

Wichita Public Schools

K-12 Physical Education Program Standards

Grade Level Benchmarks



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KINDERGARTEN BENCHMARKS

Standard 1: Motor Skills and Movement Patterns

A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Locomotor - Attempt the following locomotor skills while maintaining balance (hop, gallop, run, slide, skip, jump, leap).

Throwing - Toss an object underhand showing opposition, demonstrate the difference between overhand throw and underhand toss.

Catching - Catch a self-bounced or tossed object.

Rhythms - Repeat a combination of at least two rhythmic patterns led by the teacher using both sides of the body and crossing the midline.

Dribble with Hands - Dribble with either hand in self or general space.

Dribble with Feet - Dribble with either foot.

Striking - Strike a lightweight object using a short handled implement.

Kick - Kick a stationary ball using an approach.

Volley - Using various body parts, volley a lightweight object (balloon, beach ball) sending it upward.

Jump Rope - Performs a single jump with a self-turned rope and/or a long rope one time.

Standard 2: Learning Concepts

Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Understands the difference between various locomotor movements.
- Differentiate between personal and general space.

Standard 3: Fitness Concepts related to Physical Activity

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Actively participates in physical education class.
- Recognizes that when you move fast your heart beats faster and breathing is faster.
- Identify a physical activity outside of physical education class.

Standard 4: Personal and Social Responsibility

Exhibits responsible personal and social behavior that respects self and others.

- Follows directions with minimal prompting.
- Demonstrates positive behavior towards teachers and peers.
- Moves in a safe manner.

Standard 5: Values Physical Activity

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- Tries new physical activities.
- Identifies a physical activity that is challenging.

1ST GRADE BENCHMARKS

Standard 1: Motor Skills and Movement Patterns

A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Locomotor - Perform the following locomotor skills using a mature motor pattern while maintaining balance (hop, gallop, jog, slide), attempts to skip, leap, jump, and land.

Throwing - Demonstrate underhand toss and overhand throw showing opposition.

Catching - Catch a self-bounced object after one bounce or a tossed object from a partner.

Rhythms - Repeat combination of at least three rhythmic movements led by the teacher using both sides of the body and crossing the midline.

Dribble with Hands - Dribble with either hand in self and general space.

Dribble with Feet - Dribble with feet while walking in general space, keeping it close to the body.

Striking - Strike an object in an upward or forward direction using a short handled implement.

Kick - Kick a stationary ball.

Volley - Using various body parts, volley a lightweight object consecutively, sending it upward.

Jump Rope - Jumps forwards or backwards with a self-turned rope and/or a long rope multiple times.

Standard 2: Learning Concepts

Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Understands the difference between low, medium and high levels of movement.
- Differentiates between over, under, around, and through.

Standard 3: Fitness Concepts related to Physical Activity

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Identify two activities that make your heart beat faster.
- Identify cardiorespiratory endurance as a health related component of fitness.

Standard 4: Personal and Social Responsibility

Exhibits responsible personal and social behavior that respects self and others.

- Follows directions.
- Demonstrates positive behavior when working with a partner.
- Uses equipment properly.

Standard 5: Values Physical Activity

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- Describe feelings that result from physical activities.

2ND GRADE BENCHMARKS

Standard 1: Motor Skills and Movement Patterns

A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Locomotor - Perform skip, leap, jump, and land using mature motor pattern.

Throwing - Throw an object overhand showing opposition and side orientation.

Catching - Catch a bounced and tossed object from a partner using only hands.

Rhythms - Follow a combination of rhythmic movements to music with a specific tempo (slow-slow, fast-fast-fast) using both sides of the body and crossing the midline.

Dribble with Hands - Dribble with dominant hand and attempt non-dominant hand in general space while starting and stopping movement.

Dribble with Feet - Dribble with the inside of feet, in general space at a slow jog, while controlling the body and ball.

Striking - Strike an object with a short or long handled implement showing proper grip.

Kick - Kick a moving ball using an approach.

Volley - Volley a lightweight object using hands to a partner.

Jump Rope - Jumps forwards and backwards with a self-turned rope and/or jumps a long rope multiple times while staying in one spot.

Standard 2: Learning Concepts

Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Understands the difference between various pathways.
- Differentiate between speeds.

