

ICCSD Physical Education Standards and Benchmarks (updated 3-28-13)

STANDARD	Benchmarks		
	K-6	7-8	9-12
<p><b>Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.</b> (NASPE)</p> <p style="text-align: center;"><b>1</b></p>	<p><b>Students will:</b></p> <p><b>1.1 Perform various object control skills:</b></p> <p>K-2: striking, catching, throwing 3-6: continue above and take these skills to lead up and small sided activities.</p> <p><b>1.2 Perform various movement patterns and skills:</b></p> <p>K-2: pathways, levels, force, directionality 3-6: combining basic skills for participation in a variety of physical activities.</p>	<p><b>Students will:</b></p> <p><b>1.1 Apply movement patterns to age appropriate games and sports.</b></p> <p><b>1.2 Demonstrate specialized manipulative skills in a variety of settings.</b></p>	<p><b>Students will:</b></p> <p><b>1.1 Use skills in complex rather than modified versions of physical activities.</b></p> <p><b>1.2 Develop lifetime fitness skills.</b></p>

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<p><b>Applies movement concepts and principles to the learning and development of motor skills.</b> (IAHPERD)</p> <p style="text-align: center; font-size: 2em;"><b>2</b></p>	<p>Students will:</p> <p><b>2.1 Understand the critical elements in a variety of movement patterns:</b></p> <p>K-2: Use concepts of directionality and pathways as well as space awareness. 3-6: Use basic offensive and defensive strategies.</p> <p><b>2.2 Understand a variety of principles as they apply to physical activities, fitness, and wellness:</b></p> <p>K-2: Demonstrate concepts of body, effect, space, and relationships in movement. 3-6: Demonstrate motor skills, motor behaviors and motor learning concepts in increasingly complex movement situations.</p>	<p>Students will:</p> <p><b>2.1 Identify and describe basic principles of conditioning/training and how those concepts improve fitness.</b></p>	<p>Students will:</p> <p><b>2.1 Understand biomechanical concepts that control different types of movement.</b></p> <p><b>2.2 Understand, apply, and utilize various physical activities involving fitness and wellness.</b></p>

ICCSO Physical Education Standards and Benchmarks

STANDARD	Benchmarks		
	K-6	7-8	9-12
<p><b>Participates regularly in physical activity.</b> (NASPE)</p> <p style="text-align: center; font-size: 2em;"><b>3</b></p>	<p>Students will:</p> <p><b>3.1 Regularly participate in moderate to vigorous activities in physical education class:</b></p> <p>K-6: Conscientiously participate in numerous bouts of moderate to vigorous activity daily during and outside of school.</p>	<p>Students will:</p> <p><b>3.1 Willingly participate in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.</b></p>	<p>Students will:</p> <p><b>3.1 Participate regularly in health-enhancing physical activities.</b></p> <p><b>3.2 Be able to achieve and maintain personal health and fitness goals.</b></p>

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<p>Achieves and maintains a health-enhancing level of physical fitness. (IAHPERD/NASPE)</p> <p style="text-align: center; font-size: 2em;"><b>4</b></p>	<p>Students will:</p> <p><b>4.1 Participate in fitness activities and assessments.</b></p>	<p>Students will:</p> <p><b>4.1 Maintain appropriate levels of cardio endurance, muscular strength and endurance, flexibility and body composition necessary for a healthy, active lifestyle.</b></p>	<p>Students will:</p> <p><b>4.1 Be able to maintain target heart rate and can achieve cardiovascular benefits.</b></p> <p><b>4.2 Meet health-related fitness standards including body composition, muscular strength and endurance, flexibility and aerobic capacity.</b></p>

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<p><b>Demonstrates responsible personal and social behavior in physical activity settings.</b> (IAHPERD)</p> <p><b>5</b></p>	<p>Students will:</p> <p><b>5.1 Work in a diverse group setting while encouraging peers and accepting all classmates without regard to personal differences.</b></p> <p><b>5.2 Demonstrate respect and caring for a peer with a disability through verbal and non-verbal encouragement and assistance.</b></p>	<p>Students will:</p> <p><b>5.1 Consistently participate within the rules of the game or sport.</b></p>	<p>Students will:</p> <p><b>5.1 Work with others in a sport activity to achieve a common goal.</b></p> <p><b>5.2 Make choices based on safety of self and others.</b></p>

ICCS Physical Education Standards and Benchmarks

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	K-6	7-8	9-12
<p><b>Demonstrates understanding and respect for differences among people in physical activity settings.</b> (IAHPERD)</p> <p><b>6</b></p>	<p>Students will:</p> <p><b>6.1 Exhibit positive interaction with peers who display physical activity challenges.</b></p> <p><b>6.2 Recognizes physical activity as a positive opportunity for social and group interactions.</b></p>	<p>Students will:</p> <p><b>6.1 Respect the physical differences and performance limitations of others.</b></p> <p><b>6.2 Interact respectfully with others of different ethnicity and gender as well as those with different physical abilities.</b></p>	<p>Students will:</p> <p><b>6.1 Respect the physical differences and performance limitations of others.</b></p> <p><b>6.2 Interact respectfully with others of different ethnicity and gender as well as those with different physical abilities.</b></p>

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<p><b>Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.</b> (IAHPERD)</p> <p><b>7</b></p>	<p>Students will:</p> <p><b>7.1 Willingly attempt new movement and skills.</b></p> <p><b>7.2 Choose to participate in group physical activities.</b></p>	<p>Students will:</p> <p><b>7.1 Actively seek the opportunity to learn new physical activities and skills.</b></p>	<p>Students will:</p> <p><b>7.1 Feel satisfied after engaging in physical activities.</b></p> <p><b>7.2 Enjoy learning new activities and participates for personal enjoyment.</b></p>