

# Physical Education

**Students demonstrate motor skills and movement patterns needed to perform a variety of physical activities** PD

## **1. Movement Skills** PD.1

- 1 Combine large motor movements (e.g., pulling, throwing, catching, kicking, rolling, riding) with the use of equipment (e.g., balls, bean bags, playground equipment). PD. 1.1
- 2 Engage in a variety of activities that require fine motor skills (e.g., art projects, manipulative toys, dressing) PD. 1.2

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## **Control in Movement**

- 3 Develop large body muscle control and coordination by engaging in a variety of physical activities (e.g., jumping, skipping, running, hopping, galloping, climbing, crawling, rolling). PD. 1.3
- 4 Demonstrate a growing sense of balance (e.g., stands on one foot, walks on a balance beam). PD. 1.4
- 5 Use eye-hand coordination to complete tasks (e.g., stringing beads, doing puzzles, using clay, tracing, lacing, cutting with scissors, pouring). PD. 1.5
- 7 Manipulate a variety of objects (e.g., clothing, blocks) and tools (e.g., writing and art tools, utensils). PD. 1.6

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**Students understand and apply movement concepts, principals, strategies, and tactics to learn and perform physical activities.**

## **Movement Concepts**

- 1 Demonstrate awareness of space and directionality in relationship to stationary and moving objects or boundaries (e.g., walls, lines, circles, bases) and respond to spatial directions. PD 2.1

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**Students participate in regular physical activity.**

## **Benefit of Physical Activity**

- 1 Identify the benefits and effects of exercise (e.g., positive feelings, increased stamina). PD. 3.1

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## **Participates in Physical Activity**

- 2 Participate in structured (e.g., games) and unstructured (e.g., playground) daily physical activities. PD. 3.2
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**Students understand and apply fitness concepts to achieve and maintain a health-enhancing level of physical fitness.**

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**Students exhibit responsible personal and social behavior in physical activity settings.**

### **Physiological Response to Physical Activity**

- 1 Exhibit strength, flexibility, and stamina/ endurance when participating in exercises for large motor skills. [PD. 4.1](#)
  - 2 Exhibit control, strength, and dexterity in hand muscles. [PD. 4.2](#)
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### **Procedures and Personal Responsibility**

- 1 Follow simple safety rules under teacher instruction and supervision during structured physical activities [PD. 5.1](#)
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### **Working with Others**

- 2 Work cooperatively with others in play and group physical activities [PD. 5.2](#)