

**Diocese of Sioux City**  
**Physical Education Standards and Benchmarks**  
**Grade Level 3-6**

**Standard 1:** Uses a variety of basic and advanced movement forms

**A.** Uses mature form in object control skills

**Vocabulary:**

- object-control skill
- underhand throw
- overhand throw
- catch
- hand dribble
- foot dribble
- kick and strike
- batting
- punt
- pass

**Objective:**

- Manipulative skills

**B.** Uses basic sport-specific skills for a variety of physical activities

**Vocabulary:**

- sport-specific skill
- basketball chest pass
- soccer dribble
- fielding
- softball
- glove

**Objective:**

- Manipulative skills
- Game skills

**C.** Uses mature form and appropriate sequence in combinations of fundamental locomotor, object control, and rhythmical skills that are components of selected modified games, sports, and dances

**Vocabulary:**

- Sequence
- locomotor skill
- object-control skill
- rhythmical skill
- game
- sport
- dance
- step
- running
- stopping
- throwing
- shooting

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- kicking
- sideline soccer

**Objective:**

- Locomotor skills
- Manipulative skills
- Rhythm
- Dance
- Game skills

**D.** Uses mature form in balance activities on a variety of apparatuses

**Vocabulary:**

- balance activity
- balance board
- large apparatus
- skate

**Objective:**

- Balance

**E.** Uses beginning strategies for net and invasion games

**Vocabulary:**

- net and invasion game
- striking pattern
- ball
- racket sport
- hand and foot dribble
- stealing the ball
- basketball
- opponent

**Objective:**

- Game strategies

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**Standard 2:** Uses movement concepts and principles in the development of motor skills

**A.** Uses information from a variety of internal and external sources to improve performance

**Vocabulary:**

- internal source
- external source
- performance
- group project
- student journal
- self-assessment
- peer review
- coach review

**Objective:**

- Practice and improvement
- Assessment

**B.** Understands principles of practice and conditioning that improve performance

**Vocabulary:**

- Practice
- Conditioning
- performance

**Objective:**

- Practice and improvement
- Training and conditioning

**C.** Understands proper warm-up and cool-down techniques and reasons for using them

**Vocabulary:**

- warm-up
- cool-down

**Objective:**

Training and conditioning

**D.** Uses basic offensive and defensive strategies in unstructured game environments

**Vocabulary:**

- offensive strategy
- defensive strategy
- game
- rule
- participant

**Objective:**

- Game strategies

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**Standard 3:** Understands the benefits and costs associated with participation in physical activity

**A.** Knows about opportunities for participation in physical activities both in and out of school

**Vocabulary:**

- physical activity
- recreational league
- intramural sport
- club

**Objective:**

- Types of physical activity
- Opportunities for physical activity

**B.** Chooses physical activities based on a variety of factors

**Vocabulary:**

- physical activity
- personal interest
- capability
- challenge

**Objective:**

- Types of physical activity
- Benefits of fitness

**C.** Knows factors that inhibit physical activity

**Vocabulary:**

- physical activity
- substance abuse

**Objective:**

- Healthy habits

**D.** Knows how to modify activities to be more health enhancing

**Vocabulary:**

- health-enhancing
- walking
- riding

**Objective:**

- Types of physical activity
- Healthy habits

**E.** Understands detrimental effects of physical activity

**Vocabulary:**

- detrimental effect
- physical activity
- muscle soreness

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- overuse injury
- over-training
- temporary tiredness
- inability

**Objective:**

- Effects of physical activity

**F. Understands activities that provide personal challenge**

**Vocabulary:**

- personal challenge
- risk-taking
- adventure
- competitive activity

**Objective:**

- Types of physical activity

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**Standard 4:** Understands how to monitor and maintain a health-enhancing level of physical fitness

**A.** Engages in activities that develop and maintain cardiorespiratory endurance

**Vocabulary:**

- endurance activity
- cardiorespiratory endurance
- timed walk/run
- distance walk/run
- heart rate

**Objective:**

- Cardiorespiratory fitness

**B.** Engages in activities that develop and maintain muscular strength

**Vocabulary:**

- Activity
- muscular strength
- push-up
- pull-up
- curl-up
- isometric strength activity
- jump rope

**Objective:**

- Muscular strength and endurance

**C.** Engages in activities that develop and maintain flexibility of the major joints

**Vocabulary:**

- Activity
- Flexibility
- Joint
- sit and reach
- trunk twist
- arm-shoulder stretch

**Objective:**

- Flexibility

**D** Knows the effects of physical activity and nutrition on body composition

**Vocabulary:**

- physical activity
- nutrition
- body composition

**Objective:**

- Effects of physical activity
- Body composition
- Healthy habits

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**E. Knows how to monitor intensity of exercise**

**Vocabulary:**

- Intensity
- Exercise
- heart rate
- breathing rate
- perceived exertion
- recovery rate

**Objective:**

- Measures of fitness
- Effects of physical activity

**F. Meets health-related fitness standards for appropriate level of a standardized physical fitness test**

**Vocabulary:**

- fitness standard
- physical-fitness test
- aerobic capacity
- body composition
- muscle strength
- endurance
- flexibility

**Objective:**

- Cardiorespiratory fitness
- Muscular strength and endurance
- Body composition
- Flexibility
- Evaluation of fitness

**G. Knows the characteristics of a healthy lifestyle**

**Vocabulary:**

- Lifestyle
- physical activity
- proper nutrition

**Objective:**

- Healthy habits

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**H.** Uses information from fitness assessments to improve selected fitness components

**Vocabulary:**

- fitness assessment
- fitness component
- cardiorespiratory endurance
- muscular strength
- muscular endurance
- flexibility
- body composition

**Objective:**

- Cardiorespiratory fitness
- Muscular strength and endurance
- Body composition
- Flexibility
- Evaluation of fitness
- Improvement and goal-setting

**I.** Participates in moderate to vigorous physical activity in a variety of settings

**Vocabulary:**

- physical activity
- gymnastics club
- community
- sport

**Objective:**

- Types of physical activity
- Opportunities for physical activity



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**Standard 5:** Understands the social and personal responsibility associated with participation in physical activity

**A.** Knows how to develop rules, procedures, and etiquette that are safe and effective for specific activity situations

**Vocabulary:**

- Rule
- Procedure
- Etiquette
- activity

**Objective:**

- Rules for safety

**B.** Works in a group to accomplish a set goal in both cooperative and competitive activities

**Vocabulary:**

- Group
- Goal
- cooperative activity
- competitive activity

**Objective:**

- Team play
- Cooperation and respect

**C.** Understands the role of physical activities in learning more about others of like and different backgrounds

**Vocabulary:**

- physical activity
- background
- gender
- culture
- ethnicity
- disability

**Objective:**

- Diversity of individuals

**D.** Understands the physical challenges faced by people with disabilities

**Vocabulary:**

- physical challenge
- disability
- wheelchair basketball
- dancing
- hearing disability

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**Objective:**

- Diversity of individuals

**E. Grade Level Benchmark:** Understands the origins of different sports and how they have evolved

**Vocabulary:**

- Origin
- sport

**Objective:**

- Sport
- Society
- Culture