmic activities.

#### **Fitness Activities**

1.3.K. Identifies locomotor, non-locomotor, and manipulative skills.

#### **Lifetime Activities**

1.4.K. Identifies locomotor, non-locomotor, and manipulative skills.

### Standard 2. Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

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#### **Movement Concepts**

2.1.K. Identifies simple movement concepts.

#### **Strategies and Tactics**

*The outcomes for 2.2. begin in grade 3.*





Standard 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

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**Fitness Planning**

3.1.K. Identifies how physical activity affects the heart and lungs.

**Additional Health-Enhancing Behaviors**

3.2.K. Identifies health-enhancing behaviors.

Standard 4. Exhibits responsible personal and social behavior that respects self and others.

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**Self-awareness and management**

4.1.K. Identifies responsible personal behavior in physical activity settings.

**Social awareness and relationship skills**

4.2.K. Follows directions in physical activity settings (e.g., taking turns, sharing).

**Responsible decision making**

4.3.K. Follows directions in physical activity settings (e.g., safe behaviors, following rules).

Standard 5. Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

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**Overall Wellness**

*The outcomes for 5.1. begin in grade 3.*

**Challenge**

5.2.K. Identifies challenging skills in physical activities.

**Self-Expression/Enjoyment**

5.3.K. Identifies physical activities that are enjoyable.



Standard 6. Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

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**Personal and Community Resources**

6.1.K. Identifies physical activities available outside of school.

**Careers**

*The outcomes for 6.2. begin in grade 6.*



## Introduction to First Grade Physical Education Standards

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**First grade** physical education will reinforce and build upon the foundation of concepts in body and space awareness which will be developed through locomotor and non-locomotor physical activities. Through exploration, students will continue to identify how movement affects the body and mind. These experiences will reinforce personal responsibility and behavior. Students will learn that being successful in challenging activities will promote confidence and motivation to become active throughout their life.

### Standard 1. Demonstrates competency in a variety of motor skills and movement patterns.

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#### **Sports Skills and Games**

1.1.1. Demonstrates, in isolation, emerging forms of locomotor, non-locomotor, and manipulative skills.

#### **Dance, Movement, and Rhythmic Activities**

1.2.1. Demonstrates, in isolation, emerging forms of locomotor, non-locomotor, and manipulative skills in dance, movement, and rhythmic activities.

#### **Fitness Activities**

1.3.1. Demonstrates, in isolation, emerging forms of locomotor, non-locomotor, and manipulative skills.

#### **Lifetime Activities**

1.4.1. Demonstrates, in isolation, emerging forms of locomotor, non-locomotor, and manipulative skills.

### Standard 2. Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

---

#### **Movement Concepts**

2.1.1. Identifies more complex movement concepts.

#### **Strategies and Tactics**

*The outcomes for 2.2. begin in grade 3.*



### Standard 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

---

#### **Fitness Planning**

3.1.1. Explains the effects of physical activity on the heart and lungs.

#### **Additional Health-Enhancing Behaviors**

3.2.1. Explains health-enhancing behaviors.

### Standard 4. Exhibits responsible personal and social behavior that respects self and others.

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#### **Self-awareness and management**

4.1.1. Identifies responsible personal behavior and responds appropriately to feedback in physical activity settings.

#### **Social awareness and relationship skills**

4.2.1. Follows directions in physical activity settings (e.g., taking turns, sharing).

#### **Responsible decision making**

4.3.1. Follows directions in physical activity settings (e.g., safe behaviors, following rules).

### Standard 5. Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

---

#### **Overall Wellness**

*The outcomes for 5.1. begin in grade 3.*

#### **Challenge**

5.2.1. Attempts challenging skills in physical activities.

#### **Self-Expression/Enjoyment**

5.3.1. Describes positive feelings and personal reasons for enjoying and participating in physical activities.



Standard 6. Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

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**Personal and Community Resources**

6.1.1. Identifies personal resources that support participation in physical activity.

**Careers**

*The outcomes for 6.2. begin in grade 6.*



## Introduction to Second Grade Physical Education Standards

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**Second grade** physical education will reinforce and expand foundational concepts of body and space awareness through locomotor and non-locomotor physical activities. Students will identify strategies that reinforce personal responsibility and positive decision-making skills during small and large group activities. Participation in challenging activities will develop skills and confidence and identifying community resources will encourage involvement in physical activities.