Standard 3: Fitness Concepts related to Physical Activity

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Identify two of the five health related components of fitness.
- Identify an activity that works on each of those two components.

Standard 4: Personal and Social Responsibility

Exhibits responsible personal and social behavior that respects self and others.

- Follows directions.
- Demonstrates positive behavior when working with a partner regardless of differences.

Standard 5: Values Physical Activity

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- Describe positive ways to celebrate individual, partner or group success, during physical activity.

3RD GRADE BENCHMARKS

Standard 1: Motor Skills and Movement Patterns

A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Locomotor - Differentiate between jog, run, and sprint, transitions between locomotor skills smoothly.

Throwing - Throw overhand showing opposition, side orientation, and with appropriate force from a variety of distances.

Catching - Catch an object thrown overhand from a partner using only hands.

Rhythms - Perform a combination of rhythmic movements/dance steps alone, with a partner, or group using both sides of the body, and crossing the midline.

Dribble with Hands - Dribble with non-dominant hand in general space, and dominant hand under control at a slow or moderate speed.

Dribble with Feet - Dribble with inside of feet, in general space, at a moderate jogging speed, and under control.

Striking - Strike an object with a short or long handled implement showing proper grip and body orientation.

Kick - Using an approach, kick a moving ball along the ground and into the air; and kick a stationary ball toward a target with accuracy; attempts punting.

Volley - Volley an object using a forearm (pass), to a partner.

Jump Rope - Jumps rope using double and single bounce; attempts beginning skills with short rope and/or runs out of a long rope.

Standard 2: Learning Concepts

Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Identify motor skills used in specific games and physical activities.
- Differentiate between hard and soft force.

Standard 3: Fitness Concepts related to Physical Activity

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Identify three of the five health related components of fitness.
- Identify an activity that works on each of those three components.

Standard 4: Personal and Social Responsibility

Exhibits responsible personal and social behavior that respects self and others.

- Is self-directed during skill practice time.
- Demonstrates positive behavior when working with a group.

Standard 5: Values Physical Activity

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- Describe the benefits of working with a partner or group during physical activity.

4TH GRADE BENCHMARKS

Standard 1: Motor Skills and Movement Patterns

A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Locomotor - Use various locomotor skills in games and activities.

Throwing - Throw overhand using a mature motor pattern towards a target.

Catching - Catch an object demonstrating a mature motor pattern.

Rhythms - Individually incorporate equipment into simple rhythmic movements/dance steps. (bean bags, balls, ropes, etc.)

Dribble with Hands - Dribble with dominant hand using mature motor pattern, and non-dominant hand under control at a slow or moderate speed in general space.

Dribble with Feet - Dribble with inside of feet at a moderate speed, while changing directions, with a mature motor pattern.

Striking - Strike an object with a short or long handled implement while demonstrating a mature motor pattern.

Kick - Demonstrate a mature motor pattern while performing kicks either along the ground, into the air, or punting.

Volley - Volley an object to a partner using a forearm (pass), demonstrating a mature motor pattern.

Jump Rope - Jumps rope using mature motor pattern; performs beginning skills and attempts intermediate skills with short rope and/or run in, jump, and run out of long rope.

Standard 2: Learning Concepts

Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Describe mature motor pattern for various motor skills.
- Explain the concept of offense or defense.

Standard 3: Fitness Concepts related to Physical Activity

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Identify four of the five health related components of fitness.
- Identify an activity that works on each of those four components.

Standard 4: Personal and Social Responsibility

Exhibits responsible personal and social behavior that respects self and others.

- Follows the rules of a game or activity.
- Demonstrates good sportsmanship.

Standard 5: Values Physical Activity

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- Describe the characteristics of a good sport and a bad sport.

5TH GRADE BENCHMARKS

Standard 1: Motor Skills and Movement Patterns

A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Locomotor - Combine locomotor skills and use of equipment in games and activities.

Throwing - Throw overhand using a mature motor pattern towards a target while showing increased accuracy.

Catching - Catch an object at a variety of levels demonstrating a mature motor pattern.

Rhythms - Incorporate a variety of equipment to rhythmic movements/dance steps with a partner or in a small group (jump bands, tinkling, etc.) or create a dance alone, with a partner, or a small group.

Dribble with Hands - Dribble with mature motor pattern using dominant or non-dominant hand while changing speeds and directions in games or physical activities.

