

## Correlation of EPEC K-5 to Michigan GLCEs

The tables below list the Michigan Grade Level Content Expectations for Physical Education in the left two columns, and the corresponding Exemplary Physical Education Curriculum (EPEC) objectives and steps in the right column. Objective and step numbers (e.g., Slide step 6) indicate that the GLCE is addressed in that step, either in the instructional segment or in one or both of the reinforcing activities.

EPEC K-5 objectives are color-coded to NASPE standards, with green relating to NASPE standard 1; yellow, Standard 2; blue, Standard 3; orange, Standard 4; pink, Standard 5; and purple, Standard 6. Gray is used to denote EPEC activities across multiple standards.

### Kindergarten

#### Motor Skills and Movement Patterns

##### Movement Concepts

M.MC.00.01	demonstrate limited elements of space awareness movement concepts for location (e.g., self-space) in isolated settings.	Use of Space steps 1-5
M.MC.00.02	demonstrate limited elements of space awareness movement concepts for directions (e.g., up/down and forward/backward) in isolated settings	Gallop step 2 Hop steps 1-4 Leap steps 1-4 Run steps 1, 3 and 5 Skip steps 1-4 Vertical Jump steps 1-4 Walk step 1 Batting steps 3 and 5-6 Foot Dribble steps 1-4 Forehand Strike steps 1-6 Instep Kick steps 2-5 Overhand Throw steps 4-5 Underhand Strike steps 2-3 Underhand Throw steps 2-7
		Body Parts/Actions/Planes step 3
M.MC.00.03	demonstrate limited elements of space awareness movement concepts for levels (e.g., low and high) in isolated settings	Vertical Jump steps 6-8 Catch Fly Balls steps 4-5 Catch Rolling Balls steps 2 and 4 Forehand Strike steps 3-4 and 6 Lift and Carry Posture steps 1-5 Underhand Strike steps 4-5 Underhand Throw steps 4-7
		Body Parts/Actions/Planes step 3 Use of Space step 2

M.MC.00.04	demonstrate selected elements of space awareness movement concepts for pathways (e.g., straight and curved) in isolated settings	Gallop step 5 Hop step 8 Skip step 7 Slide step 5 Walk step 4 Foot Dribble step 6 Dribble step 6 Lift and Carry Posture step 5
M.MC.00.05	demonstrate selected elements of space awareness movement concepts for extensions (e.g., large/small) in isolated settings	Body Parts/Actions/Planes steps 2-5
M.MC.00.06	demonstrate selected elements of effort movement concepts for time (e.g., fast/slow) in isolated settings	Gallop step 5 Hop steps 6-8 Run steps 6-7 Skip steps 3, 5-7 Slide step 5 Walk steps 3-5 Foot Dribble step 5
M.MC.00.09	demonstrate elements of relationship movement concepts of body parts (e.g., round, narrow, wide, and symmetrical) in isolated settings	Body Parts/Actions/Planes steps 2-5
M.MC.00.10	demonstrate selected elements of relationship movement concepts of objects and/or people (e.g., over/under, on/off, and in front/behind) in isolated settings	Leap step 9 Aerobic Activity/Fitness step 1 Ab/Low Back Strength steps 1 and 7 Arm/Shoulder Strength step 2 Hip/Low Back Flexibility steps 1 and 7 Cooperation step 2
M.MC.00.11	demonstrate selected elements of relationship movement concepts with people (e.g., leading/following) in isolated settings	Hop step 8 Skip step 4 Slide step 6 Hand Dribble step 6 Underhand Throw step 1 Aerobic Activity/Fitness steps 2 and 11

### Motor Skills

M.MS.00.01	demonstrate selected elements of non-locomotor skills of balancing, bending, rocking, rolling, swinging, jumping, and landing in isolated settings	Horizontal Jump steps 1-7 Vertical Jump steps 1-9 Body Parts/Actions/Planes step 2
M.MS.00.02	demonstrate selected elements of mature form of locomotor skills of walk and run in isolated settings	Walk step 1 Run steps 1-5
M.MS.00.03	demonstrate selected elements of mature form of manipulative skills of roll	Catch Rolling Balls step 2-9 Underhand Throw steps 1-5

	and underhand throw in isolated settings	
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### Aquatics

M.AQ.00.01	demonstrate selected elements of basic aquatic skills of front float and back float with flotation and instructor support in isolated settings	Not addressed
M.AQ.00.02	demonstrate selected elements of safe water entry and exit with flotation and instructor support in isolated settings	Not addressed

### Rhythmic Activities

M.RA.00.01	demonstrate basic even and uneven rhythmic patterns	Gallop steps 2-6 Hop steps 6-8 Run steps 5-9 Skip steps 4-8 Slide steps 3-6 Walk steps 1-6
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## Content Knowledge

### Feedback

K.FB.00.01	use cues from teachers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings	Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6 Batting steps 1-10 Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike 1-10 Hand Dribble steps 1-8 Instep Kick steps 1-11 Lift and Carry Posture steps 1-6 Overhand Throw steps 1-9 Underhand Strike steps 1-6 Underhand Throw steps 1-9
		Body Parts/Actions/Planes steps 1-5 Use of Space steps 1-5
		Ab/Low Back Strength steps 1-9 Arm/Shoulder Strength steps 1-8 Hip/Low Back Flexibility steps 1-10
		Following Directions steps 2-4 Respect for Others steps 3-4

**Movement Concepts**

K.MC.00.01	identify limited space awareness movement concepts for location, i.e., self-space and general space	Use of Space steps 1-5
K.MC.00.02	identify limited space awareness movement concepts for directions (e.g., up/down and forward/backward)	Gallop step 2 Hop steps 1-4 Leap steps 1-4 Run steps 1, 3 and 5 Skip steps 1-4 Vertical Jump steps 1-4 Walk step 1 Batting steps 3 and 5-6 Foot Dribble steps 1-4 Forehand Strike steps 1-6 Instep Kick steps 2-5 Overhand Throw steps 4-5 Underhand Strike steps 2-3 Underhand Throw steps 2-7 Body Parts/Actions/Planes step 3
K.MC.00.03	identify limited space awareness movement concepts for levels (e.g., low and high)	Vertical Jump steps 6-8 Catch Fly Balls steps 4-5 Catch Rolling Balls steps 2 and 4 Forehand Strike steps 3-4 and 6 Lift and Carry Posture steps 1-5 Underhand Strike steps 4-5 Underhand Throw steps 4-7 Body Parts/Actions/Planes step 3 Use of Space step 2
K.MC.00.04	identify selected space awareness movement concepts for pathways (e.g., straight and curved)	Gallop step 5 Hop step 8 Skip step 7 Slide step 5 Walk step 4 Foot Dribble step 6 Dribble step 6 Lift and Carry Posture step 5
K.MC.00.05	identify selected space awareness movement concepts for extensions (e.g., large/small)	Body Parts/Actions/Planes steps 2-5
K.MC.00.06	identify selected effort movement concepts for time (e.g., fast/slow)	Gallop step 5 Hop steps 6-8 Run steps 6-7 Skip steps 3, 5-7 Slide step 5 Walk steps 3-5 Foot Dribble step 5
K.MC.00.09	identify relationship movement concepts of body parts (e.g., round, narrow, wide, and symmetrical)	Body Parts/Actions/Planes steps 2-5

K.MC.00.10	identify selected relationship movement concepts of objects and/or people (e.g., over/under, on/off, and in front/behind)	Leap step 9
		Aerobic Activity/Fitness step 1
		Ab/Low Back Strength steps 1 and 7 Arm/Shoulder Strength step 2 Hip/Low Back Flexibility steps 1 and 7
		Cooperation step 2
K.MC.00.11	identify selected relationship movement concepts with people (e.g., leading/following)	Hop step 8 Skip step 4 Slide step 6 Hand Dribble step 6 Underhand Throw step 1
		Aerobic Activity/Fitness steps 2 and 11

### Motor Skills

K.MS.00.01	identify selected critical elements of the following non-locomotor skills: balancing, bending, rocking, rolling, and swinging	Body Parts/Actions/Planes step 2
K.MS.00.02	identify selected critical elements of the following locomotor skills: walk and jump	Horizontal Jump steps 1-3 Vertical Jump steps 1-4 Walk step 1
K.MS.00.03	identify selected elements of the following manipulative skills: roll and underhand throw	Underhand Throw steps 1-5

### Rhythmic Activities

K.RA.00.01	identify basic rhythmic patterns (e.g., even and uneven)	Gallop step 2 Skip step 4 Slide step 3
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### Participation Inside/Outside Physical Education

K.PA.00.01	recognize varying types of physical activities	Beneficial Effects of Physical Activity steps 6-7
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### Health-Related Fitness

K.HR.00.01	identify one of the five components of health-related fitness	Beneficial Effects of Physical Activity steps 6-7
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### Physical Activity and Nutrition

K.AN.00.01	identify that physical activity can lead to increased heart rate, breathing rate, perspiration, etc. (e.g., running, galloping)	Beneficial Effects of Physical Activity steps 2, 4 and 5
K.AN.00.02	identify that supporting body weight in selected activities develops muscular strength and endurance (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts) in selected activities	Beneficial Effects of Physical Activity steps 2, 4 and 5
		Arm/Shoulder Strength steps 1-8

## Fitness and Physical Activity

### Participation During Physical Education

A.PE.00.01	participate, at a moderate intensity level, in limited physical activities that focus on skill building rather than on formal game structure, including a variety of locomotor and developmentally appropriate manipulative skills	Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6 Batting steps 1-10 Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike steps 1-10 Hand Dribble steps 1-8 Instep Kick steps 1-11 Lift and Carry Posture steps 1-6 Overhand Throw steps 1-9 Underhand Strike steps 1-6 Underhand Throw steps 1-9
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### Participation Outside of Physical Education

A.PA.00.01	choose to participate, at a moderate intensity level, in limited physical activities that focus on skill building rather than on formal game structure, including a variety of locomotor activities and developmentally appropriate manipulative skills on a daily basis	Homework assignments in the following objectives/steps include suggestions for targeted practice: Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6 Batting steps 1-10 Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike 1-10 Hand Dribble steps 1-8 Instep Kick steps 1-11 Lift and Carry Posture steps 1-6 Overhand Throw steps 1-9 Underhand Strike steps 1-6 Underhand Throw steps 1-9
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**Health-Related Fitness**

A.HR.00.01	recognize one of the five components of health-related fitness	Beneficial Effects of Physical Activity steps 6-7
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**Physical Activity and Nutrition**

A.AN.00.01	Identify that physical activity can lead to increased heart rate, breathing rate, perspiration, etc. (e.g., running, galloping)	Beneficial Effects of Physical Activity steps 2, 4 and 5
A.AN.00.02	Support own body weight, briefly, in selected activities (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts) to develop muscular strength and endurance	Hop steps 1-9 Horizontal Jump steps 1-7 Vertical Jump steps 1-9
		Arm/Shoulder Strength steps 1-8

**Personal/Social Behaviors and Values**

**Feedback**

B.FB.00.01	use limited cues from teachers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings	Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6 Batting steps 1-10 Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike 1-10 Hand Dribble steps 1-8 Instep Kick steps 1-11 Lift and Carry Posture steps 1-6 Overhand Throw steps 1-9 Underhand Strike steps 1-6 Underhand Throw steps 1-9
		Body Parts/Actions/Planes steps 1-5 Use of Space steps 1-5
		Ab/Low Back Strength steps 1-9 Arm/Shoulder Strength steps 1-8 Hip/Low Back Flexibility steps 1-10

**Personal/Social Behaviors**

B.PS.00.01	Exhibit behaviors which exemplify best effort, cooperation, and compassion with teacher prompting in isolated settings	Compassion steps 1-4
		Cooperation steps 1-4
		Best Effort steps 1-4

# First Grade

## Motor Skills and Movement Patterns

### Movement Concepts

M.MC.01.01	demonstrate selected elements of space awareness movement concepts for location (e.g., self-space and general space) in isolated settings.	Use of Space steps 1-5
M.MC.01.02	demonstrate selected elements of space awareness movement concepts for directions (e.g., up/down, forward/backward, right/left, and clockwise/counterclockwise) in isolated settings	Gallop step 2 Hop steps 1-4 Leap steps 1-4 Run steps 1, 3 and 5 Skip steps 1-4 Vertical Jump steps 1-4 Walk step 1 Batting steps 3 and 5-6 Foot Dribble steps 1-4 Forehand Strike steps 1-6 Instep Kick steps 2-5 Overhand Throw steps 4-5 Underhand Strike steps 2-3 Underhand Throw steps 2-7
M.MC.01.03	demonstrate selected elements of space awareness movement concepts for levels (e.g., low, medium, and high) in isolated settings.	Body Parts/Actions/Planes step 3
M.MC.01.04	demonstrate selected elements of space awareness movement concepts for pathways (e.g., straight, curved and zigzag) in isolated settings.	Vertical Jump steps 6-8 Catch Fly Balls steps 4-5 Catch Rolling Balls steps 2 and 4 Forehand Strike steps 3-4 and 6 Lift and Carry Posture steps 1-5 Underhand Strike steps 4-5 Underhand Throw steps 4-7
M.MC.01.05	demonstrate selected elements of space awareness movement concepts for extensions (e.g., large/small and far/near) in isolated settings.	Body Parts/Actions/Planes step 3 Use of Space step 2
		Gallop step 5 Hop step 8 Skip step 7 Slide step 5 Walk step 4 Foot Dribble step 6 Dribble step 6 Lift and Carry Posture step 5
		Body Parts/Actions/Planes steps 2-5