### Standard 1. Demonstrates competency in a variety of motor skills and movement patterns.

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#### **Sports Skills and Games**

1.1.2. Demonstrates, in isolation, mature patterns of locomotor, non-locomotor, and manipulative skills.

#### **Dance, Movement, and Rhythmic Activities**

1.2.2. Demonstrates, in isolation, mature patterns of locomotor, non-locomotor, and manipulative skills in dance, movement, and rhythmic activities.

#### **Fitness Activities**

1.3.2. Demonstrates, in isolation, mature patterns of locomotor, non-locomotor, and manipulative movement skills.

#### **Lifetime Activities**

1.4.2. Demonstrates, in isolation, mature patterns of locomotor, non-locomotor, and manipulative movement skills.

### Standard 2. Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

---

#### **Movement Concepts**

2.1.2. Demonstrates a combination of movement concepts into simple travel.

#### **Strategies and Tactics**

*The outcomes for 2.2. begin in grade 3.*



Standard 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

---

**Fitness Planning**

3.1.2. Explains the effects of physical activity on the body.

**Additional Health-Enhancing Behaviors**

3.2.2. Explains how health-enhancing behaviors influence overall wellness.

Standard 4. Exhibits responsible personal and social behavior that respects self and others.

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**Self-awareness and management**

4.1.2. Identifies responsible personal behavior and responds appropriately to feedback in physical activity settings.

**Social awareness and relationship skills**

4.2.2. Identifies the importance of personal and social responsibility in physical activity settings.

**Responsible decision making**

4.3.2. Identifies strategies to reinforce positive decisions in physical activity settings.

Standard 5. Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

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**Overall Wellness**

*The outcomes for 5.1. begin in grade 3.*

**Challenge**

5.2.2. Identifies reasons physical activity skills are potentially challenging.

**Self-Expression/Enjoyment**

5.3.2. Identifies physical activities that provide opportunities for self-expression.



Standard 6. Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

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**Personal and Community Resources**

6.1.2. Identifies community resources that are available for participation in physical activity.

**Careers**

*The outcomes for 6.2. begin in grade 6.*





## Introduction to Third Grade Physical Education Standards

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**Third grade** students are becoming better at communicating emotions and ideas and are increasingly aware of peers. They continue to possess varying physical abilities; therefore, the grade level outcomes reflect the sensitivity of these diversified skills. Third grade physical education will emphasize effort, awareness, and quality of movement. Through a variety of physical activities, students will identify the components of health-related fitness and will explain how health-enhancing behaviors influence overall wellness. Opportunities are provided for students to persevere through challenging activities.

### Standard 1. Demonstrates competency in a variety of motor skills and movement patterns.

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#### **Sports Skills and Games**

1.1.3. Demonstrates, in isolation, mature patterns of locomotor, non-locomotor, and manipulative skills in a variety of physical activities.

#### **Dance, Movement, and Rhythmic Activities**

1.2.3. Demonstrates, in isolation, mature patterns of locomotor, non-locomotor, and manipulative skills in dance, movement, and rhythmic activities.

#### **Fitness Activities**

1.3.3. Demonstrates, in isolation, mature patterns of locomotor, non-locomotor, and manipulative movement skills.

#### **Lifetime Activities**

1.4.3. Demonstrates, in isolation, mature patterns of locomotor, non-locomotor, and manipulative movement skills in a variety of physical activities.

### Standard 2. Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

---

#### **Movement Concepts**

2.1.3. Demonstrates movement concepts in a variety of physical activities.

#### **Strategies and Tactics**

2.2.3. Identifies emerging forms of simple strategies, tactics, and communication techniques in chasing/fleeing activities.



