



# LARAMIE COUNTY SCHOOL DISTRICT 2

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*Students First*

## Physical Education Curriculum

**Approved by the Laramie County School District #2  
Board of Trustees**

**June, 2015**

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## Acknowledgements

Laramie County School District #2 would like to acknowledge the following people for their dedication support, and hard work put forth during the development of this curriculum:

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## Introduction

The purpose of Laramie County School District #2's Physical Education (PE) Curriculum is to provide a clear, organized framework on which to build instruction in the classroom. The curriculum includes clear outcomes and components of these outcomes which further clarify the skills necessary to achieve each outcome. Each outcome also describes the depth of knowledge and level of rigor required for students to demonstrate their conceptual understanding of the knowledge and skills outlined in the curriculum.

The *Outcomes and Components* are **grade-level specific**. These have been carefully aligned to the state standards and teachers are expected to align their instruction to these. Outcomes express the essential learning that all students in the grade level must know or be able to demonstrate in the content area. They make connections among separate concepts or skills described in the components. Outcomes require high cognitive levels and direct assessment. Components state simple and complex concepts or skills that students must know or do in order to perform each outcome. All outcomes and components are to be included within the course of instruction for the year. Assessments will be written at the outcome level.

Each outcome has been assigned a code number consisting of symbols for content area, grade level or course, and outcome number. In the example shown below, PE stands for Physical Education (content area) – K stands for kindergarten (grade) – 2 symbolizes that it is the second outcome in this grade level.

### Example:

**PE-K-2 Students will throw an object to hit a target at least five feet away. (PE2.1.3; PE.2.1.4)**

PE-K-2-1      Throw an object starting had next to ear with a smooth forward motion.  
PE-K-2-2      Demonstrate stepping with opposite foot from throwing hand.

Each component has also been given a code number consisting of symbols for the content area, grade level or course, outcome number, and component number. In the example shown above, PE stands for Physical Education (content area) – K stands for kindergarten (grade) – 2 stands for the outcome number – and 2 symbolizes that it is the second component of the outcome.

At the end of each component or outcome, the code number in parentheses indicates the Wyoming Content and Performance Standard to which it aligns and includes the grade level, standard, and benchmark number. In the above example, PE stands for Physical Education, 2 represents that it is second grade level, 1 stands for the standard number, and 3 stands for the benchmark under the standard. The complete Wyoming Physical Education Content and Performance Standards document can be found on the Wyoming Department of Education web site at [edu.wyoming.gov](http://edu.wyoming.gov).

The Physical Education Subject Area Committee (SAC) performed a careful analysis of alignment between the previous years' PE instruction and the current Wyoming Physical Education Content and Performance Standards adopted in 2013. Based on this analysis, an aligned curriculum was developed to fit the needs of students and include the required state standards.

There are many steps to the curriculum implementation process. The draft curriculum was implemented during the 2014-15 school year. During that time, teachers provided feedback to validate the draft curriculum. Based on teacher feedback, the SAC made revisions as they deemed necessary and finalized the curriculum. During the 2015-16 school year, the SAC will select aligned resources and develop common outcome assessments. The following year, 2016-17, teachers will use the assessments and provide feedback to validate. The SAC will make revisions and finalize the assessments. The curriculum and assessments will be fully implemented for several years before the curriculum development process begins again approximately eight years later.

## **Mission**

The LCSD2 physical education student will develop, apply, and demonstrate a variety of healthy living practices and skills while working cooperatively with others to promote lifelong enjoyment.

## **Course/Grade Level Purposes**

### **Kindergarten**

Students will demonstrate locomotor skills in a physical activity setting.

### **First Grade**

Students will apply locomotor, body control, and manipulative skills while moving safely in the environment.

### **Second Grade**

Students will evaluate the health benefits of physical activity. Students will apply body control skills while engaging in simple activities.

### **Third Grade**

Students will integrate manipulative skill accuracy in a controlled setting.

### **Fourth Grade**

Students will demonstrate a combination of manipulative, locomotor, and body control skills in changing settings.

### **Fifth Grade**

Students will integrate sportsmanship and teamwork strategies in a variety of physical activities.

### **Sixth Grade**

Students will exhibit principles of fair play while performing team activities.

### **Seventh Grade**

Students will participate, apply skills, and create strategies in a changing environment.

### **Eighth Grade**

Students will participate, apply skills, and create strategies in a changing environment.

### **High School PE**

Students will develop self-expression and communicate effectively in an open environment. They will differentiate and apply advanced rules and strategies of game play.

### **Lifetime Sports**

Students will apply rules and skills of selected sports/activities to individual and dual competitive settings. Students will also participate in selected individual and dual sports/activities, creating and adapting strategies to the specific sport or activity.

### **Sports Skills**

Students will apply rules and skills of selected sports/activities to a team competitive setting. Students will also participate in the selected team sports/activities creating an adapting strategies to the specific sport or activity.

### **Weights and Conditioning**

Students will successfully and safely increase in muscular strength, endurance, and flexibility through a variety of resistance and cardio activities.

## Kindergarten

### **Outcome PE-K-1:**

**Students will demonstrate the correct form of the loco-motor skills of skipping, galloping, sliding, leaping, and running. (PE2.1.1, PE2.1.5)**

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|----------|--|
| PE-K-1-1 | Identify and demonstrate skipping by hopping from one foot to another while moving from one area to another area in the gym. Galloping – The student will demonstrate the ability to gallop from one area to another using lead leg/trail leg concept. |
| PE-K-1-2 | Identify and demonstrate galloping from one area to another using lead leg/trail leg concept.  |
| PE-K-1-3 | Identify and demonstrate sliding from one area to another using lead leg/trail leg concept using different directions of movement.   |
| PE-K-1-4 | Identify and demonstrate leaping from one area to another using lead leg/trail leg concept and changing height and distance.   |
| PE-K-1-5 | Identify and demonstrate running from one area to another using a good running form.   |

### **Outcome PE-K-2:**

**Students will throw an object to hit a target at least five feet away. (PE.2.1.3; PE.2.1.4)**

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|----------|--|
| PE-K-2-1 | Throw an object starting with hand next to ear with a smooth forward motion.                 |
| PE-K-2-2 | Demonstrate stepping with opposite foot from throwing hand.                                  |
| PE-K-2-3 | Demonstrate ability to direct force of throw toward target.                                  |
| PE-K-2-4 | Demonstrate ability to hit a target five feet away two out of five times using correct form. |

### **Outcome P-K-3:**

**Students will demonstrate the ability to catch a bounced ball. (PE.2.1.7)**

- |          |   |
|----------|---|
| PE-K-3-1 | Show correct form of catching with hands forming a triangle in front of eyes. |
| PE-K-3-2 | Demonstrate catching stance with feet shoulder width apart even or staggered. |
| PE-K-3-3 | Demonstrate catching form of eyes on thrower then on object.                  |
| PE-K-3-4 | Catch a bounced ball incorporating all components of catching form.           |

### **Outcome PE-K-4:**

**Students will kick a ball forward hitting a target five feet away two out of five times. (PE.2.1.3; PE.2.1.7)**

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|----------|--|
| PE-K-4-1 | Kick a ball using foot contact with the toe and smooth forward motion.           |
| PE-K-4-2 | Demonstrate skill of keeping eye on the ball until making contact with the foot. |
| PE-K-4-3 | Kick a ball accurately hitting a target five feet away two out of five times.    |

**Outcome PE-K-5:**

**Students will trap a ball with foot rolled from a target five feet away two out of five times. (PE.2.1.3; PE.2.1.7)**

- |          |  |
|----------|--|
| PE-K-5-1 | Keep eye on the ball until contact is made with foot.        |
| PE-K-5-2 | Apply force to the top of the rolled ball.                   |
| PE-K-5-3 | Trap a ball rolled from five feet away two out of five times |

**Outcome PE-K-6:**

**Students will volley a balloon in the air three consecutive times. (PE.2.1.3; PE.2.1.7)**

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|----------|--|
| PE-K-6-1 | Keep eyes on the balloon until contact with hands.   |
| PE-K-6-2 | Place hands in front of eyes.  |
| PE-K-6-3 | Demonstrate feet shoulder width apart and in staggered stance.   |
| PE-K-6-4 | Demonstrate movement to the balloon until contact is made.   |
| PE-K-6-5 | Volley a balloon three consecutive times keeping eyes on balloon, hands in front of eyes, feet shoulder with apart and staggered, and moving to the balloon. |

**Outcome PE-K-7:**

**Students will demonstrate body control during selected games and activities. (PE2.1.2)**

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|----------|---|
| PE-K-7-1 | Move by self in different directions.   |
| PE-K-7-2 | Move with a group of students in different directions.  |
| PE-K-7-3 | Move in sync with a group of students in different directions without making contact with others. |

**Outcome PE-K-8:**

**Students will demonstrate safe practices and good sportsmanship during organized games and activities. (PE2.3.1, PE2.3.2)**

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|----------|--|
| PE-K-8-1 | Participate in selected games and activities by following the established rules. |
| PE-K-8-2 | Demonstrate responsible behavior during activities.                              |
| PE-K-8-3 | Show good sportsmanship during games and activities.                             |



## First Grade

### **Outcome PE-1-1:**

**Students will perform leaping, hopping, jumping, and sliding while moving safely in the environment.** (PE.2.1.5, PE.2.1.1)

