

Diocese of Sioux City
Physical Education Standards and Benchmarks
Grade Level PK - 2

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

A. Uses a variety of basic locomotor movements

Vocabulary:

- locomotor movement
- running
- skipping
- hopping
- galloping
- sliding

Objective:

- Locomotor skills

B. Uses a variety of basic non-locomotor skills

Vocabulary:

- non-locomotor skill
- bending
- twisting
- stretching
- turning
- lifting

Objective:

- Body awareness
- Nonlocomotor skills
- Personal Space

C. Uses a variety of basic object control skills

Vocabulary:

- object-control skill
- underhand throw
- overhand throw
- catch
- hand dribble
- foot dribble
- kick and strike
- ball
- basketball
- softball
- catch

Objective:

- Manipulative skills

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D. Uses simple combinations of fundamental movement skills

Vocabulary:

- movement skill
- locomotor skill
- non-locomotor skill
- object-control skill
- body control
- rhythmical skill

Objective:

- Locomotor skills
- Nonlocomotor skills
- Manipulative skills
- Body awareness
- Rhythm

E. Uses control in weight-bearing activities on a variety of body parts

Vocabulary:

- weight-bearing activity
- jumping
- landing
- take-off

Objective:

- Locomotor skills

F. Uses control in balance activities on a variety of body parts

Vocabulary:

- balance activity
- headstand travel activity
- backward
- direction
- rhythm
- traveling pattern

Objective:

- Nonlocomotor skills
- Balance
- Speed
- Force
- Flow
- Rhythm
- Balance

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G. Uses control in travel activities on a variety of body parts

Vocabulary:

- travel activity
- backward
- direction
- rhythm
- traveling pattern

Objective:

- Speed
- Force
- Flow
- Rhythm
- Balance

H. Uses smooth transitions between sequential motor skills

Vocabulary:

- transition
- motor skill

Objective:

- Speed
- Force
- flow

I. Uses locomotor skills in rhythmical patterns

Vocabulary:

- locomotor skill
- rhythmical pattern

Objective:

- Locomotor skills
- Speed
- Force
- Flow
- Rhythm

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

A. Grade Level Benchmark: Understands a vocabulary of basic movement concepts

Vocabulary:

- movement concept
- personal space
- level
- speed
- weight
- balance
- twist

Objective:

- Space awareness
- Balance
- Speed
- Force
- flow

B. Grade Level Benchmark: Understands terms that describe a variety of relationships with objects

Vocabulary:

- object
- over
- under
- behind
- alongside
- through

▪ **Objective:**

- Space awareness

C. Grade Level Benchmark: Uses concepts of space awareness and movement control with a variety of basic skills while interacting with others

Vocabulary:

- space awareness
- movement control
- running
- hopping
- skipping

Objective:

- Space awareness
- Locomotor skills

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D. Grade Level Benchmark: Understands the critical elements of a variety of basic movement patterns such as throwing

Vocabulary:

- movement pattern
- throwing
- ready position
- arm preparation
- throwing arm
- follow-through

Objective:

- Manipulative skills

E. Grade Level Benchmark: Understands the importance of practice in learning skills

Vocabulary:

- Practice
- skill

Objective:

- Practice and improvement

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

A. Grade Level Benchmark: Understands the health benefits of physical activity

Vocabulary:

- health benefit
- physical activity
- good health
- physical endurance

Objective:

- Benefits of fitness
- Effects of physical activity

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

A. Grade Level Benchmark: Engages in basic activities that cause cardiorespiratory exertion)

Vocabulary:

- Activity
- cardiorespiratory exertion
- running
- galloping
- skipping
- hopping
- exercise

Objective:

- Cardiorespiratory fitness

B. Knows how to measure cardiorespiratory fitness

Vocabulary:

- cardiorespiratory fitness
- heartbeat
- pulse rate

Objective:

- Measures of fitness
- Cardiorespiratory fitness

C Knows the physiological indicators that accompany moderate to vigorous physical activity

Vocabulary:

- physiological indicator
- perspiration
- increased heart rate
- breathing rate
- physical activity

Objective:

- Measures of fitness
- Effects of physical activity

D. Engages in activities that develop muscular strength and endurance

Vocabulary:

- Activity
- muscular strength
- muscular endurance
- climbing

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- hanging
- weight

Objective:

- Muscular strength and endurance

E. Engages in activities that require flexibility

Vocabulary:

- Activity
- Flexibility
- sit-and-reach position
- joint
- range of motion

Objective:

- Flexibility

F. Knows similarities and differences in body height, weight, and shape

Vocabulary:

- Height
- Weight
- body shape

Objective:

- Body composition

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

A. Follows rules and procedures with little reinforcement

Vocabulary:

- Rule
- Procedure
- Playground
- Classroom
- gymnasium

Objective:

- Rules for safety

B. Uses equipment and space safely and properly

Vocabulary:

- equipment

Objective:

- Rules for safety

C. Understands the purpose of rules in games

Vocabulary:

- game rule
- game

Objective:

- Rules for safety

D. Understands the social contributions of physical activity

Vocabulary:

- physical activity
- cooperation
- team sport

Objective:

- Cooperation and respect
- Team play

E. Works cooperatively with another to complete an assigned task

Vocabulary:

- Cooperation
- take turn
- player

Objective:

- Cooperation and respect

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F. Understands the elements of socially acceptable conflict resolution in physical activity settings

Vocabulary:

- conflict resolution
- physical activity
- cooperation
- sharing
- consideration

Objective:

- Conflict resolution
- Cooperation and respect

G. Understands the importance of playing, cooperating, and respecting others regardless of personal differences

Vocabulary:

- play
- cooperation
- respect
- gender
- ethnicity
- disability
- physical activity

Objectives:

- Cooperation and respect