Alabama Physical Education

Beginning Kinesiology - Level 1

Anchor Standard 1: Motor Skills and Movement Patterns: _The physically literate individual demonstrates competency in a variety of motor skills and movement patterns._ PE19.BK1.1

A BK-1.1 Motor Skills and Movement Patterns: _Lifetime activities_ PE19.BK1.1.A

1 Exhibit competency in activity-specific movement skills in one or more lifetime activities. PE19.BK1.1.1

APE ___APE accommodation suggestions:___ Hand to hand; hand over hand; develop the rules to accommodate each student's needs; adapt equipment to meet students' needs. PE19.BK1.1.1.APE

B BK-1.2 Motor Skills and Movement Patterns: _Dance and rhythm_ PE19.BK1.1.B

2 Demonstrate competency in a form of dance. PE19.BK1.1.2

APE ___APE accommodation suggestions:___ Slower music, poly spots and/or arrows on floor for direction, breaking the dance steps/movements down into small parts, review/practice, peer assistance. PE19.BK1.1.2.APE

C BK-1.3 Motor Skills and Movement Patterns: _Fitness activities_ PE19.BK1.1.C

3 Exhibit competency in one or more specialized skills in health-related fitness activities. PE19.BK1.1.3

APE ___APE accommodation suggestions:___ Shorten distance; remove time restraints; remove cadence. PE19.BK1.1.3.APE

Anchor Standard 2: Movement and performance: _The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance._ PE19.BK1.2

A BK-2.1 Movement and Performance: _Movement concepts, principles, and knowledge_ PE19.BK1.2.A

1 Explain the terminology associated with exercise and participation in selected individual-performance activities. PE19.BK1.2.1

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.BK1.2.1.APE

B BK-2.2 Movement and Performance: _Movement concepts, principles, and knowledge_ PE19.BK1.2.B

2 Apply movement concepts and principles while evaluating and improving performance of self and/or others in a selected skill. PE19.BK1.2.2

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.BK1.2.2.APE

Skip to main content

C **BK-2.3 Movement and Performance: _Movement concepts, principles, and knowledge_** PE19.BK1.2.C

3 Design a practice plan to improve performance for an individualized selected skill. PE19.BK1.2.3

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.BK1.2.3.APE

D **BK-2.4 Movement and Performance: _Movement concepts, principles, and knowledge_** PE19.BK1.2.D

4 Show examples of social and technical dance forms and rhythmic activities. PE19.BK1.2.4

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.BK1.2.4.APE

Anchor Standard 3: Physical Activity and Fitness: _The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness._ PE19.BK1.3

A **BK-3.1 Physical Activity and Fitness: _Physical activity knowledge_** PE19.BK1.3.A

1 Explain the benefits of a physically active lifestyle as it relates to preparation for college and/or a career. PE19.BK1.3.1

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK1.3.1.APE

B **BK-3.2 Physical Activity and Fitness: _Physical activity knowledge_** PE19.BK1.3.B

2 Research the validity of advertisements for commercial products and programs pertaining to fitness and a healthy, active lifestyle. PE19.BK1.3.2

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK1.3.2.APE

C **BK-3.3 Physical Activity and Fitness: _Physical activity knowledge_** PE19.BK1.3.C

3 Explain risks associated with exercising in heat, humidity, and cold. PE19.BK1.3.3

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK1.3.3.APE

D **BK-3.4 Physical Activity and Fitness: _Physical activity knowledge_** PE19.BK1.3.D

Skip to main content

4 Investigate physical activities available in home and community to develop beneficial, healthy behaviors. PE19.BK1.3.4

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK1.3.4.APE

E BK-3.5 Physical Activity and Fitness: _Physical activity knowledge_ PE19.BK1.3.E

5 Assess risks and safety factors that might affect physical activity choices throughout the life cycle. PE19.BK1.3.5

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK1.3.5.APE

F BK-3.6 Physical Activity and Fitness: _Engagement in physical activity_ PE19.BK1.3.F