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|----------|---|
| PE-1-1-1 | Perform continuous leaping from one line in the gym to the other.                                       |
| PE-1-1-2 | Demonstrate continuous hopping from one line in the gym to the other.                                   |
| PE-1-1-3 | Show a continuous jump from one line in the gym to the other.   |
| PE-1-1-4 | Perform the slide from one line in the gym to the other.  |
| PE-1-1-5 | Demonstrate locomotor (leaping, hopping, jumping, sliding) movements while moving on a line in the gym. |

### **Outcome PE-1-2:**

**Students will show body control (balancing, stretching, transferring weight, landing) in a changing environment.** (PE.2.2.1, PE.2.1.6)

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|----------|--|
| PE-1-2-1 | Balance on one foot for five seconds.  |
| PE-1-2-2 | Perform stretching before, during, and after fitness activities.   |
| PE-1-2-3 | Apply transferring of weight during running, leaping, and climbing activities.                           |
| PE-1-2-4 | Execute landing on two feet from a minimum height of one foot.   |
| PE-1-2-5 | Demonstrate body control skills (balancing, stretching, transferring weight, landing) during a tag game. |

### **Outcome PE-1-3:**

**Students will perform over-hand throwing to a target eight feet away in a controlled environment.** (PE.2.1.3, PE.2.1.4, PE.2.1.7, PE.2.1.8)

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|----------|--|
| PE-1-3-1 | Throw a ball demonstrating arm behind head technique.  |
| PE-1-3-2 | Throw a ball performing the step forward with the opposite foot technique.   |
| PE-1-3-3 | Throw a ball executing follow through technique.   |
| PE-1-3-4 | Execute a throw demonstrating arm behind head, step forward with opposite foot, and follow through techniques to a target 8 feet away. |

### **Outcome PE-1-4:**

**Students will perform proper catching technique in a controlled environment.** (PE.2.1.3,



PE.2.1.7)

- PE-1-4-1 Display the fingers spread apart in a triangle catching technique.
- PE-1-4-2 Perform a catch keeping eyes on the ball until caught.
- PE-1-4-3 Perform a catch with fingers in a triangle catching the ball with the finger tips.
- PE-1-4-4 Demonstrate catching a bounced ball from a distance of five feet exhibiting triangle, eyes, fingertip techniques.

**Outcome PE-1-5:**

**Students will perform trapping a ball with one foot in a controlled environment.** (PE.2.1.3, PE.2.1.7)

- PE-1-5-1 Track a ball with the eyes for a distance of ten feet.
- PE-1-5-2 Stop a ball from a distance of ten feet using the bottom of the shoe to stop the ball.
- PE-1-5-3 Demonstrate cooperation with partner by passing the ball back and forth utilizing proper trapping technique.
- PE-1-5-4 Demonstrate a proper trap on ball rolled from a distance of ten feet.

**Outcome PE-1-6:**

**Students will perform volleying an object a minimum of five times in a controlled environment.** (PE.2.1.3, PE.2.1.7, PE.2.1.4, PE.2.1.8)

- PE-1-6-1 Track an object with the eyes.
- PE-1-6-2 Use a variety of body parts to make contact with the object.
- PE-1-6-3 Perform a proper volley with an object a minimum of five times.

**Outcome PE-1-7:**

**Students will perform dribbling a ball demonstrating proper technique in a controlled environment.** (PE.2.1.3, PE.2.1.4)

- PE-1-7-1 Bounce a ball using the finger tips to make contact with the ball.
- PE-1-7-2 Bounce a ball using only one hand at a time to make contact with the ball.
- PE-1-7-3 Dribble a ball using the fingertips of one hand at a time to make contact with the ball while standing still.

**Outcome PE-1-8:**

**Students will perform kicking a stationary ball a minimum of fifteen feet in a controlled environment.** (PE.2.1.3, PE.2.1.4, PE.2.1.7, PE.2.1.8)

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|----------|---|
| PE-1-8-1 | Execute a step next to the ball with the non-kicking foot.                        |
| PE-1-8-2 | Display keeping the eyes on the ball technique.                                   |
| PE-1-8-3 | Perform a kick using the inside of the foot.                                      |
| PE-1-8-4 | Execute a proper kick with enough force to move a ball a minimum of fifteen feet. |

**Outcome PE-1-9:**

**Students will identify the fitness components (cardiovascular endurance, body composition, muscular endurance, muscular strength, flexibility).** (PE.2.2.1, PE.2.2.3, PE.2.2.4)

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|----------|------------------------------------|
| PE-1-9-1 | Describe cardiovascular endurance. |
| PE-1-9-2 | Define body composition.           |
| PE-1-9-3 | Define muscular endurance.         |
| PE-1-9-4 | Define muscular strength.          |
| PE-1-9-5 | Describe flexibility.              |
| PE-1-9-6 | Compare the fitness components.    |

## Second Grade

### **Outcome PE-2-1:**

**Students will identify the health benefits of fitness activities.** (PE2.2.1, PE2.2.2, PE2.2.3, PE2.2.4)

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|----------|--|
| PE-2-1-1 | Identify components of FITT principle (frequency, intensity, time, type).  |
| PE-2-1-2 | List five various fitness activities to participate in for health benefits.  |
| PE-2-1-3 | Analyze the benefits of participating in physical activities.  |
| PE-2-1-4 | List examples of activities that utilize muscular strength and endurance, cardiovascular endurance, flexibility, and body composition. |

### **Outcome PE-2-2:**

**Students will demonstrate body control during fitness activities.** (PE2.1.1, PE2.1.2, PE2.1.3, PE2.1.4)

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|----------|--|
| PE-2-2-1 | Demonstrate space awareness during various activities.   |
| PE-2-2-2 | Apply fleeing and chasing applications during various activities.  |
| PE-2-2-3 | Demonstrate and modify dodging, twisting, and turning applications during various activities.                |
| PE-2-2-4 | Perform and demonstrate a variety of combinations of rolling and balancing skills during various activities. |
| PE-2-2-5 | Exhibit proper landing techniques during various games and/or activities.                                    |

### **Outcome PE-2-3:**

**Students will perform proper overhand throwing techniques in a controlled environment.** (PE2.1.2, PE2.1.3, PE2.1.4, PE2.1.8, PE2.3.3)

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|----------|--|
| PE-2-3-1 | Demonstrate arm behind the head techniques for proper throwing form.   |
| PE-2-3-2 | Display proper stepping with opposite foot and follow through with arm techniques while throwing a ball.   |
| PE-2-3-3 | Model proper throwing technique exhibiting arm behind head, stepping with opposite foot, and follow through while throwing a ball toward a stationary target from a minimum distance of 10 feet. |
| PE-2-3-4 | Practice to refine the overhand throwing technique.  |

### **Outcome PE-2-4:**

**Students will perform proper catching skills in a controlled environment.** (PE2.1.3, PE2.1.4, PE2.1.7)

- PE-2-4-1 Model keeping eye on ball.
- PE-2-4-2 Demonstrate extending arms towards ball and hands in a triangle.
- PE-2-4-3 Apply bringing the ball toward the body technique during catching.
- PE-2-4-4 Demonstrate proper catching techniques with a foam ball from a partner from a distance of a minimum of ten feet away.

**Outcome PE-2-5:**

**Students will perform proper kicking techniques in a controlled environment.**  
(PE2.1.3, PE2.1.7)

- PE-2-5-1 Display technique of stepping next to the ball with the non-kicking foot.
- PE-2-5-2 Demonstrate making contact with the ball below the middle of the ball.
- PE-2-5-3 Model follow through and enough force to move a ball a minimum of fifteen feet.
- PE-2-5-4 Show proper kicking force to move a ball to a target from 10 feet away making contact with the target three out of five times.

**Outcome PE-2-6:**

**Student will perform proper dribbling skills in a controlled environment.** (PE2.1.3, PE2.1.4, PE2.1.7)

- PE-2-6-1 Dribble a ball while keeping eyes up.
- PE-2-6-2 Bounce a ball using only your finger pads.
- PE-2-6-3 Bounce a ball while keeping the ball at the side of the body for control.
- PE-2-6-4 Bounce a ball keeping the bounce at waist or below height.
- PE-2-6-5 Demonstrate dribbling a ball in place exhibiting proper technique while alternating left and right hands.

**Outcome PE-2-7:**

**Student will perform proper volleying skills in a controlled environment.**  
(PE2.1.3, PE2.1.7, PE2.3.4)

- PE-2-7-1 Track an object with the eyes.
- PE-2-7-2 Apply moving the feet technique to place the body beneath the object.
- PE-2-7-3 Apply proper volleying techniques with an object a minimum of ten times without the object touching the floor.
- PE-2-7-4 Demonstrate a new way to accomplish a volleying task.

**Outcome PE-2-8:**

**Student will perform proper trapping skills in a controlled environment.** (PE2.1.3, PE2.1.8)

- PE-2-8-1 Track the ball with the eyes.
- PE-2-8-2 Adjust the feet to place the body in front of ball.
- PE-2-8-3 Show proper trapping techniques with ball kicked from a distance of ten feet away.

**Outcome PE-2-9:**

**Students will be able to perform a series of locomotor skills to and from a designated distance using different pathways, directions, and levels. (PE2.1.1, PE2.1.4, PE2.1.8)**

- PE-2-9-1 Demonstrate running in different directions in a designated area.
- PE-2-9-2 Show landing techniques from different height levels.
- PE-2-9-3 Apply skipping techniques to and from a designated area using a zig-zag pathway.
- PE-2-9-4 Demonstrate jumping techniques in a designated area to reach a target.
- PE-2-9-5 Demonstrate a combination of different speeds using previously learned locomotor skills.

