

# **Physical Education and Health (K – 8<sup>th</sup> Grade)**

## **Academic Content & Skills Summary**

### **Peru Elementary School District 124**

In an effort to communicate clear academic expectations to students, parents and the local community, Peru Elementary School District 124 provides Academic Content and Skills Summaries from preschool through eighth grade in the areas of mathematics, language arts, science, social studies, technology, art, music and physical education.

Following is a simple summary of what our children should know and be able to do at each grade level in the area of Physical Education and Health. All children can learn, even if not at the same pace or in the same way, and ultimately these general skills and content items are what we will strive to accomplish with the assistance of our parents at home.

*Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of physical activity. The outcome of PE is a physically literate young person, who has the skills, confidence and understanding to continue physical activity throughout the lifespan.*

#### **Kindergarten through 2nd Grade (Physical Education) students will:**

- Demonstrate control when performing fundamental locomotor, non-locomotor, and manipulative skills.
- Understand spatial awareness and relationship to objects and people.
- Demonstrate safe movements in physical activities.
- Engage in sustained physical activity that cause increased heart rate, muscle strength and range of movement.
- Describe immediate effects of physical activity on the body (faster heartbeat...)
- Work cooperatively with others to accomplish a goal.
- Differentiate between positive and negative behaviors (waiting their turn vs. pushing in line).

#### **3rd through 4th Grade (Physical Education) students will:**

- Demonstrate control when performing combinations and sequences in locomotor, non-locomotor and manipulative motor skills.
- Identify and apply rules and safety procedures in physical activity.
- Identify offensive, defensive and cooperative strategies in selected games and activities
- Regularly participate in physical activity for the purpose of sustaining or improving individual levels of health related and skill related fitness.
- Set a personal health related fitness goal by being introduced to FitnessGram testing.
- Accept responsibility for one's own action in a group activity.
- Work cooperatively with a partner or small group to reach a shared goal during physical activity.

**5th through 8th Grade (Physical Education) students will:**

- Demonstrate physical competency in a variety of motor skills and movement patterns.
- Analyze various movement concepts and applications.
- Demonstrate knowledge of rules, safety and strategies during physical activity.
- Apply the principles and components of health-related and skill-related fitness as applied to learning and performance of physical activities.
- Assess individual fitness levels.
- Set goals based on fitness data and develop, implement, and monitor an individual fitness improvement plan.
- Demonstrate personal responsibility during group physical activities.
- Demonstrate cooperative skills during structured group physical activity.

**5th Grade (Health) students will:**

- Describe the two factors used to evaluate their overall health.
- List and explain the three aspects of health(physical, mental/emotional, social) and describe the behaviors associated with each aspect.
- Explain how decisions can affect their position on the health continuum.
- Explain why personal care/hygiene is so important before, during and after puberty.
- Understand the importance of manners in many different situations.
- Understand the definition of bullying and the effects it has on individuals as well as knowing how to be an upstander and not a bystander.

*A trimester course for 5th grade helps students understand that good health habits can improve school performance, friendships, physical appearance, and overall self-confidence. The importance of avoiding risky behaviors and guidelines on how to do so will be discussed.*

**6th Grade (Health) students will:**

- Explain and describe the differences between the opposite ends of each personality trait.
- Describe how your personality develops in each stage of personality development based on challenges throughout life.
- Identify my emotions and learn to deal with them in a healthy manner.
- Use the techniques provided to improve my self-esteem.
- Understand the definition of bullying and the effects it has on individuals as well as knowing how to be an upstander and not a bystander.

*A trimester course for 6th grade helps students understand that good health habits can improve school performance, friendships, physical appearance, and overall self-confidence. The importance of avoiding risky behaviors and guidelines on how to do so will be discussed.*