M.MC.01.06	demonstrate selected elements of effort movement concepts for time (e.g., fast/slow and sudden/sustained) in isolated settings.	Gallop step 5 Hop steps 6-8 Run steps 6-7 Skip steps 3, 5-7 Slide step 5 Walk steps 3-5 Foot Dribble step 5
M.MC.01.07	demonstrate selected elements of effort movement concepts for force (e.g., strong and light) in isolated settings.	Forehand Strike steps 9-10 Hand Dribble steps 1-4 Overhand Throw step 9 Underhand Strike step 6 Underhand Throw step 9
M.MC.01.08	demonstrate selected elements of effort movement for flow (e.g., bound and free) in isolated settings.	Gallop steps 2 and 4-5 Hop steps 4-8 Horizontal Jump step 3 Leap step 4 Run step 5 Skip steps 3-7 Slide steps 3-5 Vertical Jump step 4 Walk steps 1 and 4 Batting step 6 Foot Dribble steps 4 and 6 Forehand Strike step 6 Hand Dribble step 4 Instep Kick step 5 Overhand Throw step 5 Underhand Strike step 3 Underhand Throw step 5 Body Parts/Actions/Planes step 2 Aerobic Activity/Fitness steps 1-12
M.MC.01.09	demonstrate selected elements of relationship movement concepts of body parts (e.g., round, narrow, wide, twisted, symmetrical, and nonsymmetrical) in isolated settings.	Body Parts/Actions/Planes steps 2-5
M.MC.01.10	demonstrate selected elements of relationship movement concepts of objects and/or people (e.g., over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside) in isolated settings.	Leap step 9 Skip step 4 Walk step 2 Aerobic Activity/Fitness step 1 Ab/Low Back Strength steps 1 and 7 Arm/Shoulder Strength step 2 Hip/Low Back Flexibility steps 1 and 7 Cooperation step 2
M.MC.01.11	demonstrate selected elements of relationship movement concepts with people (e.g., leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and	Hop step 8 Skip step 4 Slide step 6 Hand Dribble step 6 Underhand Throw step 1

	between groups) in isolated settings.	Aerobic Activity/Fitness steps 2 and 11
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### Motor Skills

M.MS.01.01	demonstrate selected elements of non-locomotor skills of balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, jumping and landing in isolated settings.	Horizontal Jump steps 1-7 Vertical Jump steps 1-9 Body Parts/Actions/Planes step 2 Ab/Low Back Strength steps 1-2, 4-6, 8 Arm/Shoulder Strength steps 1-2, 4-8 Hip/Low Back Flexibility steps 1-10
M.MS.01.02	demonstrate selected elements of the mature form of walk, run, leap, slide, gallop, hop, and skip in isolated settings.	Gallop steps 1-2 Hop steps 1-4 Leap steps 1-4 Run steps 1-5 Skip steps 1-4 Slide steps 1-3 Walk step 1
M.MS.01.03	demonstrate selected elements of mature form of manipulative skills of roll and underhand throw in isolated settings	Catch Rolling Balls steps 2-9 Underhand Throw steps 1-5
M.MS.01.04	demonstrate selected elements of the manipulative skills of two-handed catch and kick (stationary) in isolated settings.	Catch Fly Balls steps 1-5 Catch Rolling Balls steps 1-4 Instep Kick steps 1-5

### Aquatics

M.AQ.01.01	demonstrate selected elements of basic aquatic skills of front float and back float , and recovery with flotation support in isolated settings.	Not addressed
M.AQ.01.02	demonstrate selected elements of safe water entry and exit with flotation support in isolated settings	Not addressed
M.AQ.01.03	demonstrate a combination of arms and legs to locomote in water with flotation support in isolated settings.	Not addressed
M.AQ.01.05	demonstrate putting on a life jacket with teacher guidance in isolated settings.	Not addressed

### Rhythmic Activities

M.RA.01.01	demonstrate a movement pattern (locomotor and axial) to even and uneven rhythms.	Gallop steps 2-6 Hop steps 6-8 Run steps 5-9 Skip steps 4-8 Slide steps 3-6 Walk steps 1-6
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## Content Knowledge

### Feedback

K.FB.01.01	use cues from teachers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.	Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6 Batting steps 1-10 Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike 1-10 Hand Dribble steps 1-8 Instep Kick steps 1-11 Lift and Carry Posture steps 1-6 Overhand Throw steps 1-9 Underhand Strike steps 1-6 Underhand Throw steps 1-9
		Body Parts/Actions/Planes steps 1-5 Use of Space steps 1-5
		Ab/Low Back Strength steps 1-9 Arm/Shoulder Strength steps 1-8 Hip/Low Back Flexibility steps 1-10
		Following Directions steps 2-4 Respect for Others steps 3-4

### Movement Concepts

K.MC.01.01	identify all space awareness movement concepts for location, (i.e., self-space and general space).	Use of Space steps 1-2
K.MC.01.02	identify all space awareness movement concepts for directions (e.g., up/down, forward/backward, and right/left).	Gallop step 2 Hop steps 1-4 Leap steps 1-4 Run steps 1, 3 and 5 Skip steps 1-4 Vertical Jump steps 1-4 Walk step 1 Batting steps 3 and 5-6 Foot Dribble steps 1-4 Forehand Strike steps 1-6 Instep Kick steps 2-5 Overhand Throw steps 4-5 Underhand Strike steps 2-3 Underhand Throw steps 2-7
		Body Parts/Actions/Planes step 3

K.MC.01.03	identify all space awareness movement concepts for levels (i.e., low and high).	<p>Vertical Jump steps 6-8  Catch Fly Balls steps 4-5  Catch Rolling Balls steps 2 and 4  Forehand Strike steps 3-4 and 6  Lift and Carry Posture steps 1-5  Underhand Strike steps 4-5  Underhand Throw steps 4-7</p> <p>Body Parts/Actions/Planes step 3  Use of Space step 2</p>
K.MC.01.04	identify all space awareness movement concepts for pathways (i.e., straight, curved and zigzag).	<p>Gallop step 5  Hop step 8  Skip step 7  Slide step 5  Walk step 4  Foot Dribble step 6  Dribble step 6  Lift and Carry Posture step 5</p>
K.MC.01.05	identify all space awareness movement concepts for extensions (i.e., large/small and far/near).	<p>Body Parts/Actions/Planes steps 2-5</p>
K.MC.01.06	identify all effort movement concepts for time (i.e., fast/slow and sudden/sustained).	<p>Gallop step 5  Hop steps 6-8  Run steps 6-7  Skip steps 3, 5-7  Slide step 5  Walk steps 3-5  Foot Dribble step 5</p>
K.MC.01.07	identify all effort movement concepts for force (i.e., strong and light).	<p>Forehand Strike steps 9-10  Hand Dribble steps 1-4  Overhand Throw step 9  Underhand Strike step 6  Underhand Throw step 9</p>
K.MC.01.08	identify all effort movement concepts for flow (i.e., bound and free).	<p>All movement skills: Differentiate between bound and free</p>
K.MC.01.09	identify selected relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical and nonsymmetrical).	<p>Body Parts/Actions/Planes steps 2-5</p>
K.MC.01.10	Identify all relationship movement concepts of objects and/or people (e.g., over/under, on/off, near/far, front/behind, along/through, meeting/parting, surrounding, around and alongside).	<p>Leap step 9  Skip step 4  Walk step 2</p> <p>Aerobic Activity/Fitness step 1</p> <p>Ab/Low Back Strength steps 1 and 7  Arm/Shoulder Strength step 2  Hip/Low Back Flexibility steps 1 and 7</p> <p>Cooperation step 2</p>

K.MC.01.11	Identify all relationship movement concepts with people (e.g., leading/following, mirroring/matching, unison/contrast, solo, alone in mass, and partners.	Hop step 8 Skip step 4 Slide step 6 Hand Dribble step 6 Underhand Throw step 1 Aerobic Activity/Fitness steps 2, 11
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### Motor Skills

K.MS.01.01	identify all critical elements of the following non-locomotor skills: balancing, bending, stretching, rocking, rolling, curling, twisting, swinging, and landing.	Horizontal Jump step 3 Vertical Jump step 4 Body Parts/Actions/Planes step 2
K.MS.01.02	identify all critical elements of the following locomotor skills: walk, run, leap, jump, skip, hop, gallop, slide, and chase.	Gallop steps 1-2 Hop steps 1-4 Leap steps 1-4 Run steps 1-5 Skip steps 1-4 Slide steps 1-3 Walk step 1
K.MS.01.03	identify selected elements of the following manipulative skills: roll and overhand throw.	Overhand Throw steps 1-5

### Outdoor Pursuits

K.OP.01.01	identify selected elements of the seven principles of Leave No Trace (PEAK version) in isolated settings.	Not addressed
O.OP.01.02	identify selected aspects of types of equipment and/or accessories associated with outdoor pursuits.	Not addressed

### Rhythmic Activities

K.RA.01.01	distinguish between basic rhythmic patterns (e.g., even and uneven).	Gallop step 2 Skip step 4 Slide step 3
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### Participation Inside/Outside Physical Education

K.PA.01.01	identify safety rules and procedures for selected physical activities.	Use of Space step 4
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### Health-Related Fitness

K.HR.01.01	identify three of the five components of health-related fitness	Beneficial Effects of Physical Activity steps 6-7
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### Physical Activity and Nutrition

K.AN.01.01	identify that moderate levels of physical activity increase heart rate, breathing rate, perspiration, etc. (e.g., running, galloping, and hopping).	Beneficial Effects of Physical Activity steps 2, 4-5
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K.AN.01.02	understand that supporting body weight in selected activities develops muscular strength and endurance (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts).	Arm/Shoulder Strength steps 1-3 and 5-8
K.AN.01.03	recognize flexibility through a full range of motion of major joints.	Hip/Low Back Flexibility steps 1-10

### Fitness and Physical Activity

#### Participation During Physical Education

A.PE.01.01	participate, at a moderate intensity level, in physical activities that focus on skill building rather than on formal game structure, including a variety of locomotor and developmentally appropriate manipulative skills.	Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6 Batting steps 1-10 Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike steps 1-10 Hand Dribble steps 1-8 Instep Kick steps 1-11 Lift and Carry Posture steps 1-6 Overhand Throw steps 1-9 Underhand Strike steps 1-6 Underhand Throw steps 1-9
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#### Participation Outside of Physical Education

A.PA.01.01	choose to participate, at a moderate intensity level, in physical activities that focus on skill building rather than on formal game structure, including a variety of locomotor activities and developmentally appropriate manipulative skills on a daily basis.	Homework assignments in the following objectives/steps include suggestions for targeted practice: Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6 Batting steps 1-10 Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8
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A.PA.01.01 (cont.)	choose to participate, at a moderate intensity level, in physical activities that focus on skill building rather than on formal game structure, including a variety of locomotor activities and developmentally appropriate manipulative skills on a daily basis.	Forehand Strike 1-10 Hand Dribble steps 1-8 Instep Kick steps 1-11 Lift and Carry Posture steps 1-6 Overhand Throw steps 1-9 Underhand Strike steps 1-6 Underhand Throw steps 1-9
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### Health-Related Fitness

A.HR.01.01	recognize three of the five components of health-related fitness	Beneficial Effects of Physical Activity steps 6-7
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### Physical Activity and Nutrition

A.AN.01.01	achieve moderate levels of physical activity that cause increased heart rate, breathing rate, perspiration, etc. (e.g., running, galloping and hopping).	Gallop steps 1-6 Hop steps 1-9 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Walk steps 1-6 Foot Dribble steps 1-8
		Beneficial Effects of Physical Activity steps 2, 4 and 5
		Aerobic Activity/Fitness steps 1-14
A.AN.01.02	support body weight, briefly, in selected activities (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts) to develop muscular strength and endurance.	Hop steps 1-9 Horizontal Jump steps 1-7 Vertical Jump steps 1-9
		Arm/Shoulder Strength steps 1-8
A.AN.01.03	demonstrate flexibility through a full range of motion of major joints.	Hip/Low Back Flexibility steps 1-10

### Personal/Social Behaviors and Values

#### Feedback

B.FB.01.01	use cues from teachers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.	Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6 Batting steps 1-10 Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike 1-10
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B.FB.01.01 (cont.)	use cues from teachers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.	Hand Dribble steps 1-8 Instep Kick steps 1-11 Lift and Carry Posture steps 1-6 Overhand Throw steps 1-9 Underhand Strike steps 1-6 Underhand Throw steps 1-9
		Body Parts/Actions/Planes steps 1-5 Use of Space steps 1-5
		Ab/Low Back Strength steps 1-9 Arm/Shoulder Strength steps 1-8 Hip/Low Back Flexibility steps 1-10
		Following Directions steps 1-4 Respect for Others steps 3-4

**Personal/Social Behaviors**

B.PS.01.01	exhibit selected behaviors which exemplify some of the personal/social character traits of responsibility, best effort, and cooperation in isolated settings.	Cooperation steps 1-4 Responsibility steps 1-4
		Best Effort steps 1-4

## Second Grade

### Motor Skills and Movement Patterns

#### Movement Concepts

M.MC.02.01	demonstrate selected space awareness movement concepts for location (e.g., self-space and general space) in isolated settings.	Use of Space steps 1-5
M.MC.02.02	demonstrate selected space awareness movement concepts for directions (i.e., up/down, forward/backward, right/left, and clockwise/ counterclockwise) in isolated settings.	Gallop step 2 Hop steps 1-4 Leap steps 1-4 Run steps 1, 3 and 5 Skip steps 1-4 Vertical Jump steps 1-4 Walk step 1 Batting steps 3 and 5-6 Foot Dribble steps 1-4 Forehand Strike steps 1-6 Instep Kick steps 2-5 Overhand Throw steps 4-5 Underhand Strike steps 2-3 Underhand Throw steps 2-7 Body Parts/Actions/Planes step 3 Best Effort step 2
M.MC.02.03	demonstrate selected space awareness movement concepts for levels (i.e., low, medium, and high) in isolated settings.	Vertical Jump steps 6-8 Catch Fly Balls steps 4-5 Catch Rolling Balls steps 2 and 4 Forehand Strike steps 3-4 and 6 Lift and Carry Posture steps 1-5 Underhand Strike steps 4-5 Underhand Throw steps 4-7 Body Parts/Actions/Planes step 3 Use of Space step 2
M.MC.02.04	demonstrate selected space awareness movement concepts for pathways (i.e., straight, curved and zigzag) in isolated settings.	Gallop step 5 Hop step 8 Skip step 7 Slide step 5 Walk step 4 Foot Dribble step 6 Dribble step 6 Lift and Carry Posture step 5
M.MC.02.05	demonstrate selected space awareness movement concepts for extensions (i.e., large/small and far/near) in isolated settings.	Body Parts/Actions/Planes steps 2-5

