



OAK LAWN-HOMETOWN

School District 123

K-5 PE Standards and Performance Benchmarks

The District 123 Physical Education/Health curriculum is based on state and national learning standards for what students should know and be able to do. The daily elementary physical education instruction emphasizes skills that support lifelong fitness and address coordination, endurance and strength. Students will apply skills and knowledge necessary to lead a healthy lifestyle.

KINDERGARTEN – Students will be able to....

Trimester 1 – Demonstrate correct form when performing various locomotor skills. Maintain spatial awareness when using locomotor skills within a large group. Engage in moderate physical activity. Demonstrate effective hygiene and safety practices (*Health*).

Trimester 2 – Demonstrate various movement patterns. Perform locomotor and non-locomotor movements. Engage in muscular endurance. Identify body systems (*Health*).

Trimester 3 – Demonstrate the relationship between over/under and forward/backward. Engage in physical activity that includes flexibility. Identify healthy foods (*Health*).

FIRST GRADE – Students will be able to ...

Trimester 1 – Develop physical fitness skills and game concepts. Develop fundamental manipulative skills. Continue to engage in moderate physical activity. Develop hygiene and safe habits (*Health*).

Trimesters 2 – Develop body management through movement experiences including gross motor skills and rhythm activities. Participate in muscular endurance activities. Identify body systems and functions. (*Health*).

Trimester 3 – Develop skills in striking/kicking, throwing/catching. Develop basic fitness concepts. Recognize the importance of nutrition (*Health*).

SECOND GRADE – Students will be able to ...

Trimester 1 – Correctly apply fundamental manipulative skills. Apply physical fitness skills and game concepts. Develop deeper awareness of personal hygiene and safety (*Health*).

Trimester 2 – Apply body management skills through movement experiences. Combine shapes, levels and pathways into simple sequences. Apply fitness concepts to various games. Understand body systems and functions (*Health*).

Trimester 3 – Apply skills in striking/kicking and throwing/catching into game play. Participate in physical activities that provide conditioning for fitness. Identify major food groups (*Health*).



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THIRD GRADE – Students will be able to

Trimester 1 – Participate in activities that allow for repetitions for the skill of throwing. Demonstrate a variety of motor skills in game activities that involve throwing. Gain an understanding of the importance of exercise and the concept that good hygiene is an important part of staying healthy (*Health*).

Trimester 2 – Participate in activities that allow for repetitions of the skill of shooting a ball. Demonstrate a variety of motor skills in game activities that involve shooting a ball. Identify the Health and Skill components of Fitness. Identify body systems and their relationships to each other. (*Health*).

Trimester 3 – Participate in activities that allow for repetitions for the skill of kicking a ball. Demonstrate a variety of motor skills in game activities that involve kicking a ball. Identify exercises for the different fitness components. Categorize food into the proper food groups (*Health*).

FOURTH GRADE – Students will be able to

Trimester 1 – Accurately demonstrate the critical elements of an overhand throw. Demonstrate continuous aerobic activity for a specified time, distance, and/or activity. Know the characteristics of a healthy and safe lifestyle (*Health*).

Trimester 2 – Apply and follow rules while playing sports and games. Engage in activities that increase muscular strength. Monitor their heart rate during activity to learn the effects of outside factors. (*Health*).

Trimester 3 – To engage in proper technique in various flexibility exercises. Work towards accuracy through manipulative skills and apply them to games. Discuss and compare information on food labels (*Health*).

FIFTH GRADE – Students will be able to

Trimester 1 – Demonstrate how to combine skills in order to participate in a modified version of team and/or individual sports. Know which activities develop and maintain cardiovascular fitness. Recognize the importance of safety and hygiene in your every day life (*Health*).

Trimester 2 – Participate in cooperative activities. Predict performance levels prior to an assessment of their fitness. Understand the effects of outside influences on the functions of the body systems. (*Health*).

Trimester 3 – Refine gross motor skills into organized games and/or sports. Set and work towards achieving fitness goals. Identify the basic nutrients and their importance to the body (*Health*).