**Outcome PE-2-10:**

**Students will demonstrate safe practices and sportsmanship during fitness activities. (PE.2.3.1, PE.2.3.2) (Integrate outcome 10 in the sport units)**

- PE-2-10-1 Demonstrate responsible behavior while using sports equipment.
- PE-2-10-2 Apply game rules during a fitness activity.
- PE-2-10-3 Display sportsmanship etiquette during an activity.



## Third Grade

### **Outcome PE-3-1:**

**Students will demonstrate proper passing and setting skills during a small-sided volleyball game.** (PE5.1.3, PE5.1.4, PE5.1.7, PE5.1.8)

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|----------|---|
| PE-3-1-1 | Perform a proper volley ball pass during small-sided/game play.         |
| PE-3-1-2 | Execute a proper volley ball set during small-sided/game play.          |
| PE-3-1-3 | Demonstrate proper sportsmanship during small-sided/game play.          |
| PE-3-1-4 | Distinguish which skill (set/pass) to use during small sided/game play. |

### **Outcome PE-3-2:**

**Students will perform proper jumping, landing, and body control techniques during a variety of the jump rope activities.** (PE.5.1.2, PE.5.1.5)

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|----------|---|
| PE-3-2-1 | Apply proper jump technique during jump rope.           |
| PE-3-2-2 | Demonstrate proper hop technique during jump rope.      |
| PE-3-2-3 | Execute proper landing technique while jumping rope.    |
| PE-3-2-4 | Exhibit proper body control during jump rope.           |
| PE-3-2-5 | Identify the physical benefits of jumping rope.         |
| PE-3-2-6 | Jump rope while combining learned jump rope techniques. |

### **Outcome PE-3-3:**

**Students will apply proper passing, dribbling, and striking skills during a small-sided hockey game.** (PE.5.1.3, PE.5.1.4, PE.5.1.7, PE.5.1.8)

- |          |   |
|----------|---|
| PE-3-3-1 | Apply proper passing skills during small-sided hockey game play.                      |
| PE-3-3-2 | Demonstrate proper dribbling skills during a small-sided hockey game.                 |
| PE-3-3-3 | Utilize proper striking skills during small-sided hockey game.                        |
| PE-3-3-4 | Demonstrate moving body to open space during a small-sided hockey game.               |
| PE-3-3-5 | Properly use equipment in a safe manner during game play.                             |
| PE-3-3-6 | Analyze and apply the proper hockey skill to use during a small-sided game of hockey. |

### **Outcome PE-3-4:**

**Students will demonstrate proper kicking, dribbling, and trapping skills during a small-sided kicking game.** (PE5.1.3, PE5.1.4, PE5.1.7, PE5.1.8)

- PE-3-4-1 Demonstrate proper kicking technique during small-sided game play.
- PE-3-4-2 Demonstrate proper dribbling during small-sided game play.
- PE-3-4-3 Apply proper trapping techniques during small-sided game play.
- PE-3-4-4 Combine and demonstrate proper dribbling and kicking techniques during small-sided game play.

**Outcome PE-3-5:**

**Students will utilize proper dribbling, shooting, passing, and catching techniques during small-sided basketball game.** (PE5.1.3, PE5.1.4, PE5.1.7, PE5.1.8)

- PE-3-5-1 Perform the dribble technique during small-sided game play.
- PE-3-5-2 Execute the shot technique during small-sided game play.
- PE-3-5-3 Demonstrate proper pass technique during small-sided game play.
- PE-3-5-4 Demonstrate the proper catching technique during small-sided game play.
- PE-3-5-5 Execute a combination of the proper dribbling and shooting techniques during small-sided game play.

**Outcome PE-3-6:**

**Students will perform proper striking skills while rallying with partner in badminton.** (PE5.1.3, PE5.1.4, PE5.1.7, PE5.1.8, PE5.3.3, PE5.3.4)

- PE-3-6-1 Perform the proper overhead clear shoot technique while rallying with a partner.
- PE-3-6-2 Demonstrate cooperation while working with a partner during a rally.
- PE-3-6-3 Execute a rally of 4 clear shots with a partner.

**Outcome PE-3-7:**

**Students will perform proper running, jumping, landing, and throwing skills in a track setting.** (PE5.1.1, PE5.1.2, PE5.1.3, PE5.3.2)

- PE-3-7-1 Demonstrate the proper arm over the head softball throw.



- PE-3-7-2 Execute the frisbee throw.
- PE-3-7-3 Perform the long jump.
- PE-3-7-4 Complete a 50 meter dash.
- PE-3-7-5 Complete a 100 meter dash.
- PE-3-7-6 Complete a 200 meter dash.
- PE-3-7-7 Perform proper warm-up and cool down activities.
- PE-3-7-8 Exhibit proper sportsmanship during a competitive track setting.

**Outcome PE-3-8:**

**Students will perform push-ups, curl-ups, pacer running test, and flexibility as measured by a fitness test (Fitness Gram).** (PE.5.2.1, PE.5.2.2, PE.5.2.3, PE.5.2.4, PE.5.2.5)

- PE-3-8-1 Execute a push-up utilizing proper form.
- PE-3-8-2 Demonstrate a curl-up utilizing proper form.
- PE-3-8-3 Perform a pacer running test exhibiting proper form.
- PE-3-8-4 Execute sit and reach flexibility utilizing proper form.
- PE-3-8-5 Analyze self-assessment fitness scores and compare them to previous tests results.

**Outcome PE-3-9:**

**Students will demonstrate safe practices and sportsmanship during fitness activities.** (PE5.3.1, PE2.5.2) (Integrate outcome 9 in each of the above units)

- PE-3-9-1 Demonstrate responsible behavior while using sports equipment.
- PE-3-9-2 Apply game rules during a fitness activity.
- PE-3-9-3 Display sportsmanship etiquette during an activity.

## **Fourth Grade**

**Outcome PE-4-1:**

**Students will demonstrate the proper volleyball skills of setting, passing, serving & hitting; during a large-sided game. (PE5.1.1, PE5.1.2, PE5.1.3, PE5.1.4, PE5.3.1, PE5.3.2)**

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|----------|--|
| PE-4-1-1 | Apply proper passing technique.  |
| PE-4-1-2 | Demonstrate proper setting form from a passed volleyball.                      |
| PE-4-1-3 | Demonstrate hitting technique from a set or passed volleyball.                 |
| PE-4-1-4 | Demonstrate proper serving of the volleyball over the net 3 out of 5 attempts. |
| PE-4-1-5 | Apply proper volleyball techniques in a large-sided volleyball game.           |
| PE-4-1-6 | Demonstrate proper sportsmanship and safe practices during game play.          |

**Outcome PE-4-2:**

**Students will demonstrate proper basketball skills; dribbling, shooting, and catching; during a large-sided game. (PE.5.1.1, PE.5.1.2, PE.5.1.3, PE.5.1.4, PE5.3.1, PE5.3.2)**

- |          |   |
|----------|---|
| PE-4-2-1 | Apply proper dribbling skills of keeping ball to side and at a low level. |
| PE-4-2-2 | Apply correct shooting form.  |
| PE-4-2-3 | Demonstrate accurate catching and passing skills.                         |
| PE-4-2-4 | Demonstrate proper sportsmanship and safe practices during game play.     |
| PE-4-2-5 | Apply proper basketball techniques in a large-sided basketball game.      |

**Outcome PE-4-3:**

**Students will demonstrate proper badminton skills of serving, backhand and forehand passing; during a small-sided game. (PE.5.1.1, PE.5.1.2, PE.5.1.3, PE.5.1.4, PE5.3.1, PE5.3.2)**

- |          |  |
|----------|--|
| PE-4-3-1 | Exhibit the transfer of weight and follow through across the body during serving.                    |
| PE-4-3-2 | Demonstrate proper forearm passing techniques getting the shuttle over the net 3 out of 5 attempts.  |
| PE-4-3-3 | Demonstrate proper backhand passing techniques getting the shuttle over the net 3 out of 5 attempts. |
| PE-4-3-4 | Exhibit proper sportsmanship and safe practices during game play.                                    |
| PE-4-3-5 | Analyze and apply different game strategies to use during game setting.                              |

**Outcome PE-4-4:**

**Students will demonstrate and apply proper football skills of throwing and catching during small-sided games. (PE.5.1.1, PE.5.1.2, PE.5.1.3, PE.5.1.4, PE5.3.1, PE5.3.2)**

- PE-4-4-1 Demonstrate the proper throwing form of a football.
- PE-4-4-2 Exhibit the proper catching technique during a small sided/game setting.
- PE-4-4-3 Apply proper football skills during a small sided/game.
- PE-4-4-4 Model and apply sportsmanship etiquette and safe practices during game setting.

**Outcome PE-4-5:**

**Students will exhibit proper kickball skills of kicking, ball rolling, and catching during a small-sided game.** (PE5.1.1, PE5.1.2, PE5.1.3, PE5.1.4, PE5.3.1, PE5.3.2)

- PE-4-5-1 Demonstrate proper kicking of a rolling ball with force.
- PE-4-5-2 Roll a ball to a target a minimum of 20 feet with accuracy.
- PE-4-5-3 Apply proper catching skill of a ball that is in the air or on the ground.
- PE-4-5-4 Analyze and apply proper kickball skills during a game setting.
- PE-4-5-5 Model and apply sportsmanship etiquette and safe practices during game setting.