M.MC.02.06	demonstrate selected effort movement concepts for time (i.e., fast/slow and sudden/sustained) in isolated settings.	Gallop step 5 Hop steps 6-8 Run steps 6-7 Skip steps 3, 5-7 Slide step 5 Walk steps 3-5 Foot Dribble step 5
M.MC.02.07	demonstrate selected effort movement concepts for force (i.e., strong and light) in isolated settings.	Forehand Strike steps 9-10 Hand Dribble steps 1-4 Overhand Throw step 9 Underhand Strike step 6 Underhand Throw step 9
M.MC.02.08	demonstrate selected effort movement for flow (e.g., bound and free) in isolated settings.	Gallop steps 2 and 4-5 Hop steps 4-8 Horizontal Jump step 3 Leap step 4 Run step 5 Skip steps 3-7 Slide steps 3-5 Vertical Jump step 4 Walk steps 1 and 4 Batting step 6 Foot Dribble steps 4 and 6 Forehand Strike step 6 Hand Dribble step 4 Instep Kick step 5 Overhand Throw step 5 Underhand Strike step 3 Underhand Throw step 5 Body Parts/Actions/Planes step 2 Aerobic Activity/Fitness steps 1-12
M.MC.02.09	demonstrate selected elements of relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical, and nonsymmetrical) in isolated settings.	Body Parts/Actions/Planes steps 2-5
M.MC.02.10	demonstrate selected relationship movement concepts of objects and/or people (e.g., over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside) in isolated settings.	Leap step 9 Skip step 4 Walk step 2 Aerobic Activity/Fitness step 1 Ab/Low Back Strength steps 1 and 7 Arm/Shoulder Strength step 2 Hip/Low Back Flexibility steps 1 and 7 Cooperation step 2

M.MC.02.11	demonstrate selected relationship movement concepts with people (e.g., leading/following, mirroring/ matching, unison/contrast, solo, alone in mass, partners, groups, and between groups) in isolated settings.	Hop step 8 Skip step 4 Slide step 6 Hand Dribble step 6 Underhand Throw step 1 Aerobic Activity/Fitness steps 2, 11, 13
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### Motor Skills

M.MS.02.01	demonstrate selected elements of non-locomotor skills of balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, transferring weight, jumping and landing in isolated settings.	Horizontal Jump steps 1-7 Vertical Jump steps 1-9 Body Parts/Actions/Planes step 2 Ab/Low Back Strength steps 1-2, 4-6, 8 Arm/Shoulder Strength steps 1-2, 4-8 Hip/Low Back Flexibility steps 1-10
M.MS.02.02	demonstrate mature form of locomotor skills of walk, run, leap, slide, gallop, hop, skip, and flee in isolated settings.	Gallop steps 2-6 Hop steps 4-9 Leap steps 4-9 Run steps 5-9 Skip steps 4-8 Slide steps 3-6 Walk steps 1-6
M.MS.02.03	demonstrate selected elements of the mature form of manipulative skills of roll, underhand throw, and overhand throw in isolated settings.	Overhand Throw steps 1-5 Underhand Throw steps 1-5
M.MS.02.04	demonstrate selected elements of the mature form of the manipulative skills of catch, kick and hand dribble in isolated settings.	Catch Fly Balls steps 1-5 Catch Rolling Balls steps 1-4 Hand Dribble steps 1-4 Instep Kick steps 1-5
M.MS.02.05	demonstrate selected elements of the mature form of the manipulative skills of hand dribble and volley.	Hand Dribble steps 1-8

### Aquatics

M.AQ.02.01	demonstrate selected elements of basic aquatic skills of front float and back float, and recovery with support in isolated settings.	Not addressed
M.AQ.02.02	demonstrate selected elements of safe water entry and exit with support in isolated settings.	Not addressed
M.AQ.02.03	demonstrate a combination of arms and legs to locomote in water with support in isolated settings.	Not addressed
M.AQ.02.05	demonstrate putting on a life jacket with peer assistance in isolated settings.	Not addressed
M.AQ.02.06	demonstrate moving in the water while wearing a life jacket with assistance.	Not addressed

### Outdoor Pursuits

M.OP.02.01	demonstrate use of selected movement concepts in outdoor pursuits in isolated settings.	Gallop step 6 Hop step 9 Horizontal Jump step 7 Leap step 9 Run step 9 Skip step 8 Slide step 6 Vertical Jump step 9 Walk step 6
M.OP.02.02	demonstrate use of selected locomotor skills in outdoor pursuits in isolated settings.	Gallop step 6 Hop step 9 Horizontal Jump step 7 Leap step 9 Run step 9 Skip step 8 Slide step 6 Vertical Jump step 9 Walk step 6
M.OP.02.03	demonstrate use of selected non-locomotor skills in outdoor pursuits in isolated settings.	Batting step 10 Catch Fly Balls step 9 Catch Rolling Balls step 9 Foot Dribble step 8 Forehand Strike step 10 Hand Dribble step 8 Instep Kick step 11 Lift and Carry Posture step 6 Overhand Throw step 9 Underhand Strike step 6 Underhand Throw step 9 Body Parts/Actions/Planes step 5

### Rhythmic Activities

M.RA.02.01	demonstrate self-selected locomotor and axial movement patterns to even and uneven rhythms.	Aerobic Activity/Fitness step 13
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### Content Knowledge

#### Feedback

K.FB.02.01	use cues from teachers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.	Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6
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K.FB.02.01 (cont.)	use cues from teachers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.	Batting steps 1-10 Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike 1-10 Hand Dribble steps 1-8 Instep Kick steps 1-11 Lift and Carry Posture steps 1-6 Overhand Throw steps 1-9 Underhand Strike steps 1-6 Underhand Throw steps 1-9
		Body Parts/Actions/Planes steps 1-5 Use of Space steps 1-5
		Ab/Low Back Strength steps 1-9 Arm/Shoulder Strength steps 1-8 Hip/Low Back Flexibility steps 1-10
		Following Directions steps 2-4 Respect for Others steps 3-4

**Movement Concepts**

K.MC.02.01	describe space awareness movement concepts for location (e.g., self space and general space).	Use of Space steps 1-2
K.MC.02.02	describe space awareness movement concepts for directions (i.e., up/down, forward/backward, and right/left, and clockwise/counterclockwise).	Gallop step 2 Hop steps 1-4 Leap steps 1-4 Run steps 1, 3 and 5 Skip steps 1-4 Vertical Jump steps 1-4 Walk step 1 Batting steps 3 and 5-6 Foot Dribble steps 1-4 Forehand Strike steps 1-6 Instep Kick steps 2-5 Overhand Throw steps 4-5 Underhand Strike steps 2-3 Underhand Throw steps 2-7
		Body Parts/Actions/Planes step 3
		Best Effort step 2
K.MC.02.03	describe space awareness movement concepts for levels (i.e., low, medium and high).	Vertical Jump steps 6-8 Catch Fly Balls steps 4-5 Catch Rolling Balls steps 2 and 4 Forehand Strike steps 3-4 and 6 Lift and Carry Posture steps 1-5 Underhand Strike steps 4-5 Underhand Throw steps 4-7
		Body Parts/Actions/Planes step 3 Use of Space step 2

K.MC.02.04	describe space awareness movement concepts for pathways (i.e., straight, curved and zigzag).	Gallop step 5 Hop step 8 Skip step 7 Slide step 5 Walk step 4 Foot Dribble step 6 Dribble step 6 Lift and Carry Posture step 5
K.MC.05.05	describe space awareness movement concepts for extensions (i.e., large/small and far/near).	Body Parts/Actions/Planes steps 2-5
K.MC.02.06	describe effort movement concepts for time (i.e., fast/slow and sudden/sustained).	Gallop step 5 Hop steps 6-8 Run steps 6-7 Skip steps 3, 5-7 Slide step 5 Walk steps 3-5 Foot Dribble step 5
K.MC.02.07	describe effort movement concepts for force (i.e., strong and light).	Forehand Strike steps 9-10 Hand Dribble steps 1-4 Overhand Throw step 9 Underhand Strike step 6 Underhand Throw step 9
K.MC.02.08	describe effort movement concepts for flow (i.e., bound and free).	Gallop steps 2 and 4-5 Hop steps 4-8 Horizontal Jump step 3 Leap step 4 Run step 5 Skip steps 3-7 Slide steps 3-5 Vertical Jump step 4 Walk steps 1 and 4 Batting step 6 Foot Dribble steps 4 and 6 Forehand Strike step 6 Hand Dribble step 4 Instep Kick step 5 Overhand Throw step 5 Underhand Strike step 3 Underhand Throw step 5 Body Parts/Actions/Planes step 2 Aerobic Activity/Fitness steps 1-12
K.MC.02.09	describe relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical and nonsymmetrical).	Body Parts/Actions/Planes steps 2-5

K.MC.02.10	describe all relationship movement concepts of objects and/or people (e.g., over/under, on/off, near/far, front/behind, along/through, meeting/parting, surrounding, around and alongside).	Leap step 9 Skip step 4 Walk step 2
		Aerobic Activity/Fitness step 1
		Ab/Low Back Strength steps 1 and 7 Arm/Shoulder Strength step 2 Hip/Low Back Flexibility steps 1 and 7
		Cooperation step 2
K.MC.02.11	describe relationship movement concepts with people (e.g., leading/following, mirroring/matching, unison/contrast, solo, alone in mass, and partners).	Hop step 8 Skip step 4 Slide step 6 Hand Dribble step 6 Underhand Throw step 1
		Aerobic Activity/Fitness steps 2, 11, 13

### Motor Skills

K.MS.02.01	describe the critical elements of the following non-locomotor skills: balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, and landing.	Horizontal Jump steps 1-7 Vertical Jump steps 1-9
		Body Parts/Actions/Planes step 2
		Ab/Low Back Strength steps 1-2, 4-6, 8 Arm/Shoulder Strength steps 1-2, 4-8 Hip/Low Back Flexibility steps 1-10
K.MS.02.02	describe the critical elements of the following locomotor skills: walk, run, leap, jump, skip, hop, gallop, slide, chase, and flee.	Gallop steps 1-2 Hop steps 1-4 Leap steps 1-4 Run steps 1-5 Skip steps 1-4 Slide steps 1-3 Walk step 1
K.MS.02.03	describe selected elements of the following manipulative skills: roll and overhand throw.	Overhand Throw steps 1-9
K.MS.02.04	identify selected critical elements of the manipulative skills of catch and kick.	Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Instep Kick steps 1-11

### Aquatics

K.AQ.02.01	identify limited critical elements of the basic aquatic skills of front float, back float and recovery.	Not addressed
K.AQ.02.02	identify limited elements of safe water entry and exit (e.g., ladder, jump, ramp, climbing).	Not addressed
K.AQ.02.04	identify limited elements of the water safety rules (e.g., swim with buddy, wear life jacket, <i>Reach or Throw, Don't Let Go</i> , follow the rules, swim with supervision).	Not addressed

K.AQ.02.05	identify limited elements of how to use a life jacket (e.g., proper fit, take on and off, secure clasps, when to use, how to put on when a boat is sinking).	Not addressed
K.AQ.02.06	identify limited elements of how to get help (e.g., steps to calling 911, when to leave or help a victim).	Not addressed

### Outdoor Pursuits

K.OP.02.01	identify elements of the seven principles of Leave No Trace (PEAK version) in isolated settings.	Not addressed
K.OP.02.02	identify selected elements of types of equipment with outdoor pursuits.	Not addressed

### Rhythmic Activities

K.RA.02.01	compare basic rhythmic patterns (e.g., even and uneven).	Gallop step 2 Skip step 4 Slide step 3
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### Participation Inside/Outside Physical Education

K.PA.02.01	understand safety rules and procedures for selected physical activities.	Use of Space step 4
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### Health-Related Fitness

K.HR.02.01	identify the five components of health-related fitness	Beneficial Effects of Physical Activity steps 6-7
K.HR.02.02	identify the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Handcycle Test).	Aerobic Activity/Fitness steps 6, 7, 9, 11, 13 and 14
K.HR.02.03	identify the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed Arm Hang).	Ab/Low Back Strength step 4 Arm/Shoulder Strength step 4
K.HR.02.04	identify the criterion-referenced flexibility health-related fitness standards (e.g., Backsaver Sit and Reach, Shoulder Stretch).	Hip/Low Back Flexibility step 4
K.HR.02.05	identify the criterion-referenced body composition health-related fitness standards for age and gender (e.g., Skinfold Measurement, Body Mass Index, Hydrostatic Weighing).	Not addressed

### Physical Activity and Nutrition

K.AN.02.01	differentiate between moderate to vigorous levels of physical activity.	Beneficial Effects of Physical Activity steps 2 and 4
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K.AN.02.02	explain that supporting body weight in selected activities develops muscular strength and endurance (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts).	Beneficial Effects of Physical Activity step 7
K.AN.02.03	recognize flexibility through a full range of motion of the major joints.	Hip/Low Back Flexibility steps 1-10
K.AN.02.04	identify that the body is made up of lean body mass and body fat.	Not addressed

### Personal/Social Behaviors

K.PS.02.01	identify key behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation and compassion in isolated settings.	Compassion steps 1-4 Cooperation steps 1-4 Responsibility steps 1-4 Best Effort steps 1-4
K.PS.02.02	identify key behaviors which exemplify each of the personal/social character traits of constructive competition, initiative and leadership in isolated settings.	Responsibility steps 2 and 4 Best Effort steps 2-4 Constructive Competition steps 1-4

### Regular Participation

K.RP.02.01	identify verbal and nonverbal indicators of enjoyment while participating in physical activities in isolated settings.	Beneficial Effects of Physical Activity step 8
K.RP.02.02	describe participation in physical activity for novelty and challenge in isolated settings.	Beneficial Effects of Physical Activity step 9

### Individual Differences

K.ID.02.01	choose to participate in physical activities alone and with other in isolated settings.	Opportunities to demonstrate in all objectives
K.ID.02.02	identify a limited number of differences between idealized body image and elite performances portrayed by the media and personal characteristics and skills.	Not addressed

### Feelings

K.FE.02.01	identify a limited number of emotions related to how they feel while participating in physical activity.	Beneficial Effects of Physical Activity step 8
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## Fitness and Physical Activity

### Participation During Physical Education

A.PE.02.01	participate, moderate to vigorous intensity level, in physical activities that focus on skill building rather than on formal game structure, a variety of locomotor activities, a variety of developmentally appropriate physical activities that incorporate manipulative skills, dodging, and chasing and fleeing activities.	<p>Gallop steps 1-6          Hop steps 1-9          Horizontal Jump steps 1-7          Leap steps 1-9          Run steps 1-9          Skip steps 1-8          Slide steps 1-6          Vertical Jump steps 1-9          Walk steps 1-6          Batting steps 1-10          Catch Fly Balls steps 1-9          Catch Rolling Balls steps 1-9          Foot Dribble steps 1-8          Forehand Strike steps 1-10          Hand Dribble steps 1-8          Instep Kick steps 1-11          Lift and Carry Posture steps 1-6          Overhand Throw steps 1-9          Underhand Strike steps 1-6          Underhand Throw steps 1-9</p>
		Aerobic Activity/Fitness, miscellaneous reinforcing activities