### Standard 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

---

#### **Fitness Planning**

3.1.3. Identifies the components of health-related fitness.

#### **Additional Health-Enhancing Behaviors**

3.2.3. Explains how health-enhancing behaviors influence overall wellness.

### Standard 4. Exhibits responsible personal and social behavior that respects self and others.

---

#### **Self-awareness and management**

4.1.3. Demonstrates responsible personal behavior with minimal teaching prompts in physical activity settings.

#### **Social awareness and relationship skills**

4.2.3. Demonstrates cooperative and inclusive behaviors with others in physical activity settings.

#### **Responsible decision making**

4.3.3. Demonstrates strategies to reinforce positive decisions in physical activity settings.

### Standard 5. Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

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#### **Overall Wellness**

5.1.3. Identifies the relationship between physical activity and overall wellness.

#### **Challenge**

5.2.3. Demonstrates growth in challenging physical activity skills in order to build confidence.

#### **Self-Expression/Enjoyment**

5.3.3. Identifies the reasons for enjoyment in self-selected physical activities.



Standard 6. Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

---

**Personal and Community Resources**

6.1.3. Describes how to utilize personal and community resources to participate in physical activity.

**Careers**

*The outcomes for 6.2. begin in grade 6.*



## Introduction to Fourth Grade Physical Education Standards

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**Fourth grade** students are more aware of their interests in physical education and the different levels of competitiveness. Friendship becomes important as well as a sense of fairness. Fourth grade is a time when students demonstrate locomotor, non-locomotor, and manipulative skills across varying physical activities. They identify emerging forms of simple strategies and communication skills in small-sided games. Students link the components of health-related fitness with the understanding of how health-enhancing behaviors influence overall wellness. This understanding is evident when they locate and use personal resources as a means of participation in physical activities for enjoyment in their leisure time.

### Standard 1. Demonstrates competency in a variety of motor skills and movement patterns.

---

#### **Sports Skills and Games**

1.1.4. Demonstrates a combination of locomotor, non-locomotor, and manipulative skills in a variety of physical activities.

#### **Dance, Movement, and Rhythmic Activities**

1.2.4. Demonstrates a combination of locomotor, non-locomotor, and manipulative skills in a variety of physical activities in dance, movement, and rhythmic activities.

#### **Fitness Activities**

1.3.4. Demonstrates a combination of locomotor, non-locomotor, and manipulative skills.

#### **Lifetime Activities**

1.4.4. Demonstrates a combination of locomotor, non-locomotor, and manipulative skills in a variety of physical activities.



## Standard 2. Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

---

### **Movement Concepts**

2.1.4. Demonstrates a combination of movement concepts, locomotor, and/or manipulative skills in a variety of physical activities.

### **Strategies and Tactics**

2.2.4. Identifies emerging forms of simple strategies, tactics, and communication in small-sided games and other physical activities.

## Standard 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

---

### **Fitness Planning**

3.1.4. Identifies the components of skill-related fitness.

### **Additional Health-Enhancing Behaviors**

3.2.4. Explains how health-enhancing behaviors influence overall wellness.

## Standard 4. Exhibits responsible personal and social behavior that respects self and others.

---

### **Self-awareness and management**

4.1.4. Demonstrates responsible personal behavior in physical activity settings.

### **Social awareness and relationship skills**

4.2.4. Demonstrates responsible behavior with minimal teacher prompts in physical activity settings.

### **Responsible decision making**

4.3.4. Compares and contrasts possible outcomes to decisions in physical activity settings.



Standard 5. Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

---

**Overall Wellness**

5.1.4. Examines the overall wellness benefits of physical activity and identifies potential consequences of inactivity.

**Challenge**

5.2.4. Describes the challenge that comes from learning a new physical activity.

**Self-Expression/Enjoyment**

5.3.4. Ranks the personal level of enjoyment in participating in different physical activities.

Standard 6. Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

---

**Personal and Community Resources**

6.1.4. Describes how personal resources could be used to support participation in a variety of physical activities.

**Careers**

*The outcomes for 6.2. begin in grade 6.*



## Introduction to Fifth Grade Physical Education Standards

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**Fifth grade** is a time when students are maturing in their locomotor, non-locomotor, and manipulative skills across varying physical activities. Emerging forms of simple strategies and communication skills in small-sided games are developed at this grade. They can explain relationships between skill- and health-related fitness and identify health-enhancing behaviors. Students learn to locate and use personal and community resources as a means of participation in physical activities for enjoyment in their leisure time.

### Standard 1. Demonstrates competency in a variety of motor skills and movement patterns.

---

#### **Sports Skills and Games**

1.1.5. Demonstrates a mature combination of locomotor, non-locomotor, and manipulative skills in a variety of physical activities.

#### **Dance, Movement, and Rhythmic Activities**

1.2.5. Demonstrates a mature combination of locomotor, non-locomotor, and manipulative skills in dance, movement, and rhythmic activities.

#### **Fitness Activities**

1.3.5. Demonstrates a mature combination of locomotor, non-locomotor, and manipulative skills.

#### **Lifetime Activities**

1.4.5. Demonstrates a mature combination of locomotor, non-locomotor, and manipulative skills in a variety of physical activities.



Standard 2. Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

---

**Movement Concepts**

2.1.5. Demonstrates maturing movement concepts, locomotor, and/or manipulative skills in a variety of physical activities.

