

**DIOCESE OF DES MOINES
PHYSICAL EDUCATION
Grade-Level Expectations
Grades K-1-2**

STANDARD 1: The student will demonstrate responsible personal and social behavior in physical activity settings.

The student will/can....

Benchmark

K-2.PE.S1.B1: Play cooperatively with individuals and as a group member. K-2

- Grade K: Work and play with any classmate
- Grade 1: Involve all classmates in all activities
- Grade 2: Show patience for all students in the activity

Benchmark

K-2.PE.S1.B2: Explain the need for class and game rules and follow those rules. K-2

- Grade K: Follow game rules for class activity.
- Grade 1: Respond to rule infractions when reminded once.
- Grade 2: Help produce class or game rules.

Benchmark

K-2.PE.S1.B3: Use equipment properly and safely. K-2

- Grade K: Take turns using equipment.
- Grade 1: Uses equipment properly and safely.
- Grade 2: Safely uses equipment around others.

Benchmark

K-2.PE.S1.B4: Exhibit good sportsmanship in winning and losing. K-2

- Grade K: Accept being “tagged.”
- Grade 1: Treat others with respect during play.
- Grade 2: Accept winning/losing in a positive way.

**DIOCESE OF DES MOINES
PHYSICAL EDUCATION
Grade-Level Expectations
Grades K-1-2**

STANDARD 2: The student will demonstrate competency in many movement forms and motor skills.

The student will/can....

Benchmark **Perform non loco-motor movements such as bending, twisting and stretching.**
K-2.PE.S2.B1: K-1
 Grade K: Demonstrates bending and stretching activities.
 Grade 1: Demonstrates a variety of non loco-motor movements.
 Grade 2: Applies non loco-motor movements to other skills and activities.

Benchmark **Perform the basic loco-motor movements such as walking, hopping, leaping, running, skipping, jumping, galloping and sliding. K-2**
K-2.PE.S2.B2: K-2
 Grade K: Demonstrates some loco-motor movements.
 Grade 1: Demonstrates all loco-motor movements.
 Grade 2: Applies a variety of loco-motor movements during activity.

Benchmark **Use body control and balance in starting, stopping and quickly changing directions. K**
K-2.PE.S2.B3: K
 Grade K: Not stumble or fall when “stop” signal is given.
 Grade 1: Stop completely, restart quickly.
 Grade 2: Change directions quickly while starting and stopping

Benchmark **Exhibit appropriate response to the rhythm of music.**
K-2.PE.S2.B4: K-2
 Grade K: Move to a beat.
 Grade 1: Identifies movement change in response to tempo changes.
 Grade 2: Perform simple dance steps within the group.

Benchmark **Adequately handle balls and other objects during throwing, catching, swinging and kicking activities. K-2**
K-2.PE.S2.B5: K-2
 Grade K: Manipulate an object with the dominate body part.
 Grade 1: Manipulate an object using proper form.
 Grade 2: Manipulate an object while moving.

Benchmark **Respond correctly to relationship terms such as over, under, between, behind and around. K**
K-2.PE.S2.B6: K
 Grade K: Know the difference between relationship terms.
 Grade 1: Responds quickly relationship terms.
 Grade 2: Applies relationship terms to an activity.

**DIOCESE OF DES MOINES
PHYSICAL EDUCATION
Grade-Level Expectations
Grades K-1-2**

STANDARD 3: The student will know the health benefits and options to maintain fitness for life.

The student will/can....

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| Benchmark | Explain that physical activity makes a person healthy, feel good and gain strength, endurance and flexibility. K-2 |
| K-2.PE.S3.B1: | |
| Grade K: | Knows basic benefits of physical activity. |
| Grade 1: | Identifies some benefits of physical activity. |
| Grade 2: | Identifies some benefits of physical activity. |

**DIOCESE OF DES MOINES
PHYSICAL EDUCATION
Grade-Level Expectations
Grades 3-4-5**

STANDARD 1: The student will demonstrate responsible personal and social behavior in physical activity settings.

The student will/can....

Benchmark

- 3-5.PE.S1.B1:** **Explain the need for rules and apply them to game situations. 3-5**
Grade 3: Demonstrate self-control
Grade 4: Follows the rules and encourages others to play fair.
Grade 5: Tell or write down rules, demonstrate understanding of why there are rules.

