

Physical Education – grades K - 2
Hartley-Melvin-Sanborn CSD
Grade Level/Course Benchmarks

Standard 1

- K-2.1 Uses a variety of basic and non-basic locomotor skills.
- K-2.2 Uses a variety of basic object control skills (throwing, catching, dribbling, kicking, and striking).
- K-2.3 Achieve good body control for safe play in starting, stopping, move on signal, changing directions, and moving through general space without touching anyone or any obstacle.
- K-2.4 Respond to a rhythmic beat while moving, using various movement patterns.
- K-2.5 Demonstrate self-expressive movement in response to various rhythmic stimuli.

Standard 2

- K-2.6 Knows the difference between short term and long term workouts.
- K-2.7 Understands the physical signs of a workout (ex. Sweating, increased heart rate.)
- K-2.8 Understands terms such as flexibility, endurance, and muscular strength.

Standard 3

- K-2.9 Understands the need for exercise.
- K-2.10 Understands the health benefits of physical activity.
- K-2.11 Knows about different options to participate in and out of school.

Standard 4

- K-2.12 Exercises through play and group games to increase strength, endurance and flexibility.
- K-2.13 Engages in basic activities that cause an increase in heart rate.
- K-2.14 Knows how to measure heart rate.
- K-2.15 Understands how different body sizes influence fitness levels.

Standard 5

- K-2.16 Follows rules and procedures.
- K-2.17 Understands the purpose for rules.
- K-2.18 Uses equipment and space properly.
- K-2.19 Works cooperatively with others.
- K-2.20 Understands why safety is important.