**Strategies and Tactics**

2.2.5. Demonstrates emerging forms of simple strategies, tactics, and communication in small-sided games and other physical activities.

Standard 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

---

**Fitness Planning**

3.1.5. Explains the relationship between skill- and health-related fitness.

**Additional Health-Enhancing Behaviors**

3.2.5. Identifies personal habits related to health-enhancing behaviors.

Standard 4. Exhibits responsible personal and social behavior that respects self and others.

---

**Self-awareness and management**

4.1.5. Demonstrates respect for facilities and exhibits safe behaviors in physical activity settings.

**Social awareness and relationship skills**

4.2.5. Uses communication skills and strategies that promote positive relationships in physical activity settings.

**Responsible decision making**

4.3.5. Responds appropriately to personal and social behaviors in physical activity settings.





Standard 5. Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

---

**Overall Wellness**

5.1.5. Compares the overall wellness benefits of participation in a variety of physical activities.

**Challenge**

5.2.5. Identifies ways to overcome individual challenges in physical activities.

**Self-Expression/Enjoyment**

5.3.5. Compares and contrasts different physical activities based on levels of enjoyment.

Standard 6. Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

---

**Personal and Community Resources**

6.1.5. Describes how community resources could be used to support participation in a variety of physical activities.

**Careers**

*The outcomes for 6.2. begin in grade 6.*



## Introduction to Sixth Grade Physical Education Standards

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**Sixth grade** physical education will provide opportunities to promote positive relationships. The standards reflect the need for students to develop the following: communication skills and strategies, responding appropriately to successes and failures, developing perseverance, and describing career options related to physical activity and fitness. Identifying the FITT (Frequency, Intensity, Time, and Type) principle in relation to the components of fitness and to the strategies that improve health-enhancing behaviors will provide students with the basic foundational practices that will be developed and encouraged throughout their time in school and extend into their adult life.

### Standard 1. Demonstrates competency in a variety of motor skills and movement patterns.

---

#### **Sports Skills and Games**

1.1.6. Demonstrates emerging forms of specialized skills in a variety of games and sports.

#### **Dance, Movement, and Rhythmic Activities**

1.2.6. Demonstrates emerging forms of specialized skills in dance, movement, and rhythmic activities.

#### **Fitness Activities**

1.3.6. Demonstrates emerging forms of specialized skills in a variety of fitness activities.

#### **Lifetime Activities**

1.4.6. Demonstrates emerging forms of specialized skills in lifetime activities.



## Standard 2. Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

---

### **Movement Concepts**

2.1.6. Applies movement concepts, locomotor, and/or manipulative skills in a variety of physical activities.

### **Strategies and Tactics**

2.2.6. Applies emerging forms of more complex strategies, tactics, and communication with support in small-sided game play and other physical activities.

## Standard 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

---

### **Fitness Planning**

3.1.6. Defines the FITT principle and how it connects to the components of health-related fitness.

### **Additional Health-Enhancing Behaviors**

3.2.6. Identifies strategies to improve health-enhancing behaviors.

## Standard 4. Exhibits responsible personal and social behavior that respects self and others.

---

### **Self-awareness and management**

4.1.6. Responds appropriately to successes and failures in physical activity settings.

### **Social awareness and relationship skills**

4.2.6. Uses communication skills and strategies that promote positive relationships in physical activity settings.

### **Responsible decision making**

4.3.6. Identifies problem solving skills and conflict resolution tactics in physical activity settings.



Standard 5. Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

---

**Overall Wellness**

5.1.6. Describes how being physically active leads to a healthy body and mind.

**Challenge**

5.2.6. Demonstrates perseverance when challenged in physical activities.

**Self-Expression/Enjoyment**

5.3.6. Describes how movement competence contributes to enjoyment in a variety of physical activities.

Standard 6. Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

---

**Personal and Community Resources**

6.1.6. Identifies personal and community resources to support participation in a variety of physical activities with family and friends.

**Careers**

6.2.6. Describes career options related to physical activity and fitness.



## Introduction to Seventh Grade Physical Education Standards

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**Seventh grade** outcomes emphasize citizenship, evaluative problem-solving skills, and conflict resolution tactics in physical settings. Understanding the connection between exercise and its emotional benefits will provide students with the foundational practices that will be developed and encouraged throughout their time in school and extend into their adult life. They will also apply learned strategies and concepts to movement, small-sided game play, and other physical activities while using their locomotor skills.