### Participation Outside of Physical Education

A.PA.02.01	participate, moderate to vigorous intensity level, in physical activities that focus on skill building rather than on formal game structure, a variety of locomotor activities, a variety of developmentally appropriate physical activities that incorporate manipulative skills, dodging and, chasing and fleeing activities on a daily basis.	<p>Homework assignments in the following objectives/steps include suggestions for targeted practice:          Gallop steps 1-6          Hop steps 1-9          Horizontal Jump steps 1-7          Leap steps 1-9          Run steps 1-9          Skip steps 1-8          Slide steps 1-6          Vertical Jump steps 1-9          Walk steps 1-6          Batting steps 1-10          Catch Fly Balls steps 1-9          Catch Rolling Balls steps 1-9          Foot Dribble steps 1-8          Forehand Strike 1-10          Hand Dribble steps 1-8          Instep Kick steps 1-11          Lift and Carry Posture steps 1-6          Overhand Throw steps 1-9          Underhand Strike steps 1-6          Underhand Throw steps 1-9</p>
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### Health-Related Fitness

A.HR.02.01	recognize that there are five components of health-related fitness.	Beneficial Effects of Physical Activity steps 6-7
A.HR.02.02	meet the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Handcycle Test).	Aerobic Activity/Fitness steps 6, 7, 9, 11, 13 and 14
A.HR.02.03	meet the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed Arm Hang).	Ab/Low Back Strength step 4 Arm/Shoulder Strength step 4
A.HR.02.04	meet the criterion-referenced flexibility health-related fitness standards (e.g., Backsaver Sit and Reach, Shoulder Stretch).	Hip/Low Back Flexibility step 4
A.HR.02.05	meet the criterion-referenced body composition health-related fitness standards for age and gender (e.g., Skinfold Measurement, Body Mass Index, Hydrostatic Weighing).	Not addressed

### Physical Activity and Nutrition

A.AN.02.01	sustain moderate levels of physical activity that cause increased heart rate, breathing rate, perspiration, etc. (e.g., running, galloping and hopping).	Miscellaneous reinforcing activities for locomotor and object-control skills Aerobic Activity/Fitness steps 1-14
A.AN.02.02	support body weight while participating in activities that improve physical fitness.	Hop steps 1-9 Horizontal Jump steps 1-7 Vertical Jump steps 1-9 Arm/Shoulder Strength steps 1-8
A.AN.02.03	demonstrate flexibility through a full range of motion of the major joints.	Hip/Low Back Flexibility steps 1-10

### Personal/Social Behaviors and Values

#### Feedback

B.FB.02.01	use limited cues from teachers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.	Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6 Batting steps 1-10
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B.FB.02.01 (cont.)	use limited cues from teachers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.	Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike 1-10 Hand Dribble steps 1-8 Instep Kick steps 1-11 Lift and Carry Posture steps 1-6 Overhand Throw steps 1-9 Underhand Strike steps 1-6 Underhand Throw steps 1-9
		Body Parts/Actions/Planes steps 1-5 Use of Space steps 1-5
		Ab/Low Back Strength steps 1-9 Arm/Shoulder Strength steps 1-8 Hip/Low Back Flexibility steps 1-10
		Following Directions steps 1-4 Respect for Others steps 3-4

### Personal/Social Behaviors

B.PS.02.01	exhibit selected behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in isolated settings.	Compassion steps 1-4 Cooperation steps 1-4 Responsibility steps 1-4
		Best Effort steps 1-4
B.PS.02.02	exhibit selected behaviors which exemplify each of the personal/social character traits of initiative and leadership in isolated settings.	Responsibility steps 2 and 4 Best Effort steps 2-4

### Regular Participation

B.RP.02.01	express verbal and nonverbal indicators of enjoyment while participating in physical activities in isolated settings.	Opportunities to demonstrate in all objectives
B.RP.02.02	choose to participate in a physical activity for novelty and challenge in isolated settings.	Aerobic Activity/Fitness steps 10-14

### Individual Differences

B.ID.02.01	choose to participate in physical activity alone and with others in isolated settings.	Opportunities to demonstrate in all objectives
B.ID.02.02	identify a limited number of differences between idealized body images and elite performances portrayed by the media and personal characteristics and skills in isolated settings.	Not addressed

### Feelings

B.FE.02.01	identify a limited number of emotions related to how they feel while participating in physical activity in isolated settings.	Beneficial Effects of Physical Activity step 8
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## Third Grade

### Motor Skills and Movement Patterns

#### Movement Concepts

M.MC.03.01	demonstrate all space awareness movement concepts for location (e.g., self-space and general space) in isolated settings.	Use of Space steps 1-5
M.MC.03.02	demonstrate all space awareness movement concepts for directions (i.e., up/down, forward/backward, right/left, and clockwise/counterclockwise) in isolated settings.	Gallop step 2 Hop steps 1-4 Leap steps 1-4 Run steps 1, 3 and 5 Skip steps 1-4 Vertical Jump steps 1-4 Walk step 1 Batting steps 3 and 5-6 Foot Dribble steps 1-4 Forehand Strike steps 1-6 Instep Kick steps 2-5 Overhand Throw steps 4-5 Underhand Strike steps 2-3 Underhand Throw steps 2-7
		Body Parts/Actions/Planes step 3
		Best Effort step 2
M.MC.03.03	demonstrate all space awareness movement concepts for levels (i.e., low, medium, and high) in isolated settings.	Vertical Jump steps 6-8 Catch Fly Balls steps 4-5 Catch Rolling Balls steps 2 and 4 Forehand Strike steps 3-4 and 6 Lift and Carry Posture steps 1-5 Underhand Strike steps 4-5 Underhand Throw steps 4-7
		Body Parts/Actions/Planes step 3
		Use of Space step 2
M.MC.03.04	demonstrate all space awareness movement concepts for pathways (i.e., straight, curved and zigzag) in isolated settings.	Gallop step 5 Hop step 8 Skip step 7 Slide step 5 Walk step 4 Foot Dribble step 6 Dribble step 6 Lift and Carry Posture step 5
M.MC.03.05	demonstrate all space awareness movement concepts for extensions (i.e., large/small and far/near) in isolated settings.	Body Parts/Actions/Planes steps 2-5

M.MC.03.06	demonstrate all effort movement concepts for time (i.e., fast/slow and sudden/sustained) in isolated settings.	Gallop step 5 Hop steps 6-8 Run steps 6-7 Skip steps 3, 5-7 Slide step 5 Walk steps 3-5 Foot Dribble step 5
M.MC.03.07	demonstrate all effort movement concepts for force (i.e., strong and light) in isolated settings.	Forehand Strike steps 9-10 Hand Dribble steps 1-4 Overhand Throw step 9 Underhand Strike step 6 Underhand Throw step 9
M.MC.03.08	demonstrate all effort movement for flow (e.g., bound and free) in isolated settings.	Gallop steps 2 and 4-5 Hop steps 4-8 Horizontal Jump step 3 Leap step 4 Run step 5 Skip steps 3-7 Slide steps 3-5 Vertical Jump step 4 Walk steps 1 and 4 Batting step 6 Foot Dribble steps 4 and 6 Forehand Strike step 6 Hand Dribble step 4 Instep Kick step 5 Overhand Throw step 5 Underhand Strike step 3 Underhand Throw step 5 Body Parts/Actions/Planes step 2 Aerobic Activity/Fitness steps 1-12
M.MC.03.09	demonstrate all elements of relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical, and nonsymmetrical) in isolated settings.	Body Parts/Actions/Planes steps 2-5
M.MC.03.10	demonstrate all relationship movement concepts of objects and/or people (e.g., over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside) in isolated settings.	Leap step 9 Skip step 4 Walk step 2 Aerobic Activity/Fitness step 1 Ab/Low Back Strength steps 1, 7 Arm/Shoulder Strength step 2 Hip/Low Back Flexibility steps 1 and 7 Cooperation step 2

M.MC.03.11	demonstrate all relationship movement concepts with people (e.g., leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and between groups) in isolated settings.	Hop step 8 Skip step 4 Slide step 6 Hand Dribble step 6 Underhand Throw step 1 Aerobic Activity/Fitness steps 2 and 11
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### Motor Skills

M.MS.03.01	demonstrate all elements of the mature form of non-locomotor skills of balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, transferring weight, jumping and landing in isolated settings.	Horizontal Jump steps 1-7 Vertical Jump steps 1-9 Body Parts/Actions/Planes step 2 Ab/Low Back Strength steps 1-2, 4-6, 8 Arm/Shoulder Strength steps 1-2, 4-8 Hip/Low Back Flexibility steps 1-10
M.MS.03.02	demonstrate mature form of locomotor skills of walk, run, leap, slide, gallop, hop, skip, flee, and, dodge in isolated settings.	Gallop steps 2-6 Hop steps 4-9 Leap steps 4-9 Run steps 5-9 Skip steps 4-8 Slide steps 3-6 Walk steps 1-6
M.MS.03.03	demonstrate the mature form of the manipulative skills of roll, underhand throw, and overhand throw in isolated settings.	Overhand Throw steps 1-5 Underhand Throw steps 1-5
M.MS.03.04	demonstrate selected elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand in isolated settings.	Catch Fly Balls steps 1-5 Catch Rolling Balls steps 1-4 Food Dribble steps 1-4 Instep Kick steps 1-5 Underhand Strike steps 1-3
M.MS.03.05	demonstrate selected elements of the mature form of the manipulative skills of hand dribble and volley.	Hand Dribble steps 1-4

### Aquatics

M.AQ.03.01	demonstrate selected elements of basic aquatic skills of front float and back float, and recovery in isolated settings.	Not addressed
M.AQ.03.02	demonstrate selected elements of safe water entry and exit in isolated settings.	Not addressed
M.AQ.03.03	demonstrate locomotion using a combination of arms and alternating kicking motion with face in water in isolated settings.	Not addressed

M.AQ.03.04	demonstrate locomotion, in supine position, using alternative propulsive arm action with hand moving downward and alternating kick in the water in isolated settings.	Not addressed
M.AQ.03.05	demonstrate putting on a life jacket in isolated settings.	Not addressed
M.AQ.03.06	demonstrate moving in the water while wearing a life jacket.	Not addressed

### Outdoor Pursuits

M.OP.03.01	demonstrate use of movement concepts in outdoor pursuits in isolated settings.	Gallop step 6 Hop step 9 Horizontal Jump step 7 Leap step 9 Run step 9 Skip step 8 Slide step 6 Vertical Jump step 9 Walk step 6 Batting step 10 Catch Fly Balls step 9 Catch Rolling Balls step 9 Foot Dribble step 8 Forehand Strike step 10 Hand Dribble step 8 Instep Kick step 11 Lift and Carry Posture step 6 Overhand Throw step 9 Underhand Strike step 6 Underhand Throw step 9
M.OP.03.02	demonstrate use of locomotor skills in outdoor pursuits in isolated settings.	Gallop step 6 Hop step 9 Horizontal Jump step 7 Leap step 9 Run step 9 Skip step 8 Slide step 6 Vertical Jump step 9 Walk step 6
M.OP.03.03	demonstrate use of non-locomotor skills in outdoor pursuits in isolated settings.	Batting step 10 Catch Fly Balls step 9 Catch Rolling Balls step 9 Foot Dribble step 8 Forehand Strike step 10 Hand Dribble step 8 Instep Kick step 11 Lift and Carry Posture step 6 Overhand Throw step 9 Underhand Strike step 6 Underhand Throw step 9

### Rhythmic Activities

M.RA.03.01	demonstrate self-selected locomotor and axial movement patterns to even and uneven rhythms in repetition.	Aerobic Activity/Fitness step 13
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### Content Knowledge

#### Feedback

K.FB.03.01	use feedback from teachers and peers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.	Following Directions steps 1-4 Respect for Others steps 3-4
		Opportunities to demonstrate throughout all objectives

#### Movement Concepts

K.MC.03.01	distinguish among all space awareness movement concepts for location (e.g., self space and general space).	Use of Space steps 1-5
K.MC.03.02	distinguish among all space awareness movement concepts for directions (i.e., up/down, forward/backward, and right/left, and clockwise/ counterclockwise).	Gallop step 2 Hop steps 1-4 Leap steps 1-4 Run steps 1, 3 and 5 Skip steps 1-4 Vertical Jump steps 1-4 Walk step 1 Batting steps 3 and 5-6 Foot Dribble steps 1-4 Forehand Strike steps 1-6 Instep Kick steps 2-5 Overhand Throw steps 4-5 Underhand Strike steps 2-3 Underhand Throw steps 2-7
		Body Parts/Actions/Planes step 3
		Best Effort step 2
		Vertical Jump steps 6-8 Catch Fly Balls steps 4-5 Catch Rolling Balls steps 2 and 4 Forehand Strike steps 3-4 and 6 Lift and Carry Posture steps 1-5 Underhand Strike steps 4-5 Underhand Throw steps 4-7
K.MC.03.03	distinguish among all space awareness movement concepts for levels (i.e., low, medium and high).	Body Parts/Actions/Planes step 3 Use of Space step 2
K.MC.03.04	distinguish among all space awareness movement concepts for pathways (i.e., straight, curved and zigzag).	Gallop step 5 Hop step 8 Skip step 7 Slide step 5 Walk step 4 Foot Dribble step 6 Dribble step 6 Lift and Carry Posture step 5

