

Grade 3 – Grade 5 Physical Education Standards and Benchmarks

STANDARD 1: Uses a variety of movement forms

Benchmarks:

Grade 3 – Grade 5

- 1.1: Uses a variety of object control/manipulative skills
- 1.2: Uses sport-specific skills for a variety of physical activities

Standard 2: Applies movement concepts and principles to the learning and development of motor skills

Benchmarks:

Grade 3 – Grade 5

- 2.3 Uses basic defensive and offensive strategies in unstructured game environments

Standard 3: Understands how to achieve, monitor and maintain a health-enhancing level of physical fitness

Benchmarks:

Grade 3 – Grade 5

- 3.1 Chooses physical activities based on a variety of factors

Standard 4: Demonstrate responsible personal and social behavior, as well as respect for difference among people in physical activity settings

Benchmarks:

Grade 3 – Grade 5

- 4.1 Develops etiquette and knows how to follow rules and procedures
- 4.2 Students will understand that games provide opportunities for creativity and enjoyment

Standard 5: Understands that physical activity provides the opportunity for enjoyment, challenge, self-expression and social interaction

Benchmarks:

Grade 3 – Grade 5

- 5.2 Students will understand the significance of challenging themselves to improve performance