### Standard 1. Demonstrates competency in a variety of motor skills and movement patterns.

---

#### **Sports Skills and Games**

1.1.7. Demonstrates mature forms of specialized skills in a variety of games and sports.

#### **Dance, Movement, and Rhythmic Activities**

1.2.7. Demonstrates mature forms of specialized skills in dance, movement, and rhythmic activities.

#### **Fitness Activities**

1.3.7. Demonstrates mature forms of specialized skills in a variety of fitness activities.

#### **Lifetime Activities**

1.4.7. Demonstrates mature forms of specialized skills in lifetime activities.

### Standard 2. Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

---

#### **Movement Concepts**

2.1.7. Applies movement concepts, locomotor, and/or manipulative skills in a variety of physical activities.

#### **Strategies and Tactics**

2.2.7. Applies maturing forms of strategies, tactics, and communication independently in small-sided game play and other physical activities.



Standard 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

---

**Fitness Planning**

3.1.7. Applies the FITT principle to one health-related component of fitness.

**Additional Health-Enhancing Behaviors**

3.2.7. Applies strategies to improve health-enhancing behaviors.

Standard 4. Exhibits responsible personal and social behavior that respects self and others.

---

**Self-awareness and management**

4.1.7. Responds appropriately to corrective feedback in physical activity settings.

**Social awareness and relationship skills**

4.2.7. Demonstrates civility by cooperating with classmates in physical activity settings.

**Responsible decision making**

4.3.7. Applies problem-solving skills and conflict resolution tactics in physical activity settings.

Standard 5. Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

---

**Overall Wellness**

5.1.7. Identifies mental and emotional benefits of participation in a variety of physical activities.

**Challenge**

5.2.7. Creates strategies and solutions when presented with a group physical activity challenge.

**Self-Expression/Enjoyment**

5.3.7. Describes the relationship between self-expression and enjoyment through a variety of physical activities.



Standard 6. Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

---

**Personal and Community Resources**

6.1.7. Identifies supports and barriers related to personal and community resources that can impact participation in physical activity.

**Careers**

6.2.7. Compares and contrasts career options related to physical activity and fitness.



## Introduction to Eighth Grade Physical Education Standards

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**Eighth grade** students experience incongruent growth, physically, emotionally, and intellectually. The grade-level outcomes reflect the sensitivity of the diversified skills and growth, and therefore provide additional opportunities to promote citizenship and cooperation among peers in a physical activity setting. Strategies will be evaluated for their effectiveness in group activity challenges. Students at this age demonstrate a maturation of specialized skills such as balance and object control.

### Standard 1. Demonstrates competency in a variety of motor skills and movement patterns.

---

#### **Sports Skills and Games**

1.1.8. Demonstrates mature forms of specialized skills in a variety of games and sports.

#### **Dance, Movement, and Rhythmic Activities**

1.2.8. Demonstrates mature forms of specialized skills in dance, movement, and rhythmic activities.

#### **Fitness Activities**

1.3.8. Demonstrates mature forms of specialized skills in a variety of fitness activities.

#### **Lifetime Activities**

1.4.8. Demonstrates mature forms of specialized skills in lifetime activities.

### Standard 2. Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

---

#### **Movement Concepts**

2.1.8. Applies movement concepts, locomotor, and/or manipulative skills in a variety of physical activities.

#### **Strategies and Tactics**

2.2.8. Applies maturing forms of strategies, tactics, and communication independently in small-sided game play and other physical activities.





### Standard 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

---

#### **Fitness Planning**

3.1.8. Applies the FITT principle to more than one health-related component of fitness.

#### **Additional Health-Enhancing Behaviors**

3.2.8. Evaluates the application of personal habits and strategies related to health-enhancing behaviors.

### Standard 4. Exhibits responsible personal and social behavior that respects self and others.

---

#### **Self-awareness and management**

4.1.8. Applies rules and etiquette while accepting responsibility for individual improvement in physical activity settings.

#### **Social awareness and relationship skills**

4.2.8. Demonstrates citizenship by respecting for diversity and including others in physical activity settings.

#### **Responsible decision making**

4.3.8. Evaluates problem-solving skills and conflict resolution tactics in physical activity settings.

### Standard 5. Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

---

#### **Overall Wellness**

5.1.8. Explains the connections between fitness and overall wellness.

#### **Challenge**

5.2.8. Evaluates strategies and solutions to a group physical activity challenge.

#### **Self-Expression/Enjoyment**

5.3.8. Describes how enjoyment could be increased in self-selected physical activities.



Standard 6. Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

---

**Personal and Community Resources**

6.1.8. Designs a physical activity outing that includes personal and community resources, supports, and overcomes barriers.