**Outcome PE-4-6:**

**Students will demonstrate proper floor hockey skills of striking, shooting, and moving to get open during small-sided games.** (PE5.1.1, PE5.1.2, PE5.1.3, PE5.1.4, PE5.3.1, PE5.3.2)

- PE-4-6-1 Demonstrate proper striking technique with a hockey stick.
- PE-4-6-2 Exhibit proper shooting techniques towards a goal.
- PE-4-6-3 Properly move the body to get open during small sided/game setting.
- PE-4-6-4 Apply rules and sportsmanship etiquette and safe practices during small sided games.

**Outcome PE-4-7:**

**Students will demonstrate and apply proper track skills of running, jumping, throwing and landing during a track setting.** (PE5.1.1, PE5.1.2, PE5.1.4)

- PE-4-7-1 Exhibit ability to run different distances at different speeds.
- PE-4-7-2 Apply proper jumping and landing techniques during different track activities.
- PE-4-7-3 Demonstrate proper throwing of objects at various distances.
- PE-4-7-4 Model a successful relay exchange during track events.
- PE-4-7-5 Perform and identify proper warm-up and cool down techniques.

**Outcome PE-4-8:**

**Students will demonstrate different jump rope techniques of jumping, landing, movement patterns, body control, and combination skills while jumping rope.** (PE5.1.1, PE5.1.2, PE5.3.4)

- PE-4-8-1 Apply proper body control while jumping rope.
- PE-4-8-2 Demonstrate correct jumping and landing techniques.
- PE-4-8-3 Construct a combination of jump rope skills during a routine.
- PE-4-8-4 Create and exhibit a combination of locomotor skills during a jump roping routine.

**Outcome PE-4-9:**

**Students will exhibit a variety of throwing and catching skills during small-sided team hand ball games.** (PE5.1.1, PE5.1.2, PE5.1.3, PE5.1.4, PE5.3.1, PE5.3.2)

- PE-4-9-1 Demonstrate proper throwing techniques to move down the court to score in small-sided team hand ball games.
- PE-4-9-2 Apply proper catching techniques to progressively transition towards the goal.
- PE-4-9-3 Demonstrate proper transition skills of opening up to get open to catch a ball.
- PE-4-9-4 Demonstrate a combination of hand ball skills to successfully participate in a small-sided game.
- PE-4-9-5 Model and apply sportsmanship etiquette and safe practices during game setting.

**Outcome PE-4-10:**

**Students will perform push-ups, curl-ups, pacer running test, and flexibility as measured by a fitness test (Fitness Gram).** (PE.5.2.1, PE.5.2.2, PE.5.2.3, PE.5.2.5)

- PE-4-10-1 Execute a push-up utilizing proper form.
- PE-4-10-2 Demonstrate a curl-up utilizing proper form.
- PE-4-10-3 Perform a pacer running test exhibiting proper form.
- PE-4-10-4 Execute sit and reach flexibility utilizing proper form.
- PE-4-10-5 Analyze self-assessment fitness scores and apply that knowledge to set goals for improvement.

## Fifth Grade

### **Outcome PE-5-1:**

**Students will demonstrate and apply proper skills to participate in large-sided flag football activities.** (PE5.1.2, PE5.1.3, PE5.1.4, PE5.3.1, PE5.3.2)

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|----------|--|
| PE-5-1-1 | Demonstrate proper catching techniques to catch a thrown football.                             |
| PE-5-1-2 | Demonstrate proper technique to throw a football.  |
| PE-5-1-3 | Demonstrate proper punt technique of a football.   |
| PE-5-1-4 | Apply proper moving techniques to place the body in an open position during large-sided games. |
| PE-5-1-5 | Model and apply sportsmanship etiquette and safe practices during game setting.                |

### **Outcome PE-5-2:**

**Students will demonstrate proper skills of striking, dribbling, passing, and shooting to participate in a large-sided floor hockey game.** (PE5.1.2, PE5.1.3, PE5.1.4, PE5.3.1, PE5.3.2)

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|----------|---|
| PE-5-2-1 | Demonstrate proper striking technique to exhibit forehand move with a hockey stick.                                   |
| PE-5-2-2 | Demonstrate proper passing technique to exhibit backhand move with a hockey stick.                                    |
| PE-5-2-3 | Exhibit proper dribble technique of a hockey puck during a large-sided floor hockey game.                             |
| PE-5-2-4 | Demonstrate proper passing technique of a hockey puck during a large-sided hockey game.                               |
| PE-5-2-5 | Demonstrate proper movement of the body in a safe manner to get in an open position during a large-sided hockey game. |
| PE-5-2-6 | Demonstrate proper shooting techniques to score a goal.   |
| PE-5-2-7 | Exhibit proper goalie techniques of blocking and catching.  |
| PE-5-2-8 | Utilize equipment properly while applying rules and sportsmanship etiquette during a large-sided floor hockey game.   |

### **Outcome PE-5-3:**

**Students will exhibit proper kickball skills of kicking, ball rolling, and catching during a large-sided game.** (PE5.1.1, PE5.1.2, PE5.1.3, PE5.1.4, PE5.3.1, PE5.3.2)

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|----------|---|
| PE-5-3-1 | Demonstrate proper kicking of a rolling ball with force.                        |
| PE-5-3-2 | Roll a ball to a target a minimum of 30 feet with accuracy.                     |
| PE-5-3-3 | Apply proper catching skill of a ball that is in the air or on the ground.      |
| PE-5-3-4 | Apply proper kickball skills during a game setting.                             |
| PE-5-3-5 | Model and apply sportsmanship etiquette and safe practices during game setting. |

**Outcome PE-5-4:**

**Students will exhibit a variety of throwing and catching skills during large-sided team hand ball games.** (PE.5.1.1, PE.5.1.2, PE.5.1.3, PE.5.1.4, PE.5.1.5, PE.5.1.6, PE.5.3.1, PE5.3.2)

- |          |   |
|----------|---|
| PE-5-4-1 | Demonstrate proper throwing techniques to move down the court to score in large-sided team hand ball games. |
| PE-5-4-2 | Apply proper catching techniques to progressively transition towards the goal.                              |
| PE-5-4-3 | Demonstrate proper transition skills of opening up to get open to catch a ball.                             |
| PE-5-4-4 | Demonstrate a combination of hand ball skills to successfully participate in a large-sided game.            |
| PE-5-4-5 | Model and apply sportsmanship etiquette and safe practices during game setting.                             |

**Outcome PE-5-5:**

**Students will demonstrate proper basketball skills of dribbling, shooting, and catching during a large-sided game.** (PE5.1.1, PE5.1.2, PE5.1.3, PE5.1.4, PE5.3.1, PE5.3.2)

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|----------|---|
| PE-5-5-1 | Apply proper dribbling skills of keeping ball to side and at a low level with one hand.     |
| PE-5-5-2 | Apply correct shooting form exhibiting a variety of types of shots.                         |
| PE-5-5-3 | Demonstrate accurate catching and passing skills with various types of passes.              |
| PE-5-5-4 | Know and apply proper basketball rules and techniques during a large-sided basketball game. |
| PE-5-5-5 | Model and apply sportsmanship etiquette and safe practices during game setting.             |

**Outcome PE-5-6:**

**Students will demonstrate and apply proper strategies and techniques while participating in a game of badminton.** (PE5.1.2, PE5.1.3, PE5.1.4, PE5.3.1, PE5.3.2)

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|----------|--|
| PE-5-6-1 | Exhibit proper forehand and backhand techniques.                                       |
| PE-5-6-2 | Demonstrate proper base position utilizing racket and proper stance.                   |
| PE-5-6-3 | Apply proper badminton strategies and techniques to participate in games of badminton. |
| PE-5-6-4 | Demonstrate and apply rules of badminton during games.                                 |
| PE-5-6-5 | Model and apply sportsmanship etiquette and safe practices during game setting.        |

**Outcome PE-5-7:**

**Students will demonstrate and apply proper track skills of running, jumping, throwing and landing during a track setting.** (PE5.1.1, PE5.1.2, PE5.1.4, PE5.3.1, PE5.3.2)

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|----------|---|
| PE-5-7-1 | Exhibit ability to run different distances at different speeds.                 |
| PE-5-7-2 | Apply proper jumping and landing techniques during different track activities.  |
| PE-5-7-3 | Demonstrate proper hurdling strategies.   |
| PE-5-7-4 | Demonstrate proper throwing of objects at various distances.                    |
| PE-5-7-5 | Model a successful relay exchange during track events.                          |
| PE-5-7-6 | Perform and identify proper warm-up and cool down techniques.                   |
| PE-5-7-7 | Model and apply sportsmanship etiquette and safe practices during game setting. |

**Outcome PE-5-8:**

**Students will demonstrate and apply proper strategies and techniques to participate in a game of volleyball.** (PE5.1.1, PE5.1.2, PE5.1.3, PE5.1.4, PE5.3.2, PE5.3.1, PE5.3.2)

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|----------|--|
| PE-5-8-1 | Demonstrate proper forearm pass techniques.  |
| PE-5-8-2 | Demonstrate proper set techniques.   |
| PE-5-8-3 | Demonstrate proper overhand and underhand serving techniques to place the ball over the net. |
| PE-5-8-4 | Apply proper volleyball rules and techniques while participating in a game setting.          |
| PE-5-8-5 | Model and apply sportsmanship etiquette and safe practices during game setting.              |

**Outcome PE-5-9:**

**Students will perform push-ups, curl-ups, pacer running test, and flexibility as measured by a fitness test (Fitness Gram).** (PE5.2.1, PE5.2.2, PE5.2.3, PE5.2.5, PE5.3.3)

