New Hampshire Physical Education

Grades K, 1, 2

Adopted 2005

Engages in a physically active lifestyle.	**a.** Participate in daily physical activity during and after school. **b.** Identify the physiological changes in the body during physical activity. **c.** Identify benefits gained from participation in physical activity. **d.** List activities that will promote a physically active lifestyle.
Achieves and maintains a health enhancing level of physical fitness.	**a.** Participate in daily health-enhancing physical activities. **b.** Participate in aerobic, anaerobic, flexibility and muscular strength and endurance activities. **c.** Progress in vigorous activities from shorter periods to longer periods of time.
Demonstrates competency in motor skills and movements patterns, proficiency in a few, and applies these skills and patterns in a variety of physical activities (psychomotor).	**a.** Demonstrate locomotor, non-locomotor and manipulative skills in a developmentally appropriate form. **b.** Apply fundamental motor skills in a variety of physical activities, such as low-organized games, rhythmic activities, fitness activities, tumbling/gymnastics.
Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the development of motor skills and the learning and performance of physical activities	**a.** Begin to use a movement vocabulary. **b.** Begin to describe the critical elements of fundamental motor skills. **c.** Distinguish differences in time, space, force, flow and direction. **d.** Use feedback from teachers to improve motor skill performance and cognitive understanding.
Identifies that physical activity provides opportunities for health	**a.** Identify the value of participation in physical activities. **b.** Describe what it is like to work in a group.

enhancement, enjoyment, challenge, self-expression and social interaction	
Exhibits responsible personal and social behavior that respects self and others in physical activity settings	**a.** Accept responsibility for his/her participation in physical activity settings.
	b. Work cooperatively and productively with a partner or small groups.
	c. Identify and follow safety rules for all activities.
	d. Display responsible behaviors in physical activity settings.
	e. Recognize the existence of individual uniqueness in physical activity settings.
	d. Display consideration for others in physical activity settings.
	e. Discuss the importance of including all students in physical activity settings.
	f. Resolve conflict in socially acceptable ways.