

ELEM

**Personal Social Responsibility**  
**Clarifying Objectives**

Essential Standard	Clarifying Objectives
K.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.K.PR.4.1 Use basic strategies and concepts for working cooperatively in group settings.
	PE.K.PR.4.2 Understand how social interaction can make activities more enjoyable.
	PE.K.PR.4.3 Use safe practices when engaging in physical education activities.
1.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.1.PR.4.1 Use basic strategies and concepts for working cooperatively in group settings.
	PE.1.PR.4.2 Understand how social interaction can make activities more enjoyable.
	PE.1.PR.4.3 Use safe practices when engaging in physical education activities.
2.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.2.PR.4.1 Explain the value of working cooperatively in group settings.
	PE.2.PR.4.2 Summarize the benefits of positive social interaction to make activities more enjoyable.
	PE.2.PR.4.3 Use safe practices when engaging in physical education activities with little or no prompting.
3.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.3.PR.4.1 Use self-control to demonstrate personal responsibility and respect for self and others.
	PE.3.PR.4.2 Use cooperation and communication skills to achieve common goals.
	PE.3.PR.4.3 Explain the importance of working productively with others.
4.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.4.PR.4.1 Use self-control through structure, expectations, and engagement to demonstrate personal responsibility and respect for self and others.
	PE.4.PR.4.2 Use cooperation and communication skills to achieve common goals.
	PE.4.PR.4.3 Understand the importance of culture and ethnicity in developing self-awareness and working productively with others.
5.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.5.PR.4.1 Use self-control to work independently in developing responsibility and respect for self and others.
	PE.5.PR.4.2 Use cooperation and communication skills to achieve common goals.
	PE.5.PR.4.3 Understand the importance of culture and ethnicity in developing self-awareness and working productively with others.

MOVEMENT ENCEPI

Essential Standard		Clarifying Objectives
K.MC.2	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	PE.K.MC.2.1 Understand the meaning of words and terms associated with movement.
		PE.K.MC.2.2 Identify one or more of the essential elements of correct form for the five fundamental manipulative skills.
		PE.K.MC.2.3 Use teacher feedback to improve basic motor performance.
		PE.K.MC.2.4 Illustrate activities that increase heart rate.
1.MC.2	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	PE.1.MC.2.1 Use movement and manipulative skills involving equipment.
		PE.1.MC.2.2 Illustrate two or more of the essential elements of correct form for the five fundamental manipulative skills.
		PE.1.MC.2.3 Understand how to use teacher and peer feedback to improve basic motor performance.
		PE.1.MC.2.4 Illustrate activities that increase heart rate and make muscles strong.
2.MC.2	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	PE.2.MC.2.1 Use equipment to illustrate multiple movement concepts.
		PE.2.MC.2.2 Compare three or more of the essential elements of correct form for the five fundamental manipulative skills.
		PE.2.MC.2.3 Explain the value of feedback in improving motor performance.
		PE.2.MC.2.4 Illustrate activities that are associated with three or more of the five components of health-related fitness.
3.MC.2	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	PE.3.MC.2.1 Illustrate how practice, attention, and effort are required to improve skills.
		PE.3.MC.2.2 Integrate the essential elements of correct form for the five fundamental manipulative skills.
		PE.3.MC.2.3 Evaluate individual skills using a rubric based on critical cues.
		PE.3.MC.2.4 Illustrate a variety of activities that are associated with four or more of the five components of health-related fitness.
4.MC.2	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	PE.4.MC.2.1 Apply basic concepts of movement to improve individual performance.
		PE.4.MC.2.2 Apply elements of form or motor development principles to help others improve their performance.
		PE.4.MC.2.3 Evaluate skills in a game situation using a rubric based on critical concepts.
		PE.4.MC.2.4 Classify examples of health-related fitness into the five components.
5.MC.2	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	PE.5.MC.2.1 Select scientific principles and/or concepts that have an effect on the quality of complex movement.
		PE.5.MC.2.2 Evaluate movement and game skills in order to provide feedback that will lead to improvement.
		PE.5.MC.2.3 Identify basic offensive and defensive strategies in modified game situations.
		PE.5.MC.2.4 Analyze the five components of health-related physical fitness in terms of their relationship to various activities.