**Careers**

6.2.8. Evaluates personal attributes as they relate to career options, physical activity, and fitness.



## Introduction to HS Level I Physical Education Standards

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**Ninth & Tenth Grade (Level I)** physical education focuses on the benefits of leading a healthy lifestyle. The grade level outcomes include components of personal wellness and the social-emotional factors that contribute to leading an enjoyable life, extending beyond graduation. An exploration into the different domains of resources and career options are explored. Competency of various motor skills and movement patterns is demonstrated.

### Standard 1. Demonstrates competency in a variety of motor skills and movement patterns.

---

#### **Sports Skills and Games**

1.1. L1. *The outcomes for 1.1. conclude at grade 8.*

#### **Dance, Movement, and Rhythmic Activities**

1.2. L1. Demonstrates competency in one or more dance forms used in cultural and social occasions.

#### **Fitness Activities**

1.3. L1. Demonstrates competency in one or more fitness activities.

#### **Lifetime Activities**

1.4. L1. Demonstrates competency in one or more lifetime activities.

### Standard 2. Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

---

#### **Movement Concepts**

2.1. L1. Demonstrates competency of movement concept in a variety of physical activities.

#### **Strategies and Tactics**

2.2. L1. Demonstrates competency of strategies and tactics in a variety of physical activities.



### Standard 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

---

#### **Fitness Planning**

3.1. L1. Explains how each of the skill- and health-related fitness components are improved through the application of basic training principles.

#### **Additional Health-Enhancing Behaviors**

3.2. L1. Evaluates personal habits related to health-enhancing behaviors for self and others.

### Standard 4. Exhibits responsible personal and social behavior that respects self and others.

---

#### **Self-awareness and management**

4.1. L1. Applies positive character traits in physical activity settings.

#### **Social awareness and relationship skills**

4.2. L1. Applies the qualities of civility and citizenship in physical activity settings.

#### **Responsible decision making**

4.3. L1. Analyzes ethical decisions made in physical activity settings.

### Standard 5. Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

---

#### **Overall Wellness**

5.1. L1. Analyzes the overall wellness benefits of self-selected physical activities.

#### **Challenge**

5.2. L1. Selects and participates in physical activities that provide an appropriate level of challenge.

#### **Self-Expression/Enjoyment**

5.3. L1. Selects and participates in physical activities that meet the need for self-expression and enjoyment.



Standard 6. Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

---

**Personal and Community Resources**

6.1. L1. Explains how personal community physical activity and fitness resources can support overall wellness.

**Careers**

6.2. L1. Identifies personal and community resources to explore career options related to physical activity and fitness.



## Introduction to HS Level II Physical Education Standards

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**Eleventh & Twelfth Grade (Level II)** physical education prepares students as they transition to post-secondary life. Students design and implement personal wellness plans that promote lifelong physical activity and fitness. Health-enhancing behaviors, such as nutrition and social-emotional factors, are included in the plan. Students apply effective habits of personal and social behaviors, as well as an exploration into the different domains of resources, other than school, to continue the practices of physical activities. Proficiency of various motor skills and movement patterns is demonstrated.

### Standard 1. Demonstrates competency in a variety of motor skills and movement patterns.

---

#### **Sports Skills and Games**

1.1. L2. *The outcomes for 1.1. conclude at grade 8.*

#### **Dance, Movement, and Rhythmic Activities**

1.2. L2. Demonstrates refined movement skills and creative expression by choreographing a dance or by giving a performance.

#### **Fitness Activities**

1.3. L2. Demonstrates proficiency and/or refines activity-specific movement skills in one or more fitness activities.

#### **Lifetime Activities**

1.4. L2. Demonstrates proficiency and/or refines activity-specific movement skills in one or more lifetime activities.

### Standard 2. Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

---

#### **Movement Concepts**

2.1. L2. Demonstrates proficiency of movement concepts in a variety of physical activities.

#### **Strategies and Tactics**

2.2. L2. Demonstrates proficiency of strategies and tactics in a variety of physical activities.



### Standard 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

---

#### **Fitness Planning**

3.1. L2. Designs and implements personal fitness plans, addressing goals that incorporate basic training principles that influence lifelong physical activity and fitness.

#### **Additional Health-Enhancing Behaviors**

3.2. L2. Designs and implements action plans which address health-enhancing behaviors that influence lifelong physical activity and fitness.