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|----------|---|
| PE-5-9-1 | Execute a push-up utilizing proper form.  |
| PE-5-9-2 | Demonstrate a curl-up utilizing proper form.  |
| PE-5-9-3 | Perform a pacer running test exhibiting proper form.  |
| PE-5-9-4 | Execute sit and reach flexibility utilizing proper form.                                      |
| PE-5-9-5 | Analyze self-assessment fitness scores and apply that knowledge to set goals for improvement. |

## Sixth Grade

### **Outcome PE-6-1:**

**Students will perform push-ups, curl-ups, pacer running test, and flexibility as measured by a fitness test (Fitness Gram).** (PE8.2.1, PE8.2.2, PE8.2.3, PE8.2.5)

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|----------|---|
| PE-6-1-1 | Execute a push-up utilizing proper form.                          |
| PE-6-1-2 | Demonstrate a curl-up utilizing proper form.                      |
| PE-6-1-3 | Perform a pacer running test exhibiting proper form.              |
| PE-6-1-4 | Execute sit and reach flexibility utilizing proper form.          |
| PE-6-1-5 | Evaluate individual fitness scores and set goals for improvement. |

### **Outcome PE-6-2:**

**Student will demonstrate various throwing, catching, and movement strategies during Frisbee activities.** (PE8.1.2, PE8.1.4, PE8.3.1, PE8.3.2)

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|----------|---|
| PE-6-2-1 | Demonstrate appropriate Frisbee throwing motion.                                |
| PE-6-2-2 | Demonstrate proper catching technique to catch a thrown Frisbee.                |
| PE-6-2-3 | Demonstrate a combination of Frisbee skills during a game setting.              |
| PE-6-2-4 | Model and apply sportsmanship etiquette and safe practices during game setting. |

### **Outcome PE-6-3:**

**Students will apply a variety of shooting, catching, dribbling, and game strategies in a large-sided game of basketball.** (PE8.1.2, PE8.1.4, PE8.1.8, PE8.3.1, PE8.3.2)

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|----------|--|
| PE-6-3-1 | Demonstrate and apply a variety of shooting and catching skills in a game setting.     |
| PE-6-3-2 | Demonstrate and apply dribbling techniques to move down the court towards that basket. |
| PE-6-3-3 | Apply various strategies of basketball to dissect the opponent.                        |
| PE-6-3-4 | Combine and apply various basketball strategies during in a large-sided game.          |
| PE-6-3-5 | Model and apply sportsmanship etiquette and safe practices during game setting.        |

### **Outcome PE-6-4:**

**Students will demonstrate and apply movement techniques and rhythmic dance patterns in a musical setting.** (PE8.1.1, PE8.1.5, PE8.3.4)

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| PE-6-4-1 | Apply a variety of dance moves to create a rhythmic pattern.                   |
| PE-6-4-2 | Demonstrate a combination of dance patterns in individual and dual activities. |
| PE-6-4-3 | Apply a combination of dance patterns in a musical setting.                    |
| PE-6-4-4 | Exhibit self-expression in a variety of dance configurations.                  |



**Outcome PE-6-5:**

**Students will demonstrate and apply proper strategies and techniques to participate in a game of volleyball.** (PE8.1.2, PE8.1.6, PE8.3.1, PE8.3.2)

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|----------|--|
| PE-6-5-1 | Demonstrate proper forearm pass techniques.  |
| PE-6-5-2 | Demonstrate proper set techniques.   |
| PE-6-5-3 | Demonstrate proper overhand and underhand serving techniques to place the ball over the net. |
| PE-6-5-4 | Apply proper volleyball rules and techniques while participating in a game setting.          |
| PE-6-5-5 | Model and apply sportsmanship etiquette and safe practices during game setting.              |

**Outcome PE-6-6:**

**Students will demonstrate and apply proper strategies and techniques while participating in a game of badminton.** (PE8.1.3, PE8.1.7, PE8.1.8, PE8.3.1, PE8.3.2)

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|----------|--|
| PE-6-6-1 | Exhibit proper forehand and backhand techniques.                                       |
| PE-6-6-2 | Demonstrate proper base position utilizing racket and proper stance.                   |
| PE-6-6-3 | Apply proper badminton strategies and techniques to participate in games of badminton. |
| PE-6-6-4 | Demonstrate proper striking skills in an individual and dual badminton game.           |
| PE-6-6-5 | Apply offensive and defensive strategies during a game setting.                        |
| PE-6-6-6 | Exhibit appropriate care of badminton equipment.                                       |
| PE-6-6-7 | Demonstrate and apply rules of badminton during games.                                 |
| PE-6-6-8 | Analyze self and peer assessment of game play.   |
| PE-6-6-9 | Model and apply sportsmanship etiquette and safe practices during game setting.        |

**Outcome PE-6-7:**

**Students will exhibit proper kickball skills of kicking, ball rolling, base running, and catching during a large-sided game.** (PE8.1.2, PE8.1.6, PE8.3.1, PE8.3.2)

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|----------|--|
| PE-6-7-1 | Demonstrate proper kicking of a rolling ball with force in a game setting.                   |
| PE-6-7-2 | Roll a ball to a target a minimum of 40 feet with accuracy in a game setting.                |
| PE-6-7-3 | Apply proper catching skill of a ball that is in the air or on the ground in a game setting. |
| PE-6-7-4 | Apply base running strategies during a competitive game setting.                             |
| PE-6-7-5 | Analyze and apply proper kickball skills during a game setting.                              |
| PE-6-7-6 | Model and apply sportsmanship etiquette and safe practices during game setting.              |

**Outcome PE-6-8:**

**Students will demonstrate different jump rope techniques of jumping, landing, movement patterns, body control, and combination skills while jumping rope. (PE8.1.1, PE8.1.5, PE8.3.4)**

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|----------|---|
| PE-6-8-1 | Apply proper body control while jumping rope.                           |
| PE-6-8-2 | Demonstrate correct jumping and landing techniques.                     |
| PE-6-8-3 | Construct a combination of jump rope skills during a routine.           |
| PE-6-8-4 | Exhibit a combination of locomotor skills during a jump roping routine. |
| PE-6-8-5 | Create and design an individual and/or dual jump rope routine.          |

**Outcome PE-6-9:**

**Students will demonstrate and apply proper track skills of running, jumping, throwing and landing during a track setting. (PE8.1.3, PE8.1.7, PE8.3.3)**

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|----------|--|
| PE-6-9-1 | Exhibit ability to run different distances at different speeds.                |
| PE-6-9-2 | Apply proper jumping and landing techniques during different track activities. |
| PE-6-9-3 | Demonstrate proper hurdling strategies.  |
| PE-6-9-4 | Demonstrate proper throwing of objects at various distances.                   |
| PE-6-9-5 | Model a successful relay exchange during track events.                         |
| PE-6-9-6 | Create and modify goals for individual track activities.                       |
| PE-6-9-7 | Perform and identify proper warm-up and cool down techniques.                  |

**Outcome PE-6-10:**

**Students will demonstrate and apply proper skills to participate in large-sided flag football activities. (PE8.1.2, PE8.1.6, PE8.1.8, PE8.3.1, PE8.3.2)**

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|-----------|--|
| PE-6-10-1 | Demonstrate proper catching techniques to catch a thrown football during large-sided games.    |
| PE-6-10-2 | Demonstrate proper technique to throw a football during a large-sided game.                    |
| PE-6-10-3 | Demonstrate proper punt technique of a football.   |
| PE-6-10-4 | Demonstrate proper form to catch a kicked football.  |
| PE-6-10-5 | Apply proper moving techniques to place the body in an open position during large-sided games. |
| PE-6-10-6 | Develop group strategies and apply during a game situation.                                    |
| PE-6-10-7 | Model and apply sportsmanship etiquette and safe practices during game setting.                |

**Outcome PE-6-11:**

**Students will demonstrate proper skills of striking, dribbling, passing, and shooting to participate in a large-sided floor hockey game. (PE.8.1.2, PE.8.1.6, PE.8.1.8, PE.8.3.1, PE8.3.2)**

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|-----------|---|
| PE-6-11-1 | Demonstrate proper striking technique to exhibit fore hand move with a hockey stick.                                  |
| PE-6-11-2 | Demonstrate proper passing technique to exhibit back hand move with a hockey stick.                                   |
| PE-6-11-3 | Exhibit proper dribble technique of a hockey puck during a large-sided floor hockey game.                             |
| PE-6-11-4 | Demonstrate proper passing technique of a hockey puck during a large-sided hockey game.                               |
| PE-6-11-5 | Demonstrate proper movement of the body in a safe manner to get in an open position during a large-sided hockey game. |
| PE-6-11-6 | Demonstrate proper shooting techniques to score a goal.   |
| PE-6-11-7 | Exhibit proper goalie techniques of blocking and catching.  |
| PE-6-11-8 | Utilize equipment properly while applying rules and sportsmanship etiquette during a large-sided floor hockey game.   |
| PE-6-11-9 | Exhibit cooperative behavior during a competitive hockey game.  |

## Junior High P.E. – Quarter 1 (grade 7 or 8)

### Outcome PE-JH1-1:

**Students will demonstrate proper striking, volleying, serving, and setting techniques and apply consistent rules during a game play situation.** (PE8.1.3, PE8.1.4, PE8.1.6, PE8.1.8, PE8.3.3, PE8.3.1, PE8.3.2)

- PE-JH1-1-1 Demonstrate the correct arm placement for passing the volleyball.
- PE-JH1-1-2 Demonstrate the correct form for the underhand and overhand serve.
- PE-JH1-1-3 Demonstrate the proper hand placement for setting.
- PE-JH1-1-4 Exhibit proper setting technique to set a volleyball.
- PE-JH1-1-5 Apply correct strike techniques while in a team game play setting.
- PE-JH1-1-6 Produce strategies that improve competition in a team setting.
- PE-JH1-1-7 Model and apply sportsmanship etiquette and safe practices during game setting.

