

Preschool Physical Education

- Engages in physical activities that promote physical fitness and health
- Participates in movement exploration with and without manipulatives
- Develops gross motor movements (walking, running, jumping)
- Participates in rhythmic activities
- Engages in balance activities
- Develops throwing, catching, and kicking skills
- Experiments with jump ropes
- Participates in unstructured and structured activities
- Begins to use rules and safe practices in physical activities
- Begins to develop good sportsmanship

Prekindergarten Physical Education

- Engages in physical activities that promote physical fitness and health
- Participates in movement exploration with and without manipulatives
- Develops gross motor movements (jumping, hopping, skipping)
- Demonstrates running
- Participates in rhythmic activities
- Engages in balance activities
- Develops throwing, catching, and kicking skills
- Experiments with jump ropes
- Participates in unstructured and structured activities
- Uses rules and safe practices in physical activities
- Develops good sportsmanship, cooperation, and teamwork

Kindergarten Physical Education

- Develops and uses vocabulary
- Identifies and engages in physical activities that promote physical fitness and health
- Participates in movement with and without manipulatives
- Demonstrates running, hopping, and jumping
- Develops skipping and galloping
- Participates in rhythmic activities
- Performs balance activities
- Demonstrates throwing, catching, and kicking skills
- Develops rope jumping skills
- Participates in unstructured and structured activities
- Participates in swimming
- Begins to understand and demonstrate the need for rules
- Develops good sportsmanship, cooperation, and teamwork
- Uses rules and safe practices in physical activities

First Grade Physical Education

- Develops and uses vocabulary
- Identifies and engages in physical activities that promote physical fitness and health
- Participates in activities with and without manipulatives
- Demonstrates gross motor movements
- Performs balance, agility, cardio, stretching, and strength building activities
- Demonstrates throwing, catching, and kicking skills
- Develops rope jumping skills
- Participates in structured activities
- Begins to participate in team activities
- Participates in swimming
- Understands and demonstrates the need for rules, good sportsmanship, cooperation, and teamwork
- Identifies and uses safe practices

Second Grade Physical Education

- Develops and uses vocabulary
- Identifies and engages in physical activities that promote physical fitness and health
- Participates in activities with and without manipulatives
- Demonstrates gross motor movements
- Performs balance, agility, cardio, stretching, and strength building activities
- Demonstrates throwing, catching, and kicking skills
- Develops rope jumping skills
- Participates in structured activities
- Begins to participate in team activities
- Begins to develop strategies
- Participates in swimming
- Understands and demonstrates the need for rules, good sportsmanship, cooperation, and teamwork
- Identifies and uses safe practices

Third Grade Physical Education

- Develops and uses vocabulary
- Participates in activities using sports equipment
- Performs balance, agility, cardio, stretching, and strength building activities
- Jumps rope
- Demonstrates accurate throwing, catching, and kicking skills
- Participates in structured activities, including team play
- Develops game strategies
- Participates in lead up activities geared toward specific sports
- Participates in swimming
- Understands and demonstrates the need for rules, good sportsmanship, cooperation, and teamwork
- Identifies and uses safe practices

Fourth Grade Physical Education

- Develops and uses vocabulary
- Identifies and engages in physical activities that promote physical fitness and health
- Participates in activities using sports equipment
- Performs balance, agility, cardio, stretching, and strength building activities
- Jumps rope
- Demonstrates accurate throwing, catching, and kicking skills
- Participates in structured activities, including team play
- Develops game strategies
- Participates in lead up activities geared toward specific sports
- Participates in swimming
- Understands and demonstrates the need for rules, good sportsmanship, cooperation, and teamwork
- Identifies and uses safe practices

Fifth Grade Physical Education

- Develops and uses vocabulary
- Identifies and engages in physical activities that promote physical fitness and health
- Participates in activities using sports equipment
- Performs balance, agility, cardio, stretching, and strength building activities
- Jumps rope
- Demonstrates accurate throwing, catching, and kicking skills
- Participates in structured activities, including team play
- Develops game strategies
- Participates in lead up activities geared toward specific sports
- Participates in swimming
- Understands and demonstrates the need for rules, good sportsmanship, cooperation, and teamwork
- Identifies and uses safe practices

Sixth Grade Physical Education

- Develops and uses vocabulary
- Identifies and engages in physical activities that promote physical fitness and health
- Performs balance, agility, cardio, stretching, and strength building activities
- Demonstrates accurate throwing, catching, and kicking skills
- Analyzes and engages in activities that promote personal fitness goals
- Participates in complex games and physical activities, offensive strategies, defensive strategies, and time management
- Participates in structured activities, including team play
- Demonstrates lead-up skills
- Demonstrates rule knowledge and strategy application
- Understands and demonstrates the need for rules, good sportsmanship, cooperation, and teamwork

Seventh Grade Physical Education

- Develops and uses vocabulary
- Identifies and engages in physical activities that promote physical fitness and health
- Performs balance, agility, cardio, stretching, and strength building activities
- Demonstrates accurate throwing, catching, and kicking skills
- Analyzes and engages in activities that promote personal fitness goals
- Participates in complex games and physical activities, offensive strategies, defensive strategies, and time management
- Participates in structured activities, including team play
- Demonstrates lead-up skills
- Demonstrates rule knowledge and strategy application
- Understands and demonstrates the need for rules, good sportsmanship, cooperation, and teamwork

Eighth Grade Physical Education

- Develops and uses vocabulary
- Identifies and engages in physical activities that promote physical fitness and health
- Performs balance, agility, cardio, stretching, and strength building activities
- Demonstrates accurate throwing, catching, and kicking skills
- Analyzes and engages in activities that promote personal fitness goals
- Participates in complex games and physical activities, offensive strategies, defensive strategies, and time management
- Participates in structured activities, including team play
- Demonstrates lead-up skills
- Demonstrates rule knowledge and strategy application
- Understands and demonstrates the need for rules, good sportsmanship, cooperation, and teamwork