

# Overview of PE Standards and Subtopics

## 1A Motor Skills (1.1-1.5)

Locomotor and non-locomotor Skills  
Agility, balance, coordination  
Dance

## 1B Manipulative Skills (1.6-1.15)

Throwing/Catching  
Soccer  
Striking and fielding/Pickleball/Tennis  
Basketball

## 2 Movement Concepts and Strategies (2.1- 2.3)

Moving to open space and reducing open space  
Using appropriate speed, direction, and force  
Offensive and defensive strategies

## 3 Physical Activity and Fitness (3.1-3.8)

Engage in physical education class  
Proper form  
Cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, body composition  
Risks associated with physical inactivity  
Health and nutrition

## 4 Responsible Behavior (4.1-4.5)

Provide and apply feedback  
Cooperate and use conflict resolution skills

## 5 Value of Physical Activity (5.1-5.3)

Development of confidence, self-expression, and positive social interactions