### Outcome PE-JH1-2:

**Students will demonstrate various dance movement patterns during an individual or duel activity set to music.** (PE8.2.5, PE8.2.3, PE8.3.4, PE8.3.3, PE8.1.1, PE8.1.5, PE8.1.6, PE8.1.7)

- PE-JH1-2-1 Apply various individual dance techniques without music.
- PE-JH1-2-2 Apply various duel dance techniques without music.
- PE-JH1-2-3 Demonstrate various individual dance techniques with music.
- PE-JH1-2-4 Demonstrate various duel dance techniques with music.
- PE-JH1-2-5 Utilize technology to exhibit various dances.
- PE-JH1-2-6 Demonstrate an original dance routine for classmates to evaluate based upon set criteria.
- PE-JH1-2-7 Demonstrate a group dance for classmate to evaluate based upon set criteria.

**Outcome PE-JH1-3 Students will demonstrate and apply proper techniques to participate in a large-sided flag football activity.** (PE.8.1.1, PE.8.1.2, PE.8.1.8, PE.8.3.1, PE8-3-2, PE8.3.3)

- PE-JH1-3-1 Demonstrate correct hand placement for throwing and catching a football.
- PE-JH1-3-2 Demonstrate correct throwing motion.
- PE-JH1-3-3 Execute the correct maneuvers to get open.
- PE-JH1-3-4 Apply proper technique to catch a thrown football.
- PE-JH1-3-5 Make the proper decision when to throw, so making it possible to catch the football.
- PE-JH1-3-6 Demonstrate the knowledge of how to use the skills in an advantageous way to apply strategies in a modified game.
- PE-JH1-3-7 Model and apply sportsmanship etiquette and safe practices during game setting.

**Outcome PE-JH1-4:**

**Students will perform sit-ups, push-ups, sit-and-reach, and pacer test in a fitness test.**

**Students will devise a plan to reach goals set by rubric.** (PE8.2.1, PE8.2.3, PE8.2.5, PE8.3.1, PE8.2.4, PE8.3.3)

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|------------|--|
| PE-JH1-4-1 | Produce sit-ups correctly.   |
| PE-JH1-4-2 | Demonstrate push-ups properly.   |
| PE-JH1-4-3 | Show the sit-and-reach technique.  |
| PE-JH1-4-4 | Apply the pacer-running skills.  |
| PE-JH1-4-5 | Utilize the performances to produce goals for future tests.                            |
| PE-JH1-4-6 | Analyze where scores are and where they need to be.                                    |
| PE-JH1-4-7 | Show the use of technology in the use of rhythmic simulations to perform these skills. |
| PE-JH1-4-8 | Create a personal fitness plan using the Fitnessgram test results.                     |

## Junior High PE – Quarter 2 ( grade 7 or 8)

**Outcome PE-JH2-1 Students will apply skills of shooting, dribbling, and passing during a large-sided game of basketball. They will also create and apply strategies of offense and defense in a basketball setting.** (PE.8.1.2, PE.8.1.8, PE.8.1.3, PE8.3.1, PE8.3.2, PE.8.3.3)

- PE-JH2-1-1 Demonstrate right and left hand dribbling.
- PE-JH2-1-2 Dribble a basketball changing hands while dribbling in and out of cones.
- PE-JH2-1-3 Demonstrate a 2-hand chest and 2-hand bounce pass to a stationary target.
- PE-JH2-1-4 Execute a 2-hand chest and 2-hand bounce pass to a moving target.
- PE-JH2-1-5 Perform correct shooting form without ball or basket.
- PE-JH2-1-6 Produce correct shooting form with ball, no basket.
- PE-JH2-1-7 Execute correct shooting form with ball and basket.
- PE-JH2-1-8 Create and apply offense and defense strategies in a modified game setting.
- PE-JH2-1-9 Model and apply sportsmanship etiquette and safe practices during game setting.

### **Outcome PE-JH2-2:**

**Students will apply striking and moving in an individual and dual badminton activity.**

**Students will use strategies in a tournament setting.** (PE8.1.3, PE8.1.8, PE8.3.3, PE8.1.4, PE8.3.1, PE8.3.2)

- PE-JH2-2-1 Apply correct grip for forehand, backhand, smash, and clear strikes.
- PE-JH2-2-2 Move to starting position after each strike.
- PE-JH2-2-3 Make all the strikes successfully.
- PE-JH2-2-4 Utilize the correct serving box and rotations.
- PE-JH2-2-5 Rotate and function as a team in a dual setting.
- PE-JH2-2-6 Apply the strategies to be successful in an individual and dual tournament.
- PE-JH2-2-7 Model and apply sportsmanship etiquette and safe practices during game setting.

**Outcome PE-JH2-3:**

**Students will utilize and apply throwing and catching techniques for a Frisbee to perform the goals of Ultimate Frisbee during competition.** (PE8.1.2, PE8.1.8, PE8.3.4, PE8.3.3, PE8.1.4, PE8.3.1, PE8.3.2)

- PE-JH2-3-1 Show correct hand placements on each of the throws.
- PE-JH2-3-2 Demonstrate the backhand, forearm and hammer throw.
- PE-JH2-3-3 Utilize the overhand and two-hand rim catch.
- PE-JH2-3-4 Demonstrate the proper catches when directed by teacher.
- PE-JH2-3-5 Apply the strategies to matriculate the Frisbee down the field.
- PE-JH2-3-6 Demonstrate safety and good sportsmanship to play the game fairly and safely.
- PE-JH2-3-7 Demonstrate the skill of self-guidance that is the spirit of the game.

**Outcome PE-JH2-4:**

**Students will perform and set goal for improved performance of sit-ups, push-ups, sit-and-reach, and pacer running as measured by a fitness test (Fitness Gram).** (PE8.2.3, PE8.2.5, PE8.3.1, PE8.2.4, PE8.3.3)

- PE-JH2-4-1 Produce sit-ups demonstrating proper form.
- PE-JH2-4-2 Demonstrate push-ups using proper form.
- PE-JH2-4-3 Execute the sit-and-reach technique exhibiting proper form.
- PE-JH2-4-4 Perform a pacer-running test using proper form.
- PE-JH2-4-5 Analyze where scores are and where they need to be.
- PE-JH2-4-6 Evaluate current performances to establish goals for improved performance on future tests.
- PE-JH2-4-7 Show the use of technology in the use of rhythmic simulations to perform these skills.

## High School P.E. - (1 semester; any grade 9-12)

### Outcome PE-HS-1:

**Students will demonstrate different movement patterns during an individual or duel dance activity set to music.** (PE12.1.1, PE12.1.5, PE12.3.4, PE12.3.3, PE12.2.4, PE12.3.3)

- |           |   |
|-----------|---|
| PE-HS-1-1 | Apply various individual dance techniques with music.                                       |
| PE-HS-1-2 | Apply various duel dance techniques with music.   |
| PE-HS-1-3 | Use technology to exhibit many different dances.  |
| PE-HS-1-4 | Demonstrate an individual dance routine for classmates to evaluate based upon set criteria. |
| PE-HS-1-5 | Demonstrate a group dance routine for classmates to evaluate based upon set criteria.       |

### Outcome PE-HS-2:

**Students will demonstrate passing, setting, hitting, serving and volleying while applying strategies and fair play in a competitive volleyball setting.** (PE12.2.2, PE12.1.4, PE12.3.2, PE12.3.1, PE12.2.4, PE12.3.1, PE12.3.2)

- |           |  |
|-----------|--|
| PE-HS-2-1 | Demonstrate correct arm placement to pass the volleyball.  |
| PE-HS-2-2 | Produce the correct motion for the underhand and overhand volleyball serve.                                  |
| PE-HS-2-3 | Demonstrate the proper hand placement for producing a successful set.  |
| PE-HS-2-4 | Apply the correct strike techniques while in a team game play setting.                                       |
| PE-HS-2-5 | Execute learned strategies, using fair play, good sportsmanship, and safety, while in a competitive setting. |

### Outcome PE-HS-3:

**In a team setting, students will demonstrate and apply advanced skill in catching, throwing, and punting a football.** (PE12.2.2, PE12.1.4, PE12.3.1, PE12.3.2, PE12.3.3)

- |           |   |
|-----------|---|
| PE-HS-3-1 | Demonstrate and apply the correct technique of throwing.  |
| PE-HS-3-2 | Produce the correct hands placement for catching.   |
| PE-HS-3-3 | Demonstrate the proper steps and ball placement for a punt.                                       |
| PE-HS-3-4 | Throw the football toward a moving target successfully hitting the target seven out of ten times. |
| PE-HS-3-5 | Execute running while catching.   |
| PE-HS-3-6 | Demonstrate and apply strategies in a competitive setting.  |
| PE-HS-3-7 | Model and apply sportsmanship etiquette and safe practices during game setting.                   |



**Outcome PE-HS-4      Students will perform sit-ups, push-ups, sit-and-reach, and pacer test while listening to instruction and cadence at an advanced level. Students will evaluate skill, set goals, and measure progress toward meeting established goals for improvement.**  
(PE12.2.2, PE12.2.5, PE12.2.3, PE12.3.4, PE12.1.8, PE12.2.1, PE12.3.3)

- PE-HS-4-1      Produce sit-ups correctly.
- PE-HS-4-2      Demonstrate push-ups properly.
- PE-HS-4-3      Demonstrate sit-and-reach techniques properly.
- PE-HS-4-4      Apply the pacer running skills.
- PE-HS-4-5      Utilize the test outcomes to produce future goals.
- PE-HS-4-6      Evaluate progress toward goals and revise is necessary.
- PE-HS-4-7      Develop a personal exercise plan to meet personal fitness goals.
- PE-HS-4-8      Apply a personal exercise plan.
- PE-HS-4-9      Evaluate and revise a personal exercise plan to meet personal fitness goals.