K.MC.03.05	distinguish among all space awareness movement concepts for extensions (i.e., large/small and far/near).	Body Parts/Actions/Planes steps 2-5
K.MC.03.06	distinguish among all effort movement concepts for time (i.e., fast/slow and sudden/sustained).	Gallop step 5 Hop steps 6-8 Run steps 6-7 Skip steps 3, 5-7 Slide step 5 Walk steps 3-5 Foot Dribble step 5
K.MC.03.07	distinguish among all effort movement concepts for force (i.e., strong and light).	Forehand Strike steps 9-10 Hand Dribble steps 1-4 Overhand Throw step 9 Underhand Strike step 6 Underhand Throw step 9
K.MC.03.08	distinguish among all effort movement concepts for flow (i.e., bound and free).	Gallop steps 2 and 4-5 Hop steps 4-8 Horizontal Jump step 3 Leap step 4 Run step 5 Skip steps 3-7 Slide steps 3-5 Vertical Jump step 4 Walk steps 1 and 4 Batting step 6 Foot Dribble steps 4 and 6 Forehand Strike step 6 Hand Dribble step 4 Instep Kick step 5 Overhand Throw step 5 Underhand Strike step 3 Underhand Throw step 5
		Body Parts/Actions/Planes step 2
		Aerobic Activity/Fitness steps 1-12
K.MC.03.09	distinguish among all relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical and nonsymmetrical).	Body Parts/Actions/Planes steps 2-5
K.MC.03.10	distinguish among all relationship movement concepts of objects and/or people (e.g., over/under, on/off, near/far, front/behind, along/through, meeting/parting, surrounding, around and alongside).	Leap step 9 Skip step 4 Walk step 2
		Aerobic Activity/Fitness step 1
		Ab/Low Back Strength steps 1, 7 Arm/Shoulder Strength step 2 Hip/Low Back Flexibility steps 1, 7
		Cooperation step 2

K.MC.03.11	Distinguish among all relationship movement concepts with people (e.g., leading/following, mirroring/matching, unison/contrast, solo, alone in mass, and partners).	Hop step 8 Skip step 4 Slide step 6 Hand Dribble step 6 Underhand Throw step 1 Aerobic Activity/Fitness steps 2 & 11
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### Motor Skills

K.MS.03.01	distinguish among the critical elements of the following non-locomotor skills: balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, and landing.	Horizontal Jump steps 1-7 Vertical Jump steps 1-9 Body Parts/Actions/Planes step 2 Ab/Low Back Strength steps 1-2, 4-6, 8 Arm/Shoulder Strength steps 1-2, 4-8 Hip/Low Back Flexibility steps 1-10
K.MS.03.02	distinguish among the critical elements of the following locomotor skills: walk, run, leap, jump, skip, hop, gallop, slide, chase, and flee.	Gallop steps 2-6 Hop steps 4-9 Leap steps 4-9 Run steps 5-9 Skip steps 4-8 Slide steps 3-6 Walk steps 1-6
K.MS.03.03	distinguish between all of the critical elements of the following manipulative skills: roll, underhand throw, and overhand throw.	Overhand Throw steps 1-5 Underhand Throw steps 1-5
K.MS.03.04	identify selected critical elements of the manipulative skills of catch, kick hand dribble, foot dribble and strike with hand.	Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Hand Dribble steps 1-8 Instep Kick steps 1-11 Underhand Strike steps 1-6

### Aquatics

K.AQ.03.01	identify all the critical elements of the basic aquatic skills of front float, back float and recovery.	Not addressed
K.AQ.03.02	identify elements of safe water entry and exit (e.g., ladder, jump, ramp, climbing).	Not addressed
K.AQ.03.04	identify the elements of the water safety rules (e.g., swim with buddy, wear life jacket, <i>Reach or Throw</i> , <i>Don't Let Go</i> , follow the rules, swim with supervision).	Not addressed
K.AQ.03.05	identify the elements of how to use a life jacket (e.g., proper fit, take on and off, secure clasps, when to use, how to put on when a boat is sinking).	Not addressed

K.AQ.03.06	identify the elements of how to get help (e.g., steps to calling 911, when to leave or help a victim).	Not addressed
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#### Outdoor Pursuits

K.OP.03.01	describe selected elements of the seven principles of Leave No Trace (PEAK version) in isolated settings.	Not addressed
K.OP.03.02	identify the function of clothing and equipment associated with outdoor pursuits.	Not addressed
K.OP.03.03	identify selected safety features of outdoor pursuits	Not addressed

#### Rhythmic Activities

K.RA.03.01	create a simple repeating rhythmic sequence by combining a variety of movement skills.	Aerobic Activity/Fitness step 13

#### Participation Inside/Outside Physical Education

K.PA.03.01	identify opportunities for physical activity within the school and community.	Beneficial Effects of Physical Activity steps 6, 9-11
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#### Health-Related Fitness

K.HR.03.02	describe the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Handcycle Test).	Aerobic Activity/Fitness steps 6, 7, 9, 11, 13 and 14
K.HR.03.03	describe the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed Arm Hang).	Ab/Low Back Strength step 4 Arm/Shoulder Strength step 4
K.HR.03.04	describe the criterion-referenced flexibility health-related fitness standards (e.g., Backsaver Sit and Reach, Shoulder Stretch).	Hip/Low Back Flexibility step 4
K.HR.03.05	describe the criterion-referenced body composition health-related fitness standards for age and gender (e.g., Skinfold Measurement, Body Mass Index, Hydrostatic Weighing).	Not addressed

### Physical Activity and Nutrition

K.AN.03.01	identify that physical activity and nutrition have effects on the body (e.g., food as fuel; helps build and maintain bones, muscles, and joints; reduces feelings of depression and anxiety; reduces risk of some chronic diseases; provides nutrients vital for health and maintenance of body; reduces the risk of low bone mass)	Beneficial Effects of Physical Activity steps 6-9
K.AN.03.02	describe the physiological indicators associated with moderate physical activity (e.g., sweating, increased heart rate, increased respiration, palpitating pulse) and adjust participation/effort in isolated settings.	Beneficial Effects of Physical Activity steps 1-5
K.AN.03.03	understand how supporting body weight, while participating in activities, improves physical fitness.	Beneficial Effects of Physical Activity step 7 Arm/Shoulder Strength steps 1-8
K.AN.03.04	identify non-manipulative activities that promote healthy joint flexibility.	Hip/Low Back Flexibility steps 1-10

### Personal/Social Behaviors

K.PS.03.01	identify key behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation and compassion in isolated settings.	Compassion steps 1-4 Cooperation steps 1-4 Responsibility steps 1-4 Best Effort steps 1-4
K.PS.03.02	identify key behaviors which exemplify each of the personal/social character traits of constructive competition, initiative and leadership in isolated settings.	Responsibility steps 2 and 4 Best Effort steps 2-4 Constructive Competition steps 1-4

### Regular Participation

K.RP.03.01	identify positive feelings associated with regular participation in physical activities in isolated settings.	Beneficial Effects of Physical Activity step 8
K.RP.03.02	recognize the need to practice skills for which improvement is needed in isolated settings.	Aerobic Activity/Fitness steps 1-14 Opportunities to demonstrate throughout EPEC objectives

### Social Benefits

K.SB.03.01	identify benefits of social interaction as part of participation in physical activities.	Beneficial Effects of Physical Activity step 8
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### Individual Differences

K.ID.03.01	choose to participate with students of varying skill and fitness levels in isolated settings.	Compassion steps 1-4 Respect for Others steps 2 and 4 Constructive Competition steps 1-4
K.ID.03.02	identify differences between idealized body image and elite performances portrayed by the media and personal characteristics and skills.	Not addressed

### Feelings

K.FE.03.01	identify emotions related to how they feel while participating in physical activity.	Beneficial Effects of Physical Activity step 8
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## Fitness and Physical Activity

### Participation During Physical Education

A.PE.03.01	participate regularly (e.g., a minimum of 33% of class time) in physical activities in physical education class, including: locomotor activities, activities inclusive of manipulating skills, dodging, chasing, and fleeing activities, and modified games that include combinations of locomotor and manipulative skills.	Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6 Batting steps 1-10 Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike steps 1-10 Hand Dribble steps 1-8 Instep Kick steps 1-11 Lift and Carry Posture steps 1-6 Overhand Throw steps 1-9 Underhand Strike steps 1-6 Underhand Throw steps 1-9
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### Participation Outside of Physical Education

A.PA.03.01	choose to participate regularly (e.g., a minimum of 60 minutes per day for 7 days a week), in physical activities outside of physical education including: locomotor activities, activities inclusive of manipulative skills dodging, chasing, and fleeing activities, modified games that include combinations of locomotor and manipulative skills, and daily non-structured and minimally organized physical activity outside of physical education.	Beneficial Effects of Physical Activity steps 8-9 Aerobic Activity steps 10-14
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### Health-Related Fitness

A.HR.03.02	meet the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Handcycle Test).	Aerobic Activity/Fitness steps 6-7, 9, 11, and 13-14
A.HR.03.03	meet the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed Arm Hang).	Ab/Low Back Strength step 4 Arm/Shoulder Strength step 4
A.HR.03.04	meet the criterion-referenced flexibility health-related fitness standards (e.g., Backsaver Sit and Reach, Shoulder Stretch).	Hip/Low Back Flexibility step 4
A.HR.03.05	meet the criterion-referenced body composition health-related fitness standards for age and gender (e.g., Skinfold Measurement, Body Mass Index, Hydrostatic Weighing).	Not addressed

### Physical Activity and Nutrition

A.AN.03.01	identify that physical activity and nutrition have effects on the body (e.g., food as fuel; helps build and maintain bones, muscles, and joints; reduces feelings of depression and anxiety; reduces risk of some chronic diseases; provides nutrients vital for health and maintenance of body; reduces the risk of low bone mass)	Beneficial Effects of Physical Activity steps 6-9
A.AN.03.02	support body weight in selected activities (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts) to develop muscular strength and endurance.	Hop steps 1-9 Horizontal Jump steps 1-7 Vertical Jump steps 1-9 Arm/Shoulder Strength steps 1-8
A.AN.03.03	participate in non-locomotor activities that promote healthy joint flexibility.	Hip/Low Back Flexibility steps 1-10

### Personal/Social Behaviors and Values

#### Feedback

B.FB.03.01	use feedback from teachers and peers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.	Following Directions steps 1-4 Respect for Others steps 3-4
		Opportunities to demonstrate throughout all objectives

#### Personal/Social Behaviors

B.PS.03.01	exhibit behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in isolated settings.	Compassion steps 1-4 Cooperation steps 1-4 Responsibility steps 1-4
		Best Effort steps 1-4

B.PS.03.02	exhibit appropriate behaviors which exemplify each of the personal/social character traits of constructive competition, initiative and leadership in isolated settings.	Constructive Competition steps 1-4
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### Regular Participation

B.RP.03.01	identify a limited number of positive feelings associated with regular participation in physical activities in isolated settings.	Beneficial Effects of Physical Activity steps 6-9
B.RP.03.02	choose to practice skills for which improvement is needed in isolated settings.	Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6 Batting steps 1-10 Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike steps 1-10 Hand Dribble steps 1-8 Instep Kick steps 1-11 Lift and Carry Posture steps 1-6 Overhand Throw steps 1-9 Underhand Strike steps 1-6 Underhand Throw steps 1-9 Aerobic Activity/Fitness steps 1-14

### Social Benefits

B.FE.03.01	identify benefits of social interaction as part of participation in physical activities in isolated settings.	Beneficial Effects of Physical Activity step 8
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### Individual Differences

B.ID.03.01	participate with students of varying skill and fitness levels in isolated settings.	Compassion steps 1-4 Respect for Others steps 2 and 4 Constructive Competition steps 1-4
B.ID.03.02	identify between idealized body images and elite performances portrayed by the media and personal characteristics and skills in isolated settings.	Not addressed

### Feelings

B.FE.03.01	identify emotions related to how they feel while participating in physical activity in isolated settings.	Beneficial Effects of Physical Activity step 8
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## Fourth Grade

### Motor Skills and Movement Patterns

#### Movement Concepts

M.MC.04.01	demonstrate all space awareness movement concepts for location (e.g., self-space and general space) with mature form of non-locomotor, locomotor, and selected manipulative skills (i.e., roll, underhand throw, overhand throw) in controlled settings.	Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6 Overhand Throw steps 1-9 Underhand Throw steps 1-9 Body Parts/Actions/Planes steps 2-5 Use of Space steps 1-5
M.MC.04.02	demonstrate all space awareness movement concepts for directions (i.e., up/down, forward/backward, right/left, and clockwise/ counterclockwise) with mature form of selected fundamental motor skills in controlled settings.	Gallop step 2 Hop step 4 Leap step 4 Run step 5 Skip step 4 Vertical Jump step 4 Walk step 1
M.MC.04.03	demonstrate all space awareness movement concepts for levels (i.e., low, medium, and high) with mature form of selected fundamental motor skills in controlled settings.	Vertical Jump steps 6-8
M.MC.04.04	demonstrate all space awareness movement concepts for pathways (i.e., straight, curved and zigzag) with mature form of selected fundamental motor skills in controlled settings.	Gallop step 5 Hop step 8 Skip step 7 Slide step 5 Walk step 4 Foot Dribble step 6 Dribble step 6 Lift and Carry Posture step 5
M.MC.04.05	demonstrate all space awareness movement concepts for extensions (i.e., large/small and far/near) with mature form of selected fundamental motor skills in controlled settings.	Horizontal Jump step 3 Leap step 4 Vertical Jump step 4 Batting step 6 Catch Fly Balls step 5 Catch Rolling Balls step 4 Forehand Strike step 6 Instep Kick step 5 Overhand Throw step 5 Underhand Strike step 3 Underhand Throw step 5

M.MC.04.06	demonstrate all effort movement concepts for time (i.e., fast/slow and sudden/sustained) with mature form of selected fundamental motor skills in controlled settings.	Gallop step 5 Hop steps 6-8 Run steps 6-7 Skip steps 3, 5-7 Slide step 5 Walk steps 3-5
M.MC.04.07	demonstrate all effort movement concepts for force (i.e., strong and light) with mature form of selected fundamental motor skills in controlled settings.	Forehand Strike steps 9-10 Hand Dribble steps 4-8 Overhand Throw step 9 Underhand Strike step 6 Underhand Throw step 9
M.MC.04.08	demonstrate all effort movement for flow (e.g., bound and free) with mature form of selected fundamental motor skills in controlled settings.	Gallop steps 2 and 4-5 Hop steps 4-8 Horizontal Jump step 3 Leap step 4 Run step 5 Skip steps 3-7 Slide steps 3-5 Vertical Jump step 4 Walk steps 1 and 4
M.MC.04.09	demonstrate all elements of relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical, and nonsymmetrical) with mature form of selected fundamental motor skills in controlled settings.	Gallop step 2 Hop step 4 Horizontal Jump step 3 Leap step 4 Run step 5 Skip step 4 Slide step 3 Vertical Jump step 4 Walk step 1 Batting step 6 Catch Fly Balls step 5 Catch Rolling Balls step 4 Foot Dribble step 4 Forehand Strike step 6 Hand Dribble step 4 Instep Kick step 5 Lift and Carry Posture step 3 Overhand Throw step 5 Underhand Strike step 3 Underhand Throw step 5
M.MC.04.10	demonstrate all relationship movement concepts of objects and/or people (e.g., over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside) with mature form of selected fundamental motor skills in controlled settings.	Leap step 9 Skip step 4 Walk step 2 Aerobic Activity/Fitness step 1 Ab/Low Back Strength steps 1 and 7 Arm/Shoulder Strength step 2 Hip/Low Back Flexibility steps 1 and 7 Cooperation step 2