Dribble with Feet - Dribble using inside and outside of feet while changing directions, speed and pathways; combine with other skills (passing, shooting, etc.) while demonstrating a mature motor pattern.

Striking - Strike a moving object with a short or long handled implement demonstrating a mature motor pattern.

Kick - Demonstrate a mature motor pattern while using a variety of kicks in games or activities.

Volley - Volley an object using a mature motor pattern back and forth with a partner. Attempts two hand overhead pass (set).

Jump Rope - Jumps rope using mature motor pattern; performs intermediate skills and attempts advanced skills with short rope and/or perform skills or uses equipment while jumping long rope.

Standard 2: Learning Concepts

Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Give specific feedback pertaining to a mature motor pattern.
- Describes the difference between offense and defense.

Standard 3: Fitness Concepts related to Physical Activity

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Identify the five health related components of fitness.
- Identify an activity that works on each of those five components.
- Identify the benefits of frequent physical activity outside of physical education class.

Standard 4: Personal and Social Responsibility

Exhibits responsible personal and social behavior that respects self and others.

- Gives positive feedback to others.
- Demonstrates respectful attitude and conflict resolution skills.

Standard 5: Values Physical Activity

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- Describe the results of good sportsmanship and bad sportsmanship during physical activity.

6TH GRADE BENCHMARKS

Standard 1: Motor Skills and Movement Patterns

A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Throwing - Throw an object to a moving target in games and physical activities demonstrating a mature motor pattern using a variety of objects in an offensive and defensive situation.

Catching - Catch with hands or equipment a variety of objects while moving, demonstrating a mature motor pattern in varying practice tasks.

Rhythms - Can incorporate a variety of equipment to rhythmic movements while following correct steps or patterns. (jump ropes, cup stacks, tinikling, lummi sticks, aerobic steps)

Dribble with Hands and/or Feet - Dribble with control using either hand and/or both feet showing a change in speed and direction in a variety of practice tasks.

Strike/Kick - Strikes or kicks an object using a body part or implement towards a target in practice tasks.

Volley - Volley an object back and forth, using a forearm (pass) or two-hand overhead pass (set), demonstrating a mature motor pattern both with a partner and in a small group.

Serving - Can execute an underhand serve with control for net/wall games in varying practice tasks.

Standard 2: Learning Concepts

Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Can understand and recognize various positions of both offense and defense.
- Can understand and recognize the importance of open space during games and activities.

Standard 3: Fitness Concepts related to Physical Activity

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Can identify the five health related components of fitness and identify an activity that improves each component.
- Understands the meaning of Resting Heart Rate.

Standard 4: Personal and Social Responsibility

Exhibits responsible personal and social behavior that respects self and others.

- Shows respect to equipment, facilities, self and others.
- Accepts feedback appropriately.
- Accepts responsibility for improving one's own levels of physical activity and fitness.
- Provides encouragement to classmates of varying skill levels and participates cooperatively.
- Responds appropriately to conflict.
- Understands rules and etiquette for physical activities and games.
- Comes to class prepared and shows effort, while participating safely and appropriately.

Standard 5: Values Physical Activity

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- Describe how being physically active leads to a healthy body.
- Identify physical activities that are personally enjoyable.

7TH GRADE BENCHMARKS

Standard 1: Motor Skills and Movement Patterns

A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Throwing - Throw an object consistently to a moving target in games and physical activities demonstrating a mature motor pattern using a variety of objects in an offensive and defensive situation.

Catching - Catch with hands or equipment using a mature motor pattern with various objects in small-sided game play.

Rhythms - Can incorporate a variety of equipment to rhythmic movements and be able to create at least one 8-count measure on their own, with a partner or in a group.

Dribble with Hands and/or Feet - Dribble with control using both dominant and non-dominant hand and/or feet showing a change in speed and direction in a variety of practice tasks.

Strike/Kick - Strikes or kicks an object using a body part or implement towards a target with accuracy in small-sided games.

Volley - Volley an object with improved control using a forearm (pass) or two-hand overhead pass (set), demonstrating a mature motor pattern in small-sided game play.

Serving - Can execute consistently a legal underhand or overhand serve to a predetermined target for net/wall games in small-sided game play.

Standard 2: Learning Concepts

Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Can recognize strategies for both offensive and defensive positions in individual or group activities.
- Can understand and recognize the importance of quick transitions.