6 Participate several times a week in a self-selected lifetime activity, dance, or fitness-related activity outside school hours. PE19.BK1.3.6

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK1.3.6.APE

G BK-3.7 Physical Activity and Fitness: _Participation in fitness activity_ PE19.BK1.3.G

7 Demonstrate correct stretching technique and appropriate skill on resistance-training machines or with free weights. PE19.BK1.3.7

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK1.3.7.APE

H BK-3.8 Physical Activity and Fitness: _Fitness knowledge_ PE19.BK1.3.H

8 Identify components of a personal fitness plan. PE19.BK1.3.8

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK1.3.8.APE

Skip to main content

I BK-3.9 Physical Activity and Fitness: _Physical activity and fitness_ PE19.BK1.3.I

9 Determine target heart rate and apply that information to a personal fitness plan. PE19.BK1.3.9

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK1.3.9.APE

J BK-3.10 Physical Activity and Fitness: _Assessment and program planning_ PE19.BK1.3.J

10 Research and design a comprehensive personal fitness program to enhance a healthy, active lifestyle to develop lifelong health habits based on the components of health. PE19.BK1.3.10

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK1.3.10.APE

K BK-3.11 Physical Activity and Fitness: _Nutrition_ PE19.BK1.3.K

11 Design and implement a nutrition plan to sustain a healthy, active lifestyle. PE19.BK1.3.11

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK1.3.11.APE

L BK-3.12 Physical Activity and Fitness: _Stress management_ PE19.BK1.3.L

12 Identify healthy stress-management strategies. PE19.BK1.3.12

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK1.3.12.APE

Anchor Standard 4: Personal and Social Behavior: _The physically literate individual exhibits responsible personal and social behavior that res[illegible] otl

Skip to main content

A BK-4.1 Personal and Social Behavior: _Personal responsibility_ PE19.BK1.4.A

1 Demonstrate effective self-management skills to participate properly in activities with groups including various personalities, skill levels, and diverse populations. PE19.BK1.4.1

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting; peer assistance to model proper personal and social behaviors PE19.BK1.4.1.APE

3K-4.2 Personal and Social Behavior: _Rules and etiquette_ PE19.BK1.4.B

2 Model respect for others by respecting opposing opinions, exhibiting the willingness to compromise, and demonstrating teamwork while engaging in physical activity. PE19.BK1.4.2

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.BK1.4.2.APE

C BK-4.3 Personal and Social Behavior: _Working with others_ PE19.BK1.4.C

3 Use communication skills and strategies that promote positive team or group dynamics. PE19.BK1.4.3

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.BK1.4.3.APE

D BK-4.4 Personal and Social Behavior: _Working with others_ PE19.BK1.4.D

4 Solve problems and think critically during physical activity, both individually and in groups. PE19.BK1.4.4

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.BK1.4.4.APE

E BK-4.5 Personal and Social Behavior: _Safety_ PE19.BK1.4.E

5 Identify safe practices for participating in physical activity, exercise, and movement practices, individually or in a group. PE19.BK1.4.5

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.BK1.4.5.APE

Anchor Standard 5: Values Physical Activity: _The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction._ PE19.BK1.5

A BK-5.1 Values Physical Activity: _Health_ PE19.BK1.5.A

1 Discuss the health benefits of a self-selected physical activity. PE19.BK1.5.1

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.BK1.5.1.APE

B BK-5.2 Values Physical Activity: _Challenge_ PE19.BK1.5.B

2 Choose a level of challenge to experience success while participating in a self-selected physical activity. PE19.BK1.5.2

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.BK1.5.2.APE

Skip to main content

C **BK-5.3 Values Physical Activity: _Self-expression and enjoyment_** PE19.BK1.5.C

3 Participate in self-selected physical activities that meet the need for self-expression and enjoyment. PE19.BK1.5.3

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.BK1.5.3.APE

D **BK-5.4 Values Physical Activity: _Social interaction_** PE19.BK1.5.D

4 Identify the opportunities for social interaction and social support in a self-selected physical activity. PE19.BK1.5.4

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.BK1.5.4.APE