### Standard 4. Exhibits responsible personal and social behavior that respects self and others.

---

#### **Self-awareness and management**

4.1. L2. Evaluates positive character traits in physical activity settings.

#### **Social awareness and relationship skills**

4.2. L2. Evaluates the qualities of civility and citizenship in physical activity settings.

#### **Responsible decision making**

4.3. L2. Advocates for ethical decisions made in physical activity settings.

### Standard 5. Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

---

#### **Overall Wellness**

5.1. L2. Evaluates the lifelong health benefits of self-selected physical activities throughout their physical literacy journey.

#### **Challenge**

5.2. L2. Evaluates the level of challenge of a self-selected physical activity.

#### **Self-Expression/Enjoyment**

5.3. L2. Evaluates the level of enjoyment of self-selected physical activities for lifelong participation.



Standard 6. Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

---

**Personal and Community Resources**

6.1. L2. Evaluates the validity of claims made by commercial products or programs to enhance physical performance, fitness, and overall wellness.

**Careers**

6.2. L2. Evaluates personal and community resources to explore career options related to physical activity and fitness.





## Glossary of Terms

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**Action plan:** A framework for achieving a particular goal. It can include a list of tasks, ordered activities, and anticipated results

**Advocates:** Publicly recommend or support

**Analyzes:** To examine methodically

**Anchor Standard:** Represent broad statements about the expectations for students as they prepare for high school graduation, positioning themselves into leading a healthy and active life

**Applies:** To put into action

**Barrier:** An obstacle or challenge that may prevent movement and/or access (i.e. time, location, cost, equipment, weather, motivation, confidence, lack of skill, or knowledge, etc.)

**Basic training principles:** Fundamental concepts used to improve physical performance, such as specificity, overload, recovery, adaptation, progression, reversibility, and individual characteristics and responses

**Challenge:** Something that by its nature or character requires special effort; is demanding

**Challenging skills:** A physical demand and/or performance that requires demand or special effort

**Character:** Attributes and/or features that make up and distinguish an individual

**Choreographing:** Compose a creative sequence of movements for a performance

**Citizenship:** Demonstrating respect for diversity and including others within a group setting

**Civility:** Demonstrating respect to others, practicing good manners during and after activity, refraining from put-downs regardless of differences, and treats others as they wish to be treated; cares about others by listening and trying to understand; sensitive and compassionate, and actively support other people

**Communication skills:** Ability to exchange information to another effectively and efficiently

**Communication techniques:** Providing information via visual, verbal, non-verbal, written, and active listening

**Community resources:** Assets that help meet certain needs for those around them (i.e. people, places, structures, services, etc.)

**Compares:** To identify similarities between two or more items

**Competency:** Sufficient ability, skill, and knowledge to meet the demands of a specific task or activity



**Complex movement concepts** Could include directions, levels, pathways, extensions, locations, and force

**Complex strategies:** Use multiple skills for a variety of physical activities and movement concepts to meet the desired outcome (moving and creating passing lanes in soccer to open space; using screens to create mismatches in basketball; using a variety of serves & changing placement of serve in volleyball)

**Complex tactics:** Uses multiple skills for a variety of physical activities and movement concepts to meet the strategy (soccer formations; basketball full court press or zone defense; volleyball defense)

**Conflict resolution tactics:** Strategies used by two or more parties to find a peaceful solution to a disagreement among them

**Content Strands:** Represents a categorical delineation of the anchor standards. For each anchor standard, two to four strands are outlined for students at all grade levels (i.e. NY.S2.1 - Movement Concepts; NY.S2.2 - Strategies and Tactics)

**Contrasts:** To identify differences between two or more items

**Cooperative behavior:** Working together for the good of all

**Creates:** To generate something new

**Dance:** Move rhythmically to music, typically following a set sequence of steps

**Demonstrate:** To display a skill

**Describes:** To give an account of something and list relevant details

**Designs:** Do or plan something with a specific purpose in mind

**Diversity:** Individual differences that include, but not limited to race, ethnicity, gender, sexual orientation, socio-economic status, age, physical abilities, religious beliefs, political beliefs, or other ideologies

**Emerging:** Learners in the beginning stages of acquiring motor skills and knowledge

**Enjoyment:** The state (feeling) of taking pleasure in something or the action of benefiting from something

**Ethical:** Right or wrong; fair and just

**Evaluates:** To judge the quality, importance, or value of something

**Exercise:** Any physical activity that is planned, structured and repetitive for the purpose of improving or maintaining one or more components of fitness