Standard 3: Fitness Concepts related to Physical Activity

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Can identify the physical, emotional and social benefits of good health, relating to the five health related components of fitness (i.e., Health Triangle).
- Understands Target Heart Rate.

Standard 4: Personal and Social Responsibility

Exhibits responsible personal and social behavior that respects self and others.

- Shows respect to equipment, facilities, self and others.
- Accepts feedback appropriately.
- Accepts responsibility for improving one's own levels of physical activity and fitness.
- Provides encouragement to classmates of varying skill levels and participates cooperatively.
- Responds appropriately to conflict.
- Understands rules and etiquette for physical activities and games.
- Comes to class prepared and shows effort, while participating safely and appropriately.

Standard 5: Values Physical Activity

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- Compare and contrast a sedentary lifestyle with an active lifestyle.
- Describe how various types of physical activities appeal to different people.

8TH GRADE BENCHMARKS

Standard 1: Motor Skills and Movement Patterns

A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Throwing - Throw a variety of objects consistently with power and velocity to a moving target in game situations.

Catching - Catch with hands or equipment in a dynamic environment or small-sided game play.

Rhythms - Can incorporate a variety of equipment to rhythmic movements and is able to create a routine at least two measures long with a group.

Dribble with Hands and/or Feet - Dribble with control using both dominant and non-dominant hand and/or feet showing a change in speed and direction in small-sided game play.

Strike/Kick - Strikes or kicks an object using a body part or implement towards a target over varying distances controlling velocity for accuracy in small-sided games.

Volley - Volley an object with improved control using a forearm (pass) or two-hand overhead pass (set), demonstrating a mature motor pattern in small-sided game play.

Serving - Can execute consistently a legal underhand and overhand serve with distance and accuracy for net/wall games in a *dynamic environment or modified game play. *Dynamic Environment - An environment that is unpredictable and in motion.

Standard 2: Learning Concepts

Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Can create at least one offensive and defensive strategy.
- Can open and close space during small sided games.

Standard 3: Fitness Concepts related to Physical Activity

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Can recognize the importance of the five health components of fitness and create at least two goals for self-improvement.
- Is able to differentiate between Resting Heart Rate and Target Heart Rate.

Standard 4: Personal and Social Responsibility

Exhibits responsible personal and social behavior that respects self and others.

- Shows respect to equipment, facilities, self and others.
- Accepts feedback appropriately.
- Accepts responsibility for improving one's own levels of physical activity and fitness.
- Provides encouragement to classmates of varying skill levels and participates cooperatively.
- Responds appropriately to conflict.
- Understands rules and etiquette for physical activities and games.
- Comes to class prepared and shows effort, while participating safely and appropriately.

Standard 5: Values Physical Activity

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- Describe the positive benefits that are gained through lifelong participation in physical activity.

HIGH SCHOOL BENCHMARKS

Standard 1: Motor Skills and Movement Patterns

A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Throwing - Throw a variety of objects with increased accuracy to a moving target in a game situation.

Catching - Move to catch an object while changing speeds and directions.

Dribble with Hands and/or Feet - Dribble with control while being defended in a game situation.

Strike/Kick - Strikes an object to change its trajectory in a game situation.

Volley - Volley an object with increased velocity using a forearm (pass), or two-hand overhead pass (set), demonstrating a mature motor pattern to a target in a game situation.

Serving - Can execute a serve with increased accuracy and power to a target area in a game situation.

Standard 2: Learning Concepts

Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Applies the terminology, movement concepts and principles to enhance individual and team activities.

Standard 3: Fitness Concepts related to Physical Activity

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Can make a personal assessment of their lifestyle choices using the 7 dimensions of health.

Standard 4: Personal and Social Responsibility

Exhibits responsible personal and social behavior that respects self and others.

- Shows respect to equipment, facilities, self and others.
- Accepts feedback appropriately.
- Accepts responsibility for improving one's own levels of physical activity and fitness.
- Provides encouragement to classmates of varying skill levels and participates cooperatively.
- Responds appropriately to conflict.
- Understands rules and etiquette for physical activities and games.
- Comes to class prepared and shows effort, while participating safely and appropriately.

Standard 5: Values Physical Activity

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- Identify and analyze personal benefits that are gained through lifelong participation in physical activity.