M.MS.04.11	demonstrate all relationship movement concepts with people (e.g., leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and between groups) with mature form of selected fundamental motor skills in controlled settings.	Hop step 8 Skip step 4 Slide step 6
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### Motor Skills

M.MS.04.01	demonstrate selected elements of the mature form of non-locomotor skills of balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, transferring weight, jumping and landing in controlled settings.	Horizontal Jump steps 1-7 Vertical Jump steps 1-9 Body Parts/Actions/Planes step 2 Ab/Low Back Strength steps 1-2, 4-6, 8 Arm/Shoulder Strength steps 1-2, 4-8 Hip/Low Back Flexibility steps 1-10
M.MS.04.02	demonstrate selected elements of the mature form of locomotor skills of walk, run, leap, slide, gallop, hop, skip, flee, and dodge using movement concepts in controlled settings.	Gallop steps 2-6 Hop steps 4-9 Leap steps 4-9 Run steps 5-9 Skip steps 4-8 Slide steps 3-6 Walk steps 1-6
M.MS.04.03	demonstrate selected elements of the mature form of the manipulative skills of roll, underhand throw, and overhand throw in controlled settings.	Overhand Throw steps 1-5 Underhand Throw steps 1-5
M.MS.04.04	demonstrate selected elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and short handled implements in isolated settings.	Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike steps 1-10 Instep Kick steps 1-11 Underhand Strike 1-6
M.MS.04.05	demonstrate selected elements of the mature form of the manipulative skills of chest pass, bounce pass, hand dribble and volley (e.g., forearm pass) in isolated settings.	Hand Dribble steps 1-8
M.MS.04.06	perform a three-element movement sequence (e.g., simply rhythmic, aerobic, or tumbling activities) in isolated settings.	Aerobic Activity/Fitness step 13

### Aquatics

M.AQ.04.01	demonstrate selected elements of basic aquatic skills of front float and back float, glide, and recovery in isolated settings.	Not addressed
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M.AQ.04.02	demonstrate selected elements of safe water entry and exit, independently, by jumping or stepping from the side safely in isolated settings.	Not addressed
M.AQ.04.03	demonstrate above water arm recovery and rudimentary kick with face in the water, breathing to the side to swim 15 feet/5 yards in the water in isolated settings.	Not addressed
M.AQ.04.04	demonstrate locomotion, in supine position, using above water arm recovery, with arms entering at or above shoulder level with continuous kick 15 feet/5 yards in the water in isolated settings.	Not addressed
M.AQ.04.06	demonstrate jumping or stepping from the side while wearing a life jacket and locomote to a position of safety in isolated settings.	Not addressed

#### Outdoor Pursuits

M.OP.04.01	demonstrate use of movement concepts in outdoor pursuits with self and equipment in isolated settings.	Gallop step 6 Hop step 9 Horizontal Jump step 7 Leap step 9 Run step 9 Skip step 8 Slide step 6 Vertical Jump step 9 Walk step 6 Batting step 10 Catch Fly Balls step 9 Catch Rolling Balls step 9 Foot Dribble step 8 Forehand Strike step 10 Hand Dribble step 8 Instep Kick step 11 Lift and Carry Posture step 6 Overhand Throw step 9 Underhand Strike step 6 Underhand Throw step 9
M.OP.04.02	demonstrate use of locomotor skills in outdoor pursuits with self and equipment (e.g., backpack) in isolated settings.	Gallop step 6 Hop step 9 Horizontal Jump step 7 Leap step 9 Run step 9 Skip step 8 Slide step 6 Vertical Jump step 9 Walk step 6

M.OP.04.03	demonstrate use of non-locomotor skills in outdoor pursuits with self and equipment in isolated settings.	Batting step 10 Catch Fly Balls step 9 Catch Rolling Balls step 9 Foot Dribble step 8 Forehand Strike step 10 Hand Dribble step 8 Instep Kick step 11 Lift and Carry Posture step 6 Overhand Throw step 9 Underhand Strike step 6 Underhand Throw step 9
M.OP.04.04	demonstrate ability to safely manipulate or use equipment in selected outdoor pursuits in isolated settings.	Batting step 10 Forehand Strike step 10

### Target Games

M.TG.04.01	demonstrate limited use of selected strategies for tactical problems, such as accuracy in distance and direction during modified, unopposed target games.	Batting step 9 Foot Dribble steps 5-6 Forehand Strike steps 7-8 Instep Kick steps 6-7 Overhand Throw steps 6-7 Underhand Strike steps 4-5 Underhand Throw steps 6-7
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### Invasion Games

M.IG.04.01	demonstrate use of selected on-the-ball tactical movements for maintaining possession (e.g., passing, receiving), penetration/attack (e.g., shooting, moving with the object), and starting/restarting play (e.g., kick-off, throw-ins) during modified invasion games (e.g., small-sided games, such as 2 vs. 2).	Catch Fly Balls steps 8-9 Catch Rolling Balls steps 8-9 Foot Dribble steps 7-8 Hand Dribble steps 7-8 Overhand Throw steps 8-9 Underhand Strike step 6 Underhand Throw steps 8-9
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### Net/Wall Games

M.NG.04.01	demonstrate selected solutions to tactical problems, such as maintaining a rally and defending space (e.g., returning to base) during modified, cooperative net/wall games.	Forehand Strike step 10 Underhand Strike step 6
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### Striking/Fielding Games

M.SG.04.01	demonstrate use of selected on-the-object tactical movements of infield base positions and off-the-object problems of defending space and defending bases during modified striking/fielding games (e.g., strike a stationary object without a catcher, 4 vs. 4).	Batting steps 6-10 Catch Fly Balls step 9 Catch Rolling Balls step 9 Instep Kick steps 5-11
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### Rhythmic Activities

M.RA.04.01	demonstrate the reversal of rhythmic locomotor patterns and change of direction.	Gallop steps 4-5 Hop steps 5, 8 Skip step 7 Slide steps 4-5 Walk step 4
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### Content Knowledge

#### Feedback

K.FB.04.01	use feedback from teachers and peers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.	Following Directions steps 1-4 Respect for Others steps 3-4
		Opportunities to demonstrate throughout all objectives

#### Movement Concepts

K.MC.04.12	apply knowledge of critical elements of all movement concepts while performing locomotor skills in isolated settings.	Gallop step 6 Hop step 9 Horizontal Jump step 7 Leap step 9 Run step 9 Skip step 8 Slide step 6 Vertical Jump step 9 Walk step 6
K.MC.04.13	apply knowledge of critical elements of all movement concepts while performing non-locomotor skills in isolated settings.	Body Parts/Actions/Planes step 2
K.MC.04.14	apply knowledge of critical elements of all movement concepts while performing selected manipulative skills (e.g., roll, underhand throw, and overhand throw) in isolated settings.	Batting step 10 Catch Fly Balls step 9 Catch Rolling Balls step 9 Foot Dribble step 8 Forehand Strike step 10 Hand Dribble step 8 Instep Kick step 11 Lift and Carry Posture step 6 Overhand Throw step 9 Underhand Strike step 6 Underhand Throw step 9

#### Motor Skills

K.MS.04.01	apply limited critical elements of the following non-locomotor skills: balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, and landing in isolated settings.	Horizontal Jump steps 1-7 Vertical Jump steps 1-9
		Body Parts/Actions/Planes step 2
		Ab/Low Back Strength steps 1-2, 4-6, 8 Arm/Shoulder Strength steps 1-2, 4-8 Hip/Low Back Flexibility steps 1-10

K.MS.04.02	apply knowledge of selected movement concepts while performing locomotor skills: walk, run, leap, jump, skip, hop, gallop, slide, chase, and flee and dodge in isolated settings.	Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6
K.MS.04.03	apply knowledge of selected movement concepts while performing the following manipulative skills: roll, underhand throw, and overhand throw in isolated settings.	Overhand Throw steps 1-9 Underhand Throw steps 1-9
K.MS.04.04	apply knowledge of selected movement concepts while performing selected manipulative skills of catch, kick, foot dribble, strike with short-handled implement and with the hand, chest pass, bounce pass, hand dribble, and volley in isolated settings.	Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike steps 1-10 Hand Dribble steps 1-8 Instep Kick steps 1-11 Underhand Strike 1-6

#### Aquatics

K.AQ.04.01	describe the critical elements of the basic aquatic skills of front float, back float and recovery.	Not addressed
K.AQ.04.02	describe the critical elements of safe water entry and exit (e.g., ladder, jump, ramp, climbing, diving).	Not addressed
K.AQ.04.04	describe the critical elements of the water safety rules (e.g., swim with buddy, wear life jacket, <i>Reach or Throw, Don't Let Go</i> , follow the rules, swim with supervision, boating safety, H.E.L.P., Huddle).	Not addressed
K.AQ.04.05	describe the critical elements of how to use a life jacket (e.g., proper fit, take on and off, secure clasps, when to use, how to put on when a boat is sinking).	Not addressed
K.AQ.04.06	describe the critical elements of how to get help.	Not addressed

#### Outdoor Pursuits

K.OP.04.01	distinguish among the seven principles of Leave No Trace (PEAK version) in controlled settings.	Not addressed
K.OP.04.02	describe the function of clothing and equipment associated with outdoor pursuits.	Not addressed

K.OP.04.03	identify selected safety features of outdoor pursuits	Not addressed
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### Target Games

K.TG.04.01	identify selected tactical problems (e.g., accuracy in distance and direction) during modified, unopposed target games.	Batting step 9 Foot Dribble steps 5-6 Forehand Strike steps 7-8 Instep Kick steps 6-7 Overhand Throw steps 6-7 Underhand Strike steps 4-5 Underhand Throw steps 6-7
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### Invasion Games

K.IG.04.01	identify selected elements of tactical problems for both on-the-ball and off-the-ball movements for maintaining possession (e.g., passing, receiving), penetration/attack (e.g., shooting, moving with the object), and starting/restarting play (e.g., kick-off, throw-ins) during modified invasion games (e.g., small-sided games, such as 2 vs. 2).	Catch Fly Balls steps 8-9 Catch Rolling Balls steps 8-9 Foot Dribble steps 7-8 Hand Dribble steps 7-8 Overhand Throw steps 8-9 Underhand Strike step 6 Underhand Throw steps 8-9
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### Net/Wall Games

K.NG.04.01	identify selected tactical problems (e.g., maintaining a rally), setting up an attack (e.g., opening up to teammates), and defending space (e.g., returning to base) during modified, cooperative net/wall games.	Forehand Strike step 10 Underhand Strike step 6
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### Strike/Fielding Games

K.SG.04.01	identify selected tactical problems such as on-the-object problems of infield base positions and off-the-object problems of defending space and defending bases during modified striking/fielding games (e.g., strike a stationary object without a catcher, 4 vs. 4).	Batting steps 6-10 Catch Fly Balls step 9 Catch Rolling Balls step 9 Instep Kick steps 5-11
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### Rhythmic Activities

K.RA.04.01	create a simple repeating rhythmic sequence by combining a variety of mature movement skills.	Aerobic Activity/Fitness step 13
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### Participation Inside/Outside Physical Education

K.PA.04.01	identify and participate in new physical activities.	Beneficial Effects of Physical Activity steps 6, 9-11
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### Health-Related Fitness

K.HR.04.02	understand the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Handcycle Test).	Aerobic Activity/Fitness steps 6, 7, 9, 11, 13 and 14
K.HR.04.03	understand the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed Arm Hang).	Ab/Low Back Strength step 4 Arm/Shoulder Strength step 4
K.HR.04.04	understand the criterion-referenced flexibility health-related fitness standards (e.g., Backsaver Sit and Reach, Shoulder Stretch).	Hip/Low Back Flexibility step 4
K.HR.04.05	understand the criterion-referenced body composition health-related fitness standards for age and gender (e.g., Skinfold Measurement, Body Mass Index, Hydrostatic Weighing).	Not addressed

### Physical Activity and Nutrition

K.AN.04.01	describe selected effects that physical activity and nutrition have effects on the body (e.g., food as fuel; helps build and maintain bones, muscles, and joints; reduces feelings of depression and anxiety; reduces risk of some chronic diseases; provides nutrients vital for health and maintenance of body; reduces the risk of low bone mass)	Beneficial Effects of Physical Activity steps 6-9
K.AN.04.02	understand the physiological indicators associated with moderate to vigorous physical activity (e.g., sweating, increased heart rate, increased respiration, palpating pulse) and adjust participation/effort in isolated settings.	Beneficial Effects of Physical Activity steps 1-5
K.AN.04.03	explain how supporting body weight, while participating in activities, improves physical fitness.	Beneficial Effects of Physical Activity step 7 Arm/Shoulder Strength steps 1-8
K.AN.04.04	explain how non-manipulative activities promote healthy joint flexibility.	Hip/Low Back Flexibility steps 1-10

### Personal/Social Behaviors

K.PS.04.01	describe key behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation and compassion in controlled settings.	Compassion steps 1-4 Cooperation steps 1-4 Responsibility steps 1-4
		Best Effort steps 1-4

K.PS.04.02	describe key behaviors which exemplify each of the personal/social character traits of constructive competition, initiative and leadership in controlled settings.	Constructive Competition steps 1-4
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### Regular Participation

K.RP.04.01	identify positive feelings associated with regular participation in physical activities in isolated settings.	Beneficial Effects of Physical Activity step 8
K.RP.04.02	understand the need to practice skills for which improvement is needed in isolated settings.	Aerobic Activity/Fitness steps 1-14 Opportunities to demonstrate throughout EPEC objectives

### Social Benefits

K.SB.04.01	identify benefits of social interaction as part of participation in physical activities in isolated settings.	Beneficial Effects of Physical Activity step 8
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### Individual Differences

