

# **Physical Education Prep through Grade 2 Standards and Benchmarks**

## **Standard 1: Use the general skills and strategies of the writing process**

### **Benchmarks**

- 1.1 Uses a variety of locomotor movements in travel activities
- 1.2 Uses a variety of object control/manipulative skills
- 1.3 Uses sport-specific skills for a variety of physical activities
- 1.4 Uses combination of movement skills

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

### **Benchmarks**

- 2.1 Understands the difference between movement patterns
- 2.2 Uses information, both internal and external to improve performance
- 2.3 Uses feedback to improve performance

## **Standard 3: Understands how to achieve, monitor and maintain health**

### **Benchmarks**

- 3.1 Understands how to achieve monitor and maintain a health enhancing level of physical fitness

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

### **Benchmarks**

- 4.1 Provides support to others in physical activity settings

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

### **Benchmarks**

- 5.1 Associates feelings with participation in physical activities