Benchmark

- 3-5.PE.S1.B2:** **Exhibit good sportsmanship in winning and losing. 3-5**
Grade 3: Demonstrate proper respect for teammates, opponents and officials.
Grade 4: Demonstrate proper respect for teammates, opponents and officials.
Grade 5: Demonstrate proper respect for teammates, opponents and officials.

**DIOCESE OF DES MOINES
PHYSICAL EDUCATION
Grade-Level Expectations
Grades 3-4-5**

STANDARD 2: The student will demonstrate competency in many movement forms and motor skills.

The student will/can....

Benchmark 3-5.PE.S2.B1: Demonstrate group warm-up and cool-down techniques for before and after activities. 3

- Grade 3: Demonstrate proper form when performing warm-up activities.
- Grade 4: Demonstrate proper form when performing warm-up activities.
- Grade 5: Demonstrate knowledge of the benefits of warm-up and cool-down activities.

Benchmark 3-5.PE.S2.B2: Demonstrate motor skills with smooth flowing form (e.g., throwing, catching, kicking or striking objects). 3-5

- Grade 3: Demonstrate individual motor skills with some proficiency.
- Grade 4: Demonstrate motor skills with a partner during an activity.
- Grade 5: Demonstrate motor skills within a group or game.

Benchmark 3-5.PE.S2.B3: Be conscious of body control/balance and space awareness during all physical interactions.

- Grade 3: Show proficiency in movement in relation to others around them.
- Grade 4: Show proficiency in movement in relation to others around them.
- Grade 5: Show proficiency in movement in relation to others around them.

Benchmark 3-5.PE.S2.B4: Demonstrate a variety of rhythmic movements to music or a beat.

- Grade 3: Demonstrates specific movement patterns in a variety of dances
- Grade 4: Demonstrates specific movement patterns in a variety of dances
- Grade 5: Demonstrates specific movement patterns in a variety of dances

Benchmark 3-5.PE.S2.B5: Demonstrate beginning strategies pertaining to offense and defense in game situations. 3-5

- Grade 3: Discriminate between the roles of offense and defense in a game situation.
- Grade 4: Demonstrate offensive/defensive strategies.
- Grade 5: Demonstrate some offensive/defensive strategies.

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PHYSICAL EDUCATION
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Grades 3-4-5**

STANDARD 3: The student will know the health benefits and options to maintain fitness for life.

The student will/can....

Benchmark

3-5.PE.S3.B1: Explain the benefits of regular physical activity to promote a healthy lifestyle. 3-5

- Grade 3: Identifies which organs or muscle groups are being targeted for fitness components.
 Grade 4: Identify conditioning activities promoting cardio-vascular and muscular endurance.
 Grade 5: Identify and perform conditioning activities promoting cardio-vascular and muscular endurance.

Benchmark

3-5.PE.S3.B2: Maintain cardiovascular endurance through a variety of physical activities and fitness testing. 3-5

- Grade 3: Sustains appropriate pace during endurance activities.
 Grade 4: Sustains appropriate pace during endurance activities.
 Grade 5: Sustains appropriate pace during endurance activities.

Benchmark

3-5.PE.S3.B3: Work to develop muscle strength through specific exercises and fitness testing. 3-5

- Grade 3: Perform activities and exercises that develop muscular strength.
 Grade 4: Perform activities and exercises that develop specific muscle groups.
 Grade 5: Perform activities and exercises that develop specific muscle groups.

Benchmark

3-5.PE.S3.B4: Maintain flexibility through stretching and fitness testing. 3-5

- Grade 3: Perform warm-ups and specific stretches that promote flexibility.
 Grade 4: Participate in warm-up and/or cool-down activities/stretchers which may promote flexibility.
 Grade 5: Perform and carry out proper warm-up and cool-down activities/stretchers.

**DIOCESE OF DES MOINES
PHYSICAL EDUCATION
Grade-Level Expectations
Grades 6-7-8**

STANDARD 1: The student will demonstrate responsible personal and social behavior in physical activity settings.

The student will/can....

