

Program and Grade Level Understandings- Physical Education

Program Understandings	K	1	2	3	4	5
I. Lifestyles and Physical Activity	Students will understand that physical activity benefits your health.	Students will understand that consistent and frequent physical activity benefits your health.	Students will understand that consistent and frequent physical activity benefits your health.	Students will understand that different physical activities produce different fitness results.	Students will understand that different physical activities produce different fitness results	Students will understand that there are a variety of physical activities available to enhance their fitness experience.
I. Fitness		<p>Students will understand that there are components of fitness that affect your health.</p> <p>Students will understand that people can live longer, healthier lives by choosing foods that contribute to healthful eating habits.</p>	<p>Students will understand that there are components of fitness that affect your health.</p> <p>Students will understand that people can live longer, healthier lives by choosing foods that contribute to healthful eating habits.</p>	<p>Students will understand that components of fitness are individualized.</p> <p>Students will understand that a balanced diet contributes to physical health.</p>	<p>Students will understand that components of fitness are individualized and measurable.</p> <p>Students will understand that a balanced diet contributes to physical health.</p>	<p>Students will understand that components of fitness are individualized and measurable, and impact physical fitness.</p> <p>Students will understand that a balanced diet contributes to physical health.</p>
III. Movement and Motor Skills	Students will understand that they can move their body in various ways.	Students will understand that they can move their body in various ways.	<p>Students will understand that they have a variety of ways to move and control their body in order to actively participate.</p> <p>Students will understand that their movement affects the outcome of activity.</p>	Students will understand that specific movements are necessary in order to perform a physical skill.	<p>Students will understand that specific movements are necessary in order to perform a physical skill.</p> <p>Students will understand that their movements can be combined and applied to cooperative and competitive activities.</p>	<p>Students will understand that their movements can be combined and applied to cooperative and competitive activities.</p> <p>Students will understand that specific movements are adapted and refined when developing a variety of physical skills.</p>

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IV. Movement Concepts and Strategies	<p>Students will understand that in order to be safe, their spatial awareness affects them individually.</p> <p>Students will understand that following rules will enhance participation.</p>	<p>Students will understand that in order to be safe, their spatial awareness affects them individually.</p> <p>Students will understand that following rules will enhance participation.</p>	<p>Students will understand that spatial awareness affects them individually as well as others around them.</p> <p>Students will understand that following rules will enhance participation</p>	<p>Students will understand that spatial awareness affects them individually, others around them and changes in various environments.</p> <p>Students will understand that following rules will enhance participation</p>	<p>Students will understand that spatial awareness affects them individually, others around them and changes in various environments.</p> <p>Students will understand that following rules will enhance participation</p>	<p>Students will understand that spatial awareness affects them individually, others around them and changes in various environments.</p> <p>Students will understand that following rules will enhance participation</p>
V. Social Interaction and Teamwork	<p>Students will understand that words and actions have outcomes.</p>	<p>Students will understand that words and actions have outcomes.</p>	<p>Students will understand that words and actions affect self and/or others.</p>	<p>Students will understand that words and actions affect self, groups and teams.</p>	<p>Students will understand that words and actions affect self, groups and teams in various environments.</p>	<p>Students will understand that quality social interactions affect experiences and performances.</p>