**ELEM MOTOR SKILLS**

**Clarifying Objectives**

Essential Standard	Clarifying Objectives
<b>K.MS.1</b> Apply competent motor skills and movement patterns needed to perform a variety of physical activities.	<p>PE.K.MS.1.1 Execute recognizable forms of the basic locomotor skills</p> <p>PE.K.MS.1.2 Use recognizable forms of the basic manipulative skills.</p> <p>PE.K.MS.1.3 Create transitions between sequential locomotor skills.</p> <p>PE.K.MS.1.4 Use non-locomotor and locomotor skills in response to even and uneven rhythms in order to integrate beat awareness.</p>
<b>1.MS.1</b> Apply competent motor skills and movement patterns needed to perform a variety of physical activities.	<p>PE.1.MS.1.1 Execute recognizable forms of all eight basic locomotor skills in different pathways, levels, or directions.</p> <p>PE.1.MS.1.2 Use recognizable forms of the five basic manipulative skills.</p> <p>PE.1.MS.1.3 Generate smooth transitions between sequential locomotor skills.</p> <p>PE.1.MS.1.4 Use non-locomotor and locomotor skills in a variety of pathways, in different directions, and at different levels in response to music.</p>
<b>2.MS.1</b> Apply competent motor skills and movement patterns needed to perform a variety of physical activities.	<p>PE.2.MS.1.1 Execute combinations of locomotor skills in different pathways, levels, or directions.</p> <p>PE.2.MS.1.2 Execute a variety of manipulative skills while maintaining good balance and follow-through.</p> <p>PE.2.MS.1.3 Generate smooth and timely transitions between sequential locomotor skills.</p> <p>PE.2.MS.1.4 Apply non-locomotor movements with locomotor patterns and levels in a variety of movement sequences.</p>
<b>3.MS.1</b> Apply competent motor skills and movement patterns needed to perform a variety of physical activities.	<p>PE.3.MS.1.1 Execute combinations of simple locomotor skills and manipulative skills.</p> <p>PE.3.MS.1.2 Apply basic manipulative skills while moving/traveling.</p> <p>PE.3.MS.1.3 Execute mature form when combining locomotor skills with changes in direction.</p> <p>PE.3.MS.1.4 Use variations of different locomotor skills with rhythmic patterns and smooth transitions.</p>
<b>4.MS.1</b> Apply competent motor skills and movement patterns needed to perform a variety of physical activities.	<p>PE.4.MS.1.1 Execute combinations of more complex locomotor skills and manipulative skills in various physical activity settings.</p> <p>PE.4.MS.1.2 Create movement skill sequences commonly associated with various sports and activities.</p> <p>PE.4.MS.1.3 Implement changes in speed during straight, curved, and zigzag pathways to open and close space using locomotor and manipulative skills.</p> <p>PE.4.MS.1.4 Identify tempo in slow and fast rhythms.</p>
<b>5.MS.1</b> Apply competent motor skills and movement patterns needed to perform a variety of physical activities.	<p>PE.5.MS.1.1 Execute combinations of more complex locomotor skills and manipulative skills specific to individual, dual, and team activities.</p> <p>PE.5.MS.1.2 Use increasingly complex skills with power and accuracy.</p> <p>PE.5.MS.1.3 Illustrate mature form in combining locomotor and manipulative skills for traditional and non-traditional activities.</p> <p>PE.5.MS.1.4 Create movement sequences that are smooth and fluid and have several different rhythmic patterns.</p>

TALLY SHEET FOR ASSESSMENT

(III) Health-Related Fitness

ELEM

Essential Standard		Clarifying Objectives
K.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.K.HF.3.1 Recognize one or more of the five health-related fitness assessments and the associated exercises.
		PE.K.HF.3.2 Identify opportunities for increased physical activity.
		PE.K.HF.3.3 Select moderate-to-vigorous physical activity (MVPA) and sustain for periods of accumulated time.
1.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.1.HF.3.1 Recognize two or more of the five health-related fitness assessments and the associated exercises.
		PE.1.HF.3.2 Select physical activities based on one's interests and physical development.
		PE.1.HF.3.3 Contrast moderate physical activity and vigorous physical activity.
2.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.2.HF.3.1 Recognize three or more of the five health-related fitness assessments and the associated exercises.
		PE.2.HF.3.2 Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.
		PE.2.HF.3.3 Implement a weekly plan of moderate to vigorous activity that increases breathing and heart rate.
3.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.3.HF.3.1 Summarize four or more of the five health-related fitness assessments and the associated exercises.
		PE.3.HF.3.2 Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.
		PE.3.HF.3.3 Implement moderate to vigorous physical activities that increase breathing and heart rate, at least four to seven times each week, for increasing periods of time.
4.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.4.HF.3.1 Understand why and how to complete a valid and reliable health-enhancing pre- and post-fitness assessment, including monitoring of the heart.
		PE.4.HF.3.2 Evaluate oneself in terms of the five recommended behaviors for obesity prevention.
		PE.4.HF.3.3 Use physiological indicators to adjust physical activity.
5.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.5.HF.3.1 Understand how to achieve the gender- and age-related health-related physical fitness standards defined by an approved fitness assessment.
		PE.5.HF.3.2 Implement strategies to achieve health-related physical fitness.
		PE.5.HF.3.3 Select physical activities that develop/maintain each of the five components of health-related fitness.