Benchmark

6-8.PE.S1.B1: Develop safe rules and procedures for game situations. 6-8

Grade 6: Make choices based on safety to self and others.

Grade 7: Accept decisions of officials or other students.

Grade 8: Consciously applies game rules, etiquette, and procedures.

Benchmark

6-8.PE.S1.B2: Describe the difference between including and excluding behaviors in physical activity. 6-8

Grade 6: Include and respect the teacher and all members of the group.

Grade 7: Invite active participation by all peers.

Grade 8: Resolve interpersonal conflicts with sensitivity to rights/feelings of others.

Benchmark

6-8.PE.S1.B3: Accept winning and losing as part of competition. 6-8

Grade 6: Control emotions and accept decisions of game official/teacher.

Grade 7: Display sportsmanship and accept decisions of all game participants.

Grade 8: Promote and reinforce good sportsmanship and show respect toward self and opponent.

**DIOCESE OF DES MOINES
PHYSICAL EDUCATION
Grade-Level Expectations
Grades 6-7-8**

STANDARD 2: The student will demonstrate competency in many movement forms and motor skills.

The student will/can....

Benchmark

- 6-8.PE.S2.B1: Apply rhythm to musical activities, such as dance.**
 Grade 6: Apply advanced movement forms to musical activities.
 Grade 7: Apply advanced movement forms and adjust movement to varied musical tempos.
 Grade 8: Proficiently perform a variety of dance forms.

Benchmark

- 6-8.PE.S2.B2: Apply movement forms associated with highly skilled physical activities. 6-8**
 Grade 6: Demonstrate proper form for all basic manipulative, locomotor, and non-locomotor skills.
 Grade 7: Demonstrate increasing competence in more advanced specialized skills.
 Grade 8: Adapt and combine skills to the demands of increasingly complex game situations or activities.

Benchmark

- 6-8.PE.S2.B3: Use body control/balance and space awareness in all physical activities.**
 Grade 6: Safely control body in relation to environment.
 Grade 7: Safely control body and maintain balance in relation to environment.
 Grade 8: Safely control body and maintain balance while participating in team sports.

Benchmark

- 6-8.PE.S2.B4: Use more complex strategies of offense and defense in game situations. 6-8**
 Grade 6: Use basic offensive and defensive strategies.
 Grade 7: Plan and use basic offensive and defensive strategies.
 Grade 8: Use offensive and defensive strategies and communicates with teammates in team sport activities.

**DIOCESE OF DES MOINES
PHYSICAL EDUCATION
Grade-Level Expectations
Grades 6-7-8**

STANDARD 3: The student will know the health benefits and options to maintain fitness for life.

The student will/can....

Benchmark 6-8.PE.S3.B1: Connect the benefits of regular physical activity to maintaining a healthy lifestyle. 6-8

- Grade 6: Identify the different components of health-related fitness and how they relate to one's overall wellbeing.
- Grade 7: Identify the psychological and emotional benefits of physical activity.
- Grade 8: Identify lifetime activities and the components of health-related fitness that each activity provides.

Benchmark 6-8.PE.S3.B2: Demonstrate more advanced activities that develop and maintain cardiovascular endurance. 6-8

- Grade 6: Demonstrate cardiovascular endurance through a variety of aerobic exercises.
- Grade 7: Demonstrate cardiovascular endurance through a variety of aerobic exercises while simultaneously monitoring heart rate.
- Grade 8: Determine appropriate levels of physical intensity during activity by using heart rate calculations.

Benchmark 6-8.PE.S3.B3: Demonstrate more advanced activities that develop and maintain muscular strength. 6-8

- Grade 6: Demonstrate proper technique for basic strengthening exercises such as push-ups, crunches, etc.
- Grade 7: Use more specific, isolated exercises to improve muscular strength.
- Grade 8: Demonstrate the ability to increase muscular strength/endurance by increasing number of repetitions per set.

Benchmark 6-8.PE.S3.B4: Demonstrate more advanced activities that develop and maintain flexibility through stretching. 6-8

- Grade 6: Perform a variety of individual and partner stretches.
- Grade 7: Perform more specific isolated stretches to improve flexibility.
- Grade 8: Perform more specific isolated stretches to improve flexibility.