K.ID.04.01	identify emotions related to how individuals feel while participating in physical activity in isolated settings.	Beneficial Effects of Physical Activity step 8
K.ID.04.02	identify differences between idealized body image and elite performances portrayed by the media and personal characteristics and skills.	Not addressed
K.ID.04.03	chose to participate with students of varying skill and fitness levels in isolated settings.	Compassion steps 1-4 Respect for Others steps 2 and 4 Constructive Competition steps 1-4

### Feelings

K.FE.04.01	identify positive feeling associated with regular participation in physical activities.	Beneficial Effects of Physical Activity step 8
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## Fitness and Physical Activity

### Participation During Physical Education

A.PE.04.01	participate in physical activities that are moderate in intensity level (i.e., a minimum of 50% class time sustaining a minimum of 60% of target heart rate) in physical education, including: locomotor activities, activities inclusive of manipulative skills, dodging chasing, and fleeing activities, and modified games that include combinations of locomotor and manipulative skills.	Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6 Batting steps 1-10 Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike steps 1-10 Hand Dribble steps 1-8 Instep Kick steps 1-11 Lift and Carry Posture steps 1-6 Overhand Throw steps 1-9 Underhand Strike steps 1-6 Underhand Throw steps 1-9
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### Participation Outside of Physical Education

A.PA.04.01	participate in physical activities that are moderate in intensity level (i.e., a minimum of 60 minutes per day for 7 days a week while maintaining 60% of target heart rate) outside of physical education, including locomotor activities, activities inclusive of manipulative skills, dodging chasing, and fleeing activities, modified games that include combinations of locomotor and manipulative skills, and daily non-structured and minimally organized physical activities outside of physical education.	Beneficial Effects of Physical Activity steps 8-9 Aerobic Activity/Fitness steps 10-14
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### Health-Related Fitness

A.HR.04.2	meet the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Handcycle Test).	Aerobic Activity/Fitness steps 6-7, 9, 11, and 13-14
A.HR.04.03	meet the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed Arm Hang).	Ab/Low Back Strength step 4 Arm/Shoulder Strength step 4

A.HR.04.04	meet the criterion-referenced flexibility health-related fitness standards (e.g., Backsaver Sit and Reach, Shoulder Stretch).	Hip/Low Back Flexibility step 4
A.HR.04.05	meet the criterion-referenced body composition health-related fitness standards for age and gender (e.g., Skinfold Measurement, Body Mass Index, Hydrostatic Weighing).	Not addressed

### Physical Activity and Nutrition

A.AN.04.01	describe selected effects that physical activity and nutrition have on the body (e.g., food as fuel; helps build and maintain bones, muscles, and joints; reduces feelings of depression and anxiety; reduces risk of some chronic diseases; provides nutrients vital for health and maintenance of body; reduces the risk of low bone mass)	Beneficial Effects of Physical Activity steps 8-9
A.AN.04.02	support body weight while participating in activities that improve physical fitness.	Arm/Shoulder Strength steps 1-8
A.AN.04.03	participate in non-locomotor activities that promote healthy joint flexibility.	Hip/Low Back Flexibility steps 1-10
A.AN.04.04	utilize physiological indicators associated with moderate to vigorous physical activity (e.g., sweating, increased heart rate, increased respiration, palpitating pulse) to adjust participation/effort in isolated settings.	Beneficial Effects of Physical Activity steps 2, 4, 5

### Personal/Social Behaviors and Values

#### Feedback

B.FB.04.01	use limited feedback from teachers and peers to improve motor skills and movement patterns, fitness, and physical activities in controlled settings.	Following Directions steps 1-4 Respect for Others steps 3-4
		Opportunities to demonstrate throughout all objectives

#### Personal/Social Behaviors

B.PS.04.01	exhibit selected behaviors with prompts which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion.	Compassion steps 1-4 Cooperation steps 1-4 Responsibility steps 1-4
		Best Effort steps 1-4
B.PS.04.02	exhibit appropriate behaviors which exemplify each of the personal/social character traits of constructive competition, initiative and leadership in controlled settings.	Constructive Competition steps 1-4

**Regular Participation**

B.RP.04.01	identify positive feelings associated with regular participation in physical activities in isolated settings.	Beneficial Effects of Physical Activity steps 6-9
B.RP.04.02	choose to practice skills for which improvement is needed in isolated settings.	Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6 Batting steps 1-10 Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike steps 1-10 Hand Dribble steps 1-8 Instep Kick steps 1-11 Lift and Carry Posture steps 1-6 Overhand Throw steps 1-9 Underhand Strike steps 1-6 Underhand Throw steps 1-9 Aerobic Activity/Fitness steps 1-14

**Social Benefits**

B.FE.04.01	identify benefits of social interaction as part of participation in physical activities in isolated settings.	Beneficial Effects of Physical Activity step 8
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**Individual Differences**

B.ID.04.01	participate with students of varying skill and fitness levels in isolated settings.	Compassion steps 1-4 Respect for Others steps 2 and 4 Constructive Competition steps 1-4
B.ID.04.02	identify between idealized body images and elite performances portrayed by the media and personal characteristics and skills in isolated settings.	Not addressed

**Feelings**

B.FE.04.01	identify positive feelings associated with regular participation in physical activities in isolated settings.	Beneficial Effects of Physical Activity step 8
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# Fifth Grade

## Motor Skills and Movement Patterns

### Movement Concepts

M.MC.05.01	demonstrate all space awareness movement concepts for location (e.g., self-space and general space) with mature form of non-locomotor, locomotor, and selected manipulative skills (i.e., roll, underhand throw, overhand throw) in controlled settings.	<p>Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6 Overhand Throw steps 1-9 Underhand Throw steps 1-9</p> <p>Body Parts/Actions/Planes steps 2-5 Use of Space steps 1-5</p>
M.MC.05.02	demonstrate all space awareness movement concepts for directions (i.e., up/down, forward/backward, right/left, and clockwise/counterclockwise) with mature form of selected fundamental motor skills in controlled settings.	<p>Gallop step 2 Hop step 4 Leap step 4 Run step 5 Skip step 4 Vertical Jump step 4 Walk step 1</p>
M.MC.05.03	demonstrate mature form and function of all space awareness movement concepts for levels (i.e., low, medium, and high) with mature form of fundamental motor skills in controlled settings.	<p>Vertical Jump steps 6-8</p>
M.MC.05.04	demonstrate mature form and function of all space awareness movement concepts for pathways (i.e., straight, curved and zigzag) with mature form of selected fundamental motor skills in controlled settings.	<p>Gallop step 5 Hop step 8 Skip step 7 Slide step 5 Walk step 4 Foot Dribble step 6 Dribble step 6 Lift and Carry Posture step 5</p>
M.MC.05.05	demonstrate all space awareness movement concepts for extensions (i.e., large/small and far/near) with mature form of fundamental motor skills in controlled settings.	<p>Horizontal Jump step 3 Leap step 4 Vertical Jump step 4 Batting step 6 Catch Fly Balls step 5 Catch Rolling Balls step 4 Forehand Strike step 6 Instep Kick step 5 Overhand Throw step 5 Underhand Strike step 3 Underhand Throw step 5</p>

M.MC.05.06	demonstrate all effort movement concepts for time (i.e., fast/slow and sudden/sustained) with mature form of selected fundamental motor skills in controlled settings.	Gallop step 5 Hop steps 6-8 Run steps 6-7 Skip steps 3, 5-7 Slide step 5 Walk steps 3-5
M.MC.05.07	demonstrate all effort movement concepts for force (i.e., strong and light) with mature form of selected fundamental motor skills in controlled settings.	Forehand Strike steps 9-10 Hand Dribble steps 4-8 Overhand Throw step 9 Underhand Strike step 6 Underhand Throw step 9
M.MC.05.08	demonstrate all effort movement for flow (e.g., bound and free) with mature form of selected fundamental motor skills in controlled settings.	Gallop steps 2 and 4-5 Hop steps 4-8 Horizontal Jump step 3 Leap step 4 Run step 5 Skip steps 3-7 Slide steps 3-5 Vertical Jump step 4 Walk steps 1 and 4
M.MC.05.09	demonstrate all elements of relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical, and nonsymmetrical) with mature form of selected fundamental motor skills in controlled settings.	Gallop step 2 Hop step 4 Horizontal Jump step 3 Leap step 4 Run step 5 Skip step 4 Slide step 3 Vertical Jump step 4 Walk step 1 Batting step 6 Catch Fly Balls step 5 Catch Rolling Balls step 4 Foot Dribble step 4 Forehand Strike step 6 Hand Dribble step 4 Instep Kick step 5 Lift and Carry Posture step 3 Overhand Throw step 5 Underhand Strike step 3 Underhand Throw step 5
M.MC.05.10	demonstrate all relationship movement concepts of objects and/or people (e.g., over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside) with mature form of fundamental motor skills in controlled settings.	Leap step 9 Skip step 4 Walk step 2 Aerobic Activity/Fitness step 1 Ab/Low Back Strength steps 1 and 7 Arm/Shoulder Strength step 2 Hip/Low Back Flexibility steps 1 and 7 Cooperation step 2

M.MS.05.11	demonstrate all relationship movement concepts with people (e.g., leading/following, mirroring/ matching, unison/contrast, solo, alone in mass, partners, groups, and between groups) with mature form of fundamental motor skills in controlled settings.	Hop step 8 Skip step 4 Slide step 6
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### Motor Skills

M.MS.05.01	demonstrate all elements of the mature form of non-locomotor skills of balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, transferring weight, jumping and landing in controlled settings.	Horizontal Jump steps 3-7 Vertical Jump steps 4-9 Body Parts/Actions/Planes step 2 Ab/Low Back Strength steps 1-2, 4-6, 8 Arm/Shoulder Strength steps 1-2, 4-8 Hip/Low Back Flexibility steps 1-10
M.MS.05.02	demonstrate selected elements of the mature form of locomotor skills of walk, run, leap, slide, gallop, hop, skip, flee, and dodge using movement concepts in controlled settings.	Gallop steps 1-6 Hop steps 1-9 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Walk steps 1-6
M.MS.05.03	demonstrate mature form of the manipulative skills of roll, underhand throw, and overhand throw in controlled settings.	Overhand Throw steps 5-9 Underhand Throw steps 5-9
M.MS.05.04	demonstrate mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and short and long handled implements in isolated settings.	Catch Fly Balls steps 4-9 Catch Rolling Balls steps 4-9 Foot Dribble steps 4-8 Forehand Strike steps 6-10 Instep Kick steps 5-11 Underhand Strike steps 3-6
M.MS.05.05	demonstrate selected elements of the mature form of the manipulative skills of chest pass, bounce pass, hand dribble and volley (e.g., forearm pass, overhead seat) and punt in isolated settings.	Hand Dribble steps 1-8
M.MS.05.06	perform a three-element movement sequence (e.g., simply rhythmic, aerobic, or tumbling activities) with flow in controlled settings.	Aerobic Activity/Fitness step 13

### Aquatics

M.AQ.05.01	demonstrate mature form for the basic aquatic skills of front float and back float, glide, and recovery in isolated settings.	Not addressed
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M.AQ.05.02	demonstrate safe water entry and exit, independently, by jumping or stepping from the side safely in isolated settings.	Not addressed
M.AQ.05.03	demonstrate above water arm recovery and continuous kick with face in the water, breathing consistently to the side to swim 15 feet in the water in isolated settings.	Not addressed
M.AQ.05.04	demonstrate locomotion, in supine position, rudimentary body roll, above water arm recovery, arms enter at or above shoulder level with continuous kick 15 feet in the water in isolated settings.	Not addressed
M.AQ.05.06	demonstrate jumping or stepping from the side while wearing a life jacket, demonstrate HELP and Huddle positions for one minute, and locomote to a position of safety in controlled settings.	Not addressed

### Outdoor Pursuits

M.OP.05.01	demonstrate use of movement concepts in outdoor pursuits with self and equipment in controlled settings with external feedback.	Gallop step 6 Hop step 9 Horizontal Jump step 7 Leap step 9 Run step 9 Skip step 8 Slide step 6 Vertical Jump step 9 Walk step 6 Batting step 10 Catch Fly Balls step 9 Catch Rolling Balls step 9 Foot Dribble step 8 Forehand Strike step 10 Hand Dribble step 8 Instep Kick step 11 Lift and Carry Posture step 6 Overhand Throw step 9 Underhand Strike step 6 Underhand Throw step 9
M.OP.05.02	demonstrate use of locomotor skills in outdoor pursuits with self and equipment controlled settings with external feedback.	Gallop step 6 Hop step 9 Horizontal Jump step 7 Leap step 9 Run step 9 Skip step 8 Slide step 6 Vertical Jump step 9 Walk step 6
M.OP.05.03	demonstrate use of non-locomotor skills in	Batting step 10

	outdoor pursuits with self and equipment in controlled settings with external feedback.	Catch Fly Balls step 9 Catch Rolling Balls step 9 Foot Dribble step 8 Forehand Strike step 10 Hand Dribble step 8 Instep Kick step 11 Lift and Carry Posture step 6 Overhand Throw step 9 Underhand Strike step 6 Underhand Throw step 9
M.OP.05.04	demonstrate ability to safely manipulate or use equipment in selected outdoor pursuits in isolated settings.	Batting step 10 Forehand Strike step 10

### Target Games

M.TG.05.01	demonstrate selected use of strategies for tactical problems, such as accuracy in distance and direction during modified, unopposed target games.	Batting step 9 Foot Dribble steps 5-6 Forehand Strike steps 7-8 Instep Kick steps 6-7 Overhand Throw steps 6-7 Underhand Strike steps 4-5 Underhand Throw steps 6-7
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### Invasion Games

M.IG.05.01	demonstrate selected use of both on-the-ball and off-the-ball tactical movements for maintaining possession (e.g., passing, receiving), penetration/attack (e.g., shooting, moving with the object), and starting/restarting play (e.g., kick-off, throw-ins) during modified invasion games (e.g., small-sided games, such as 3 vs. 3).	Catch Fly Balls steps 8-9 Catch Rolling Balls steps 8-9 Foot Dribble steps 7-8 Hand Dribble steps 7-8 Overhand Throw steps 8-9 Underhand Strike step 6 Underhand Throw steps 8-9
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### Net/Wall Games

M.NG.05.01	demonstrate selected solutions to tactical problems, such as maintaining a rally, setting up an attack (e.g., opening up to teammates), and defending space (e.g., returning to base) during modified, cooperative net/wall games.	Forehand Strike step 10 Underhand Strike step 6
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### Striking/Fielding Games

