

BENTON K-6 PHYSICAL EDUCATION

Standard #1

Uses a variety of basic and advanced movement forms.

K-2

- Uses a variety of basic locomotor and non-locomotor movements.
- Uses a variety of basic object control skills.
- Uses control in spatial awareness and balance.

3-4

- Uses a developed form in object control skills (catching, throwing, kicking, etc.)
- Uses a natural form and sequence in locomotor skills.
- Uses beginning strategies for variety of small group and/or large group activities.

5-6

- Applies basic ball skills for a variety of sport specific physical activities.
- Engages in a multiple combination of advance locomotor skills.
- Knows the importance of body control in order to incorporate basic offensive & defensive strategies to physical activities.

Standard #2

Uses movement concepts and principles in the development of motor skills.

K-2

- Understands vocabulary of basic movement concepts.
- Uses concepts of space awareness and movement control with a variety of basic skills.

3-4

- Understands proper warm-up & cool-down techniques & reasons for using them.
- Understands importance of practice in learning skills.
- Uses basic offensive & defensive strategies in movement game activities.

5-6

- Understands principles of practice & conditioning that improves performance.
- Uses basic offensive & defensive strategies in movement game activities.
- Understands fitness principles needed for training of certain physical activity skills.

Standard #3

Understands the benefits and costs associated with physical activity.

K-2

- Understands the positives of physical activity in relation to one's health.
- Enjoys the satisfaction of physical movement.
- Understands and accepts the differences of other's physical abilities.

3-4

- Knows about opportunities for participation in physical activities both in and out of school.
- Understands the importance of selecting a variety of activities to insure more health benefits.
- Knows the importance of including physical activity as part of your daily routine.

5-6

- Understands the positive and negative effects of physical activity on one's lifestyle choices.
- Uses basic fitness principles to set personal goals for one's own activity plan.
- Chooses physical activities based on a variety of factors (personal interests, challenge, and enjoyment).

Standard #4**Understands how to monitor and maintain a health-enhancing level of physical fitness.****K-2**

- Recognizes that physical activity is good for personal well-being.
- Seeks participation in gross motor activities that involves locomotion, non-locomotion, and manipulation of objects outside of school.

3-4

- Demonstrates regular participation in physical activity for the purpose of developing a healthy lifestyle.
- Describes healthful benefits that result from regular and appropriate participation in physical activity.

5-6

- Chooses to exercise at home for personal enjoyment & benefits.
- Participates in activities, sports, dance, or other fitness pursuits (both in and out of school) on an individual interest and capabilities.

Standard #5**Understands the social and personal responsibility associated with participation in physical activity.****K-2**

- Follows rules and procedures.
- Uses equipment and space safely and appropriately.
- Understands the importance of playing, cooperating, and respecting others regardless of physical differences.
- Works cooperatively incorporating socially acceptable conflict resolution.

3-4

- Uses equipment and space safely and appropriately to provide equal learning for all students.
- Works well in small or large groups to accomplish a given goal/task.
- Understands physical challenges faced by people with different ability levels.
- Enjoys the satisfaction of meeting, then playing and cooperating with others during physical activities.

5-6

- Participates with cooperation and is respectful with others and self when engaged in a competitive activity.
- Identifies one's own enjoyment with self-expression when participating in physical activity. (showing proper attitudes)

- Understands the importance of rules, procedures and safe practices in physical activity.
- Understands the importance of developing life-long recreational skills.

Ways to Assess the Above Standards:

- Teacher Observations (recess, class, community)
- Self Assessment (personal check off sheets)
- Partner Assessment (peer evaluation)
- Written Quiz or Test (terminology, rules, or strategies)
- Student Journals (logs activities)
- Skills Testing
- Group Projects
- Student Projects
- Fitness Challenges (informal & formal testing)

Areas of Assessment:

Performance based: Individual performance, Group performance, Partner performance, Skills tests, Fitness test, Rubrics/checklists, pre/post test activities.

Knowledge Based: Selected response, Essay, Oral, Pre/post activities.

Self-Assessment: Goal setting, Journals, Writing logs, Computer logs, Teacher led/student based.

Informal Assessment: Teacher observation, Peer observation, Personal Communication.