**Outcome PE-HS-5:**

**Students will execute the skills of throwing and catching techniques for a Frisbee to perform the goals of Ultimate Frisbee during competition.** (PE12.1.2, PE12.1.4, PE12.2.4, PE12.3.2, PE12.3.1, PE12.3.4)

- PE-HS-5-1      Show correct grip and hand placement on each throw.
- PE-HS-5-2      Demonstrate the backhand, forehand, and hammer throw.
- PE-HS-5-3      Utilizing the overhand and two-hand rim catch.
- PE-HS-5-4      Apply the strategies to play the game safely and fairly.
- PE-HS-5-5      Demonstrate the skill of self-guidance that is “the spirit of the game.”

**Outcome PE-HS1-6:**

**Students will demonstrate striking and moving in an individual and dual setting, using strategies in a tournament badminton atmosphere.** (PE12.1.3, PE12.1.4, PE12.3.2, PE12.3.1, PE12.3.4, PE12.2.4, PE12.1.7)

- PE-HS-6-1      Apply correct grips for forehand, backhand, smash, clears, and drop shots.
- PE-HS-6-2      Demonstrate and execute forehand, backhand, smash, clears, and drop strokes effectively.
- PE-HS-6-3      Apply rotation and scoring techniques necessary to compete.
- PE-HS-6-4      Demonstrate strategies necessary to successfully compete with two players on the court.
- PE-HS-6-5      Utilize the skills to compete in a tournament setting.
- PE-HS-6-6      Evaluate self and peers on badminton skills.

**Outcome PE-HS-7:**

**Students will apply dribbling, shooting, catching, and passing skills and create strategies to participate in a team competitive basketball setting.** (PE12.2.2, PE12.1.4, PE12.3.1, PE12.2.4, PE12.1.6, PE12.3.1, PE12.3.2)

- |           |   |
|-----------|---|
| PE-HS-7-1 | Perform dribbling with either hand.   |
| PE-HS-7-2 | Apply dribbling skills with obstacles included.                                 |
| PE-HS-7-3 | Demonstrate passing and catching while moving.                                  |
| PE-HS-7-4 | Produce the correct shooting form during game participation.                    |
| PE-HS-7-5 | Apply strategies and skills necessary to compete in a game setting.             |
| PE-HS-7-6 | Evaluate self and peers on basketball skills.                                   |
| PE-HS-7-7 | Model and apply sportsmanship etiquette and safe practices during game setting. |

## **Lifetime Sports (Elective)**

### **Outcome PE-LS-1:**

**Students will execute proper serving form and backhand and forehand strike skills during a competitive tennis match. (PE12.3.1, PE12.3.2)**

- |           |   |
|-----------|---|
| PE-LS-1-1 | Demonstrate the serve into the opponent's court.                                    |
| PE-LS-1-2 | Execute the backhand move into opponent's court.                                    |
| PE-LS-1-3 | Execute the forehand strike into opponent's court.                                  |
| PE-LS-1-4 | Exhibit sportsmanship in game play.   |
| PE-LS-1-5 | Apply scoring system to match play.   |
| PE-LS-1-6 | Create and apply offensive and defensive strategies while performing tennis skills. |
| PE-LS-1-7 | Model and apply sportsmanship etiquette and safe practices during game setting.     |

### **Outcome PE-LS-2:**

**Students will demonstrate proper golf swing techniques both in driving range practice and competitive play. (PE12.3.1, PE12.3.2)**

- |           |  |
|-----------|--|
| PE-LS-2-1 | Demonstrate and apply proper golf etiquette.                                       |
| PE-LS-2-2 | Demonstrate golf swing in a driving range setting using pitching wedge and 9 iron. |
| PE-LS-2-3 | Show safe and responsible behavior during game play.                               |
| PE-LS-2-4 | Execute various golf swings in a course setting.                                   |

### **Outcome PE-LS-3:**

**Students will demonstrate striking skills in a competitive croquet game.**

- |           |   |
|-----------|---|
| PE-LS-3-1 | Demonstrate striking the ball through a wicket.                                 |
| PE-LS-3-2 | Execute sending opponents ball with foot on own ball.                           |
| PE-LS-3-3 | Execute sending opponents ball without foot on own ball.                        |
| PE-LS-3-4 | Construct and apply offensive and defensive strategies during competitive game. |

**Outcome PE-LS-4:**

**Students will use and apply striking skills with a table tennis paddle during a competitive table tennis game.**

- PE-LS-4-1 Demonstrate use of forehand strike using short handled implement (paddle).
- PE-LS-4-2 Demonstrate use of backhand strike using short handled implement (paddle).
- PE-LS-4-3 Execute serve into opponent's court.
- PE-LS-4-4 Differentiate and apply offensive and defensive strategies while competing in a game.

**Outcome PE-LS-5:**

**Students know and apply the rules of darts while throwing darts during a competitive dart game. (PE12.3.1, PE12.3.2)**

- PE-LS-5-1 Use and apply dart throw to hit various targets on dart board.
- PE-LS-5-2 Demonstrate safety rules and rule of darts while competing in dart game.
- PE-LS-5-3 Develop and apply strategies while competing in a multitude of different games.

**Outcome PE-LS-6:**

**Students will execute throw, block, defend, punch, & kick self-defense techniques to defend against attack.**

- PE-LS-6-1 Execute defenses against punch.
- PE-LS-6-2 Execute defenses against kick.
- PE-LS-6-3 Execute defenses against bear hug.
- PE-LS-6-4 Execute defenses against choke hold.
- PE-LS-6-5 Execute defenses against weapons.
- PE-LS-6-6 Execute defenses against wrist hold.
- PE-LS-6-7 Execute defenses against charging attacker.

**Outcome PE-LS-7:**

**Students will perform striking skills (serve, smash, drop shot, clear, forehand, backhand) in a competitive singles game of badminton.**

- |           |   |
|-----------|---|
| PE-LS-7-1 | Execute forehand strike over net into opponent's court.                               |
| PE-LS-7-2 | Perform backhand strike over net into opponent's court.                               |
| PE-LS-7-3 | Execute serve over net into opponent's court.   |
| PE-LS-7-4 | Execute smash over net into opponent's court.   |
| PE-LS-7-5 | Execute drop shot over net into opponent's court.                                     |
| PE-LS-7-6 | Execute clear over net into opponent's court.   |
| PE-LS-7-7 | Differentiate and apply offensive and defensive strategies while competing in a game. |

**Outcome PE-LS-8:**

**Students will perform throwing and catching skills using a Frisbee to strike targets and to teammates in a competitive game.**

- |           |   |
|-----------|---|
| PE-LS-8-1 | Execute forehand throw to teammate.   |
| PE-LS-8-2 | Execute backhand throw to teammate.   |
| PE-LS-8-3 | Execute hammer throw to teammate.   |
| PE-LS-8-4 | Demonstrate catching Frisbee at different levels with both hands.                     |
| PE-LS-8-5 | Demonstrate hitting a target 30 ft. away.   |
| PE-LS-8-6 | Differentiate and apply offensive and defensive strategies while competing in a game. |

**Outcome PE-LS-9:**

**Students will perform basic strategies in a variety of competitive games.**

- |           |  |
|-----------|--|
| PE-LS-9-1 | Demonstrate proper game playing etiquette.   |
| PE-LS-9-2 | Execute rules and strategies in popular card games (e.g., contract rummy, hearts).     |
| PE-LS-9-3 | Execute rules and strategies in board and other strategy games (e.g, chess, checkers). |

**Outcome PE.LS.10:**

**Students will demonstrate skills needed to participate in an aerobics session of varying types.**

- |            |  |
|------------|--|
| PE-LS-10-1 | Execute skills needed to perform plyometrics.        |
| PE-LS-10-2 | Execute skills needed to perform kickboxing.         |
| PE-LS-10-3 | Execute skills needed to perform yoga.               |
| PE-LS-10-4 | Execute skills needed to perform cardio aerobics.    |
| PE-LS-10-5 | Execute skills needed to perform interval training.  |
| PE-LS-10-6 | Execute skills needed to perform abdominal workouts. |

**Outcome PE-LS-11:**

**Students will throw horseshoe during a competitive horseshoe games. (PE12.3.1, PE12.3.2)**

- |            |   |
|------------|---|
| PE-LS-11-1 | Use underhand throw to land horseshoe within pit.           |
| PE-LS-11-2 | Demonstrate safety rules while competing in horseshoe game. |

**Outcome PE-LS-12:**

**Students will demonstrate hitting, throwing fielding, catching and pitching during a competitive softball game. (PE12.3.1, PE12.3.2)**

- |            |   |
|------------|---|
| PE-LS-12-1 | Execute a hit off a pitched ball.   |
| PE-LS-12-2 | Perform a pitch for a strike from the pitcher's mound.                          |
| PE-LS-12-3 | Execute the catch of a batted ball.   |
| PE-LS-12-4 | Demonstrate the throw from various positions to the proper base.                |
| PE-LS-12-5 | Execute fielding a batted ball from various positions.                          |
| PE-LS-12-6 | Combine and apply all above skills to compete in a competitive softball game.   |
| PE-LS-12-7 | Create and apply offensive and defensive strategies while competing in a game.  |
| PE-LS-12-8 | Model and apply sportsmanship etiquette and safe practices during game setting. |