M.SG.05.01	demonstrate use of selected on-the-object tactical movements of infield base positions and off-the-object problems of defending space and defending bases during modified striking/fielding games (e.g., strike a stationary object, stationary object, 5 vs. 5).	Batting steps 6-10 Catch Fly Balls step 9 Catch Rolling Balls step 9 Instep Kick steps 5-11
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### Rhythmic Activities

M.RA.05.01	demonstrate a sequence of rhythmic patterns traveling along pathways (i.e., circle, zigzag, straight line).	Gallop step 4 Hop step 5 Horizontal Jump step 6 Leap steps 3, 4 and 7 Run step 8 Slide step 5
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### Content Knowledge

#### Feedback

K.FB.05.01	distinguish how internal (prior knowledge) and external feedback improves motor skills and movement patterns, fitness, and physical activities in isolated settings.	Respect for Others steps 3-4
		Best Effort steps 3-4

#### Movement Concepts

K.MC.05.15	apply knowledge of movement concepts while performing non-locomotor, locomotor, and selected manipulative skills (e.g., roll, underhand throw, overhand throw) in controlled settings.	Gallop steps 2-6 Hop steps 4-9 Horizontal Jump steps 3-7 Leap steps 4-9 Run steps 5-9 Skip steps 4-8 Slide steps 3-6 Vertical Jump steps 4-9 Walk steps 1-6 Batting steps 6-10 Catch Fly Balls steps 5-9 Catch Rolling Balls steps 4-9 Foot Dribble steps 4-8 Forehand Strike steps 6-10 Hand Dribble steps 4-8 Instep Kick steps 5-11 Lift and Carry Posture steps 3-6 Overhand Throw steps 5-9 Underhand Strike steps 3-6 Underhand Throw steps 5-9
		Body Parts/Actions/Planes steps 2-5

#### Motor Skills

K.MS.05.01	apply knowledge of movement concepts while performing non-locomotor skills: balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, and landing in controlled settings.	Horizontal Jump steps 1-7 Vertical Jump steps 1-9
		Body Parts/Actions/Planes step 2
		Ab/Low Back Strength steps 1-2, 4-6, 8
		Arm/Shoulder Strength steps 1-2, 4-8
		Hip/Low Back Flexibility steps 1-10

K.MS.05.02	apply knowledge of movement concepts while performing locomotor skills: walk, run, leap, jump, skip, hop, gallop, slide, chase, and flee and dodge in controlled settings.	Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6
K.MS.05.03	apply knowledge of movement concepts while performing the following manipulative skills: roll, underhand throw, and overhand throw in controlled settings.	Overhand Throw steps 1-9 Underhand Throw steps 1-9
K.MS.05.04	apply knowledge of the critical elements of movement concepts while performing selected manipulative skills of catch, kick, foot dribble, strike with short-handled implement and with the hand, chest pass, bounce pass, hand dribble, volley, overhead pass, and punt in isolated settings.	Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike steps 1-10 Hand Dribble steps 1-8 Instep Kick steps 1-11 Underhand Strike steps 1-6
K.MS.05.05	apply knowledge of movement concepts and skills to design a three-element movement sequence (e.g., simple rhythmic, aerobic, or tumbling activities) with flow in controlled settings.	Aerobic Activity/Fitness step 13

### Aquatics

K.AQ.05.01	distinguish between the critical elements of selected aquatic skills of front float, back float, glide, and recovery.	Not addressed
K.AQ.05.02	distinguish between all critical elements of safe water entry and exit (e.g., ladder, jump, ramp, climbing, diving).	Not addressed
K.AQ.05.04	distinguish between all critical elements of the water safety rules (e.g., swim with buddy, wear life jacket, <i>Reach or Throw</i> , <i>Don't Let Go</i> , follow the rules, swim with supervision, boating safety, H.E.L.P., Huddle).	Not addressed
K.AQ.05.05	distinguish between all critical elements of how to use a life jacket (e.g., proper fit, take on and off, secure clasps, when to use, how to put on when a boat is sinking).	Not addressed
K.AQ.05.06	apply knowledge of critical elements of how to get help in simulated emergency sequence.	Not addressed

### Outdoor Pursuits

K.OP.05.01	apply knowledge of elements of the seven principles of Leave No Trace (PEAK version) in controlled settings.	Not addressed
K.OP.05.02	describe the function of clothing and equipment associated with outdoor pursuits.	Not addressed
K.OP.05.03	identify selected safety features of outdoor pursuits	Not addressed
K.OP.05.07	describe appropriate and inappropriate resource-related behaviors in selected outdoor pursuits in isolated settings.	Not addressed

### Target Games

K.TG.05.01	identify tactical problems (e.g., accuracy in distance and direction) during modified, unopposed target games.	Batting step 9 Foot Dribble steps 5-6 Forehand Strike steps 7-8 Instep Kick steps 6-7 Overhand Throw steps 6-7 Underhand Strike steps 4-5 Underhand Throw steps 6-7
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### Invasion Games

K.IG.05.01	identify elements of tactical problems for both on-the-ball and off-the-ball movements for maintaining possession (e.g., passing, receiving), penetration/attack (e.g., shooting, moving with the object), and starting/restarting play (e.g., kick-off, throw-ins) during modified invasion games (e.g., small-sided games, such as 3 vs. 3).	Catch Fly Balls steps 8-9 Catch Rolling Balls steps 8-9 Foot Dribble steps 7-8 Hand Dribble steps 7-8 Overhand Throw steps 8-9 Underhand Strike step 6 Underhand Throw steps 8-9
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### Net/Wall Games

K.NG.05.01	identify tactical problems (e.g., maintaining a rally), setting up an attack (e.g., opening up to teammates), and defending space (e.g., returning to base) during modified, cooperative net/wall games.	Not addressed
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### Strike/Fielding Games

K.SG.05.01	identify tactical problems such as on-the-object problems of infield base positions and off-the-object problems of defending space and defending bases during modified striking/fielding games (e.g., strike a stationary object without a catcher, 5 vs. 5).	Batting steps 6-10 Catch Fly Balls step 9 Catch Rolling Balls step 9 Instep Kick steps 5-11

### Rhythmic Activities

K.RA.05.01	integrate basic rhythmic formations, positions, and steps into a rhythmic activity.	Hop step 6 Skip step 5
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### Participation Inside/Outside Physical Education

K.PA.05.01	explain the effects and benefits of physical activity.	Beneficial Effects of Physical Activity steps 1-11
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### Health-Related Fitness

K.HR.05.02	predict results for the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Handcycle Test).	Beneficial Effects of Physical Activity step 10
		Responsibility step 3
K.HR.05.03	predict results for the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed Arm Hang).	Beneficial Effects of Physical Activity step 10
K.HR.05.04	predict results for the criterion-referenced flexibility health-related fitness standards (e.g., Backsaver Sit and Reach, Shoulder Stretch).	Beneficial Effects of Physical Activity step 10
K.HR.05.05	predict results for the criterion-referenced body composition health-related fitness standards for age and gender (e.g., Skinfold Measurement, Body Mass Index, Hydrostatic Weighing).	Not addressed

### Physical Activity and Nutrition

K.AN.05.01	describe effects that physical activity and nutrition have effects on the body (e.g., food as fuel; helps build and maintain bones, muscles, and joints; reduces feelings of depression and anxiety; reduces risk of some chronic diseases; provides nutrients vital for health and maintenance of body; reduces the risk of low bone mass)	Beneficial Effects of Physical Activity steps 6-9
K.AN.05.02	measure the physiological indicators associated with moderate to vigorous physical activity (e.g., sweating, increased heart rate, increased respiration, palpating pulse) and adjust participation/effort in controlled settings.	Beneficial Effects of Physical Activity steps 1-5
K.AN.05.03	evaluate how supporting body weight, while participating in activities, improves physical fitness.	Beneficial Effects of Physical Activity step 7
		Arm/Shoulder Strength steps 1-8
K.AN.05.04	evaluate how non-manipulative activities promote healthy joint flexibility.	Hip/Low Back Flexibility steps 1-10

### Personal/Social Behaviors

K.PS.05.01	distinguish between key behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation and compassion in controlled settings.	Compassion steps 1-4 Cooperation steps 1-4 Responsibility steps 1-4
		Best Efforts steps 1-4
K.PS.05.02	distinguish between key behaviors which exemplify each of the personal/social character traits of constructive competition, initiative and leadership in controlled settings.	Constructive Competition steps 1-4

### Regular Participation

K.RP.05.01	identify positive feelings associated with regular participation in physical activities in controlled settings.	Beneficial Effects of Physical Activity step 8
K.RP.05.02	describe the need to practice skills for which improvement is needed in controlled settings.	Opportunities to demonstrate throughout all objectives

### Social Benefits

K.SB.05.01	identify benefits of social interaction as part of participation in physical activities in controlled settings.	Beneficial Effects of Physical Activity step 8
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### Individual Differences

K.ID.05.01	choose to participate with students of varying skill and fitness levels in dynamic settings.	Beneficial Effects of Physical Activity step 8
K.ID.05.02	identify differences between idealized body image and elite performances portrayed by the media and personal characteristics and skills.	Not addressed
K.ID.05.03	choose to participate with students of varying skill and fitness levels in controlled settings.	Compassion steps 1-4 Respect for Others steps 2 and 4 Constructive Competition steps 1-4

### Feelings

K.FE.05.01	identify emotions related to how individuals feel while regularly participating in physical activity.	Beneficial Effects of Physical Activity step 8
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## Fitness and Physical Activity

### Participation During Physical Education

A.PE.05.01	participate in physical activities that are vigorous in intensity level (i.e., a minimum of 60% class time sustaining a minimum of 65% of target heart rate) in physical education, including: locomotor activities, activities inclusive of manipulative skills, dodging, chasing, and fleeing activities, and modified games that include combinations of locomotor and manipulative skills.	Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6 Batting steps 1-10 Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike steps 1-10 Hand Dribble steps 1-8 Instep Kick steps 1-11 Lift and Carry Posture steps 1-6 Overhand Throw steps 1-9 Underhand Strike steps 1-6 Underhand Throw steps 1-9
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### Participation Outside of Physical Education

A.PA.05.01	participate in physical activities that are vigorous in intensity level (i.e., a minimum of 60 minutes per day for 7 days a week while maintaining 65% of target heart rate) outside of physical education, including locomotor activities, activities inclusive of manipulative skills, dodging chasing, and fleeing activities, modified games that include combinations of locomotor and manipulative skills, and daily non-structured and minimally organized physical activities outside of physical education.	Beneficial Effects of Physical Activity steps 8-9
		Aerobic Activity/Fitness steps 10-14

### Health-Related Fitness

A.HR.05.2	meet the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Handcycle Test).	Aerobic Activity/Fitness steps 6-7, 9, 11, and 13-14
A.HR.05.03	meet the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed Arm Hang).	Ab/Low Back Strength step 4 Arm/Shoulder Strength step 4

A.HR.05.04	meet the criterion-referenced flexibility health-related fitness standards (e.g., Backsaver Sit and Reach, Shoulder Stretch).	Hip/Low Back Flexibility step 4
A.HR.05.05	meet the criterion-referenced body composition health-related fitness standards for age and gender (e.g., Skinfold Measurement, Body Mass Index, Hydrostatic Weighing).	Not addressed

### Physical Activity and Nutrition

A.AN.05.01	describe effects that physical activity and nutrition have effects on the body (e.g., food as fuel; helps build and maintain bones, muscles, and joints; reduces feelings of depression and anxiety; reduces risk of some chronic diseases; provides nutrients vital for health and maintenance of body; reduces the risk of low bone mass)	Beneficial Effects of Physical Activity steps 8-9
A.AN.05.02	support body weight while participating in activities that improve physical fitness.	Arm/Shoulder Strength steps 1-8
A.AN.05.03	participate in non-locomotor activities that promote healthy joint flexibility.	Hip/Low Back Flexibility steps 1-10
A.AN.05.04	utilize physiological indicators associated with moderate to vigorous physical activity (e.g., sweating, increased heart rate, increased respiration, palpating pulse) to adjust participation/effort in controlled settings.	Beneficial Effects of Physical Activity steps 2, 4 and 5

### Personal/Social Behaviors and Values

#### Feedback

B.FB.05.01	distinguish how internal (prior knowledge) and external feedback can be used to improve motor skills and movement patterns, fitness, and physical activities in controlled settings.	Respect for Others steps 3-4
		Best Effort steps 3-4

#### Personal/Social Behaviors

B.PS.05.01	exhibit selected behaviors which exemplify each of the personal/social character traits of responsibility, best effort, cooperation, and compassion in controlled settings.	Compassion steps 1-4
		Cooperation steps 1-4
B.PS.05.02	apply behaviors which exemplify each of the personal/social character traits of constructive competition, initiative and leadership in controlled settings.	Responsibility steps 1-4
		Best Effort steps 1-4
		Constructive Competition steps 1-4

**Regular Participation**

B.RP.05.01	identify positive feelings associated with regular participation in physical activities in controlled settings.	Beneficial Effects of Physical Activity steps 6-9
B.RP.05.02	choose to practice skills for which improvement is needed in controlled settings.	Gallop steps 1-6 Hop steps 1-9 Horizontal Jump steps 1-7 Leap steps 1-9 Run steps 1-9 Skip steps 1-8 Slide steps 1-6 Vertical Jump steps 1-9 Walk steps 1-6 Batting steps 1-10 Catch Fly Balls steps 1-9 Catch Rolling Balls steps 1-9 Foot Dribble steps 1-8 Forehand Strike steps 1-10 Hand Dribble steps 1-8 Instep Kick steps 1-11 Lift and Carry Posture steps 1-6 Overhand Throw steps 1-9 Underhand Strike steps 1-6 Underhand Throw steps 1-9 Aerobic Activity/Fitness steps 1-14

**Social Benefits**

B.FE.05.01	identify benefits of social interaction as part of participation in physical activities in controlled settings.	Beneficial Effects of Physical Activity steps 6-9
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**Individual Differences**

B.ID.05.01	participate alone or with other students of various skill and fitness levels in controlled settings.	Opportunities to address throughout EPEC objectives
B.ID.05.02	identify between idealized body images and elite performances portrayed by the media and personal characteristics and skills in controlled settings.	Not addressed

**Feelings**

B.FE.05.01	identify emotions related to how individuals feel while participating in physical activities in controlled settings.	Beneficial Effects of Physical Activity step 8
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