**Exhibits:** Displays



**Explains:** To describe in more detail, including why, and relating to a larger context

**Fitness:** Is a desired state of health and well-being; is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest

**Fitness activities:** Activities that comprise one or more of the five components of health-related fitness, which include: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition (i.e. running, swimming, yoga and weight training)

**FITT (principle) formula:** An acronym that stands for frequency, intensity, time, type and enjoyment, which are variables that are manipulated to create a fitness plan

**Games:** Recreational activities that involve one or more players based on a set of rules (i.e. cooperative games, fleeing and chasing activities, and target activities)

**Grade Level Outcomes:** Expectations, derived from the content strands, demonstrating what a student should be able to understand and do

**Health-enhancing behaviors:** Personal conduct, choices, and/or actions that positively influence one's lifestyle

**Health-related fitness:** Involves skills and knowledge that enable one to become and stay physically healthy

**Health-related components of fitness:** Includes cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition

**Identifies:** Indicates who or what (someone or something) is

**Inclusive behaviors:** Involving all students

**Lifetime activities:** Activities which one can participate in throughout their lifespan (i.e. kayaking, golf, pickleball, and swimming)

**Lifelong participation:** Involves participation during the course of one's life

**Lifelong physical activity and fitness:** Enjoyable and purposeful movement of all types, in all stages of life, with the intent of increasing and/or maintaining physical wellness

**Locomotor skills:** Fundamental motor skills that allow individuals to navigate through space or move their body from one point to another (i.e. running, skipping, jumping, and galloping)

**Manipulative skills:** Fundamental motor skills that involve handling an object (i.e. throwing, catching, kicking, and striking)

**Maturing:** The demonstration of knowledge and critical motor skills, which will continue to be refined with practice



**Mental and emotional benefits:** Positive effects on one’s mental and emotional health and wellness

**Movement competence:** Development of sufficient skill and knowledge to assure successful performance in different physical activities

**Movement concepts:** A modifier; describes how a skill is performed

**Non-locomotor skills:** Movement of the body performed from a relatively stable base of support (i.e. stretching, bending, twisting, and turning)

**Overall wellness:** The process to achieve well-being in mind and body

**Perseverance:** Continued effort to do or achieve something despite difficulties, failure, or opposition

**Personal resources:** Attributes, abilities, and assets an individual possesses and/or utilizes (i.e. physical, financial, intellectual, technology, time, etc.)

**Physical activity(s):** Any bodily movement that results in energy expenditure (i.e. running, walking, cycling, and swimming)

**Physical literacy:** The motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life

**Positive feelings:** Emotions that lack negativity, such as: joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love

**Proficiency:** A high degree of competency or skill

**Ranks:** Sorts and prioritizes

**Respect:** A feeling or show of honor or esteem for someone or something

**Responsible decision making:** A series of steps that ensure one’s actions promote safety and respect while demonstrating character, civility, and citizenship

**Rhythmic activities:** Physical movements combined with beats, song, or other music

**Selects and participates:** Chooses activities based on skills, knowledge and interest; engages in physical activity and learning opportunities

**Self-selected physical activities:** Providing and promoting opportunities of choice and inclusion for students

**Simple movement concepts** Could include spatial awareness (where the body moves), efforts (how the body moves), and relationships (with whom or what the body moves)

**Simple strategies:** Use 1-2 skill (s) and movement concepts to complete the desired outcome

**Simple tactics:** Use 1-2 concepts to meet the desired strategy



**Skill-related components of fitness:** Includes agility, balance, coordination, power, reaction time, and speed

**Skill-related fitness:** Involves skills and knowledge that will enhance personal performance in sport or physical activity

**Social awareness:** Knowing and reflecting on the perspectives of others

**Specialized skills:** Fundamental skills that have been adapted to the special requirements of a particular sport, game, or physical activity (i.e. balance, object control, sequencing skills, and object/spatial awareness)

**Sport:** An activity involving physical exertion and skill in which an individual or team competes (i.e. soccer, baseball, swimming and tennis).

**Strategies:** The plan used to engage in games and other physical activities

**Support:** A condition or circumstance that may allow for movement and/or access (i.e. activities you enjoy, friends or family, achievable goals, record keeping, rewards, success, recognition, guidance, etc.)

**Tactics:** The actions to execute the skills in games and other physical activities