## Sports Skills (Elective)

### **Outcome PE-SS-1:**

**Students will perform serving, hitting, setting, and passing skills in a competitive volleyball game.**

- |           |  |
|-----------|--|
| PE-SS-1-1 | Demonstrate the serve into the opponents' court.   |
| PE-SS-1-2 | Execute the set to a teammate by the net.  |
| PE-SS-1-3 | Perform the pass to a teammate by the net.   |
| PE-SS-1-4 | Demonstrate the hit over the net inside the boundaries.  |
| PE-SS-1-5 | Exhibit sportsmanship in game play.  |
| PE-SS-1-6 | Differentiate and apply offensive and defensive strategies while performing volleyball skills. |

### **Outcome PE-SS-2:**

**Students will perform throwing, catching, and kicking skills in a competitive football game.**

- |           |   |
|-----------|---|
| PE-SS-2-1 | Execute a throw to a partner.   |
| PE-SS-2-2 | Demonstrate a catch at various levels.  |
| PE-SS-2-3 | Perform a kick 30 yards.  |
| PE-SS-2-4 | Show safe and responsible behavior during game play.                          |
| PE-SS-2-5 | Develop and apply offensive and defensive strategies during competitive game. |

### **Outcome PE-SS-3:**

**Students will demonstrate striking, dribbling, and passing skills in a competitive field hockey game. (PE12.3.1, PE12.3.2)**

- |           |   |
|-----------|---|
| PE-SS-3-1 | Demonstrate striking the ball into the goal.  |
| PE-SS-3-2 | Execute the dribble down the field using Indian, reverse, and regular dribble techniques. |
| PE-SS-3-3 | Perform the push and flick pass to a teammate.  |
| PE-SS-3-4 | Construct and apply offensive and defensive strategies during competitive game.           |
| PE-SS-3-5 | Model and apply sportsmanship etiquette and safe practices during game setting.           |

**Outcome PE-SS-4:**

**Students will use catching and throwing with an implement during a competitive Lacrosse game. (PE12.3.1, PE12.3.2)**

- |           |  |
|-----------|--|
| PE-SS-4-1 | Perform a throw using a long handled implement.                                |
| PE-SS-4-2 | Demonstrate a catch using a long handled implement.                            |
| PE-SS-4-3 | Exhibit safe and responsible behavior during game.                             |
| PE-SS-4-4 | Create and apply offensive and defensive strategies while competing in a game. |

**Outcome PE-SS-5:**

**Students will demonstrate the kick, dribble, and trap skills during a competitive indoor soccer game. (PE12.3.1, PE12.3.2)**

- |           |   |
|-----------|---|
| PE-SS-5-1 | Execute the dribble to move the ball from one line to another.                  |
| PE-SS-5-2 | Execute the kick into the goal from the 3 point line of the gym.                |
| PE-SS-5-3 | Use the trap to control a pass from a teammate.                                 |
| PE-SS-5-4 | Develop and apply offensive and defensive strategies while competing in a game. |
| PE-SS-5-5 | Model and apply sportsmanship etiquette and safe practices during game setting. |

**Outcome PE-SS-6:**

**Students will perform the throw, catch, kick, and dribble skills during a competitive Speedball game.**

- |           |   |
|-----------|---|
| PE-SS-6-1 | Perform a throw to a partner 20 feet away.  |
| PE-SS-6-2 | Execute a catch using the proper technique.   |
| PE-SS-6-3 | Use the dribble to move the ball from one end line to half court.                   |
| PE-SS-6-4 | Perform the kick to a target 20 feet away.  |
| PE-SS-6-5 | Differentiate and apply offensive and defensive strategies while performing a game. |

**Outcome PE-SS-7:**



**Students will perform the rugby punt, knock, and drop kick skills while competing in a Rugby game.**

- |           |   |
|-----------|---|
| PE-SS-7-1 | Demonstrate a rugby kick 25 yards.  |
| PE-SS-7-2 | Perform the knock 10 yards to a teammate.                                       |
| PE-SS-7-3 | Execute the drop kick through the uprights from 10 yards away.                  |
| PE-SS-7-4 | Develop and apply offensive and defensive strategies during a competitive game. |
| PE-SS-7-5 | Model and apply sportsmanship etiquette and safe practices during game setting. |

**Outcome PE-SS-8:**

**Students will use striking, throwing (bowling), and catching skills during a Cricket game. (PE12.3.1, PE12.3.2)**

- |           |   |
|-----------|---|
| PE-SS-8-1 | Execute striking a thrown ball from one free throw line to the other.                         |
| PE-SS-8-2 | Perform a throw at a target 40 feet away.   |
| PE-SS-8-3 | Demonstrate a catch of a batted ball.   |
| PE-SS-8-4 | Differentiate and apply offensive and defensive strategies during a competitive Cricket game. |
| PE-SS-8-5 | Model and apply sportsmanship etiquette and safe practices during game setting.               |

**Outcome PE-SS-9:**

**Students will perform striking (forehand, backhand, overhead clear), smashes, serves, and drop shots skills during a competitive badminton doubles match.**

- |           |   |
|-----------|---|
| PE-SS-9-1 | Execute the forehand over the net inside the boundaries.                          |
| PE-SS-9-2 | Perform the backhand over the net inside the boundaries.                          |
| PE-SS-9-3 | Demonstrate the overhead clear over the net inside the boundaries.                |
| PE-SS-9-4 | Execute the smash over the net inside the boundaries.                             |
| PE-SS-9-5 | Perform the serve over the net inside the boundaries.                             |
| PE-SS-9-6 | Apply the drop shot over the net inside the boundaries.                           |
| PE-SS-9-7 | Differentiate and apply offensive and defensive strategies during a doubles game. |
| PE-SS-9-8 | Differentiate and execute the proper shot to be used during game play.            |

**Outcome PE-SS-10:**

**Students will demonstrate hitting, throwing, pitching, fielding and catching skills during a competitive softball game.**

- |            |   |
|------------|---|
| PE-SS-10-1 | Execute a hit off a pitched ball.   |
| PE-SS-10-2 | Perform a pitch for a strike from the pitcher's mound.                          |
| PE-SS-10-3 | Execute the catch of a batted ball.   |
| PE-SS-10-4 | Demonstrate the throw from various positions to the proper base.                |
| PE-SS-10-5 | Execute fielding a batted ball from various positions.                          |
| PE-SS-10-6 | Combine and apply all above skills to compete in a competitive softball game.   |
| PE-SS-10-7 | Create and apply offensive and defensive strategies while competing in a game.  |
| PE-SS-10-8 | Model and apply sportsmanship etiquette and safe practices during game setting. |

## **Weights and Conditioning (Elective)**

### **Outcome PE-WC-1:**

**Students will perform core lifts (bench, squat, and power clean).**

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|-----------|--|
| PE-WC-1-1 | Execute bench, squat, and clean lifts safely during a daily workout.             |
| PE-WC-1-2 | Perform a max test on bench, squat, and clean lifts.                             |
| PE-WC-1-3 | Use and apply proper spotting technique while a partner is performing the lifts. |
| PE-WC-1-4 | Develop personal goals on bench, squat, and clean lifts.                         |

### **Outcome PE-WC-2:**

**Students will execute auxiliary lifts.**

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|-----------|---|
| PE-WC-2-1 | Perform auxiliary lifts for a daily workout.                            |
| PE-WC-2-2 | Demonstrate proper lifting technique on auxiliary lifts.                |
| PE-WC-2-3 | Use and apply proper spotting form while a partner is performing lifts. |

### **Outcome PE-WC-3:**

**Students will demonstrate flexibility exercises and justify the importance of muscle flexibility.**

- |           |   |
|-----------|---|
| PE-WC-3-1 | Execute ballistic stretching at the beginning of class. |
| PE-WC-3-2 | Perform lifts to increase flexibility.                  |
| PE-WC-3-3 | Explain the importance of flexibility in muscles.       |

### **Outcome PE-WC-4:**

**Students will develop and revise a personal exercise plan to meet established fitness goals.**

- |           |   |
|-----------|---|
| PE-WC-4-1 | Develop a personal exercise plan to meet fitness goals.             |
| PE-WC-4-2 | Apply an exercise plan.   |
| PE-WC-4-3 | Evaluate and revise a personal exercise plan to meet fitness goals. |

### **Outcome PE-WC-5:**

**Student will evaluate and perform conditioning exercises to improve personal fitness levels.**

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|-----------|--|
| PE-WC-5-1 | Perform aerobic exercise.                      |
| PE-WC-5-2 | Evaluate the importance of conditioning.       |
| PE-WC-5-3 | Use technology to improve conditioning levels. |

**Outcome PE-WC-6:**

**Students will explain and perform agility exercise to improve personal fitness levels.**

- PE-WC-6-1      Perform agility exercise.
- PE-WC-6-2      Explain the importance of agility.
- PE-WC-6-3      Use a variety of equipment to increase agility.

**Outcome PE-WC-7:**

**Students will perform balance and coordination activities to increase personal fitness levels.**

- PE-WC-7-1      Demonstrate balance and coordination exercise.
- PE-WC-7-2      Explain the importance of balance and coordination.
- PE-WC-7-3      Use a variety of equipment to improve balance and coordination.