

Grade: Kindergarten

STANDARD 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

PHYSICAL ACTIVITY KNOWLEGE	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E1	Identifies active-play opportunities outside physical education class. (S3.E1.K)	Class De-Brief	Poster Chart Paper	Ladibug

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ENGAGES IN PHYSICAL ACTIVITY	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E2	Actively participates in physical education class. (S3.E2.K)	Teacher Observation	Various balls and implements	Bluetooth Ion Speaker with music

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FITNESS KNOWLDGE	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E3	Recognizes that when you move fast, your heart beats faster and you breathe faster. (S3.E3.K)	15 meter PACER Practice Test	PACER Cadence	Bluetooth Ion Speaker with music

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ASSESSMENT AND PROGRAM PLANING	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E4 Nutrition	Recognizes that food provides energy for physical activity. (S3.E4.K)	15 meter PACER Practice Test	PACER Cadence	Bluetooth Ion Speaker with music

Grade: 1

STANDARD 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

PHYSICAL ACTIVITY KNOWLDGE	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E1	Discusses the benefits of being active and exercising and/ or playing. (S3.E1.1)	Class Discussion	Poster Chart Paper	Ladibug

Grade: 1

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ENGAGES IN PHYSICAL ACTIVITY	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E2	Actively engages in physical education class. (S3.E2.1)	Class Discussion	Poster Chart Paper	Ladibug

Grade: 1

STANDARD 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

FITNESS KNOWLDGE	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E3	Identifies the heart as a muscle that grows stronger with exercise, play, and physical activity. (S3.E3.1)	Teacher Observation	Various equipment, depending upon unit of study	Bluetooth Ion Speaker with music

Grade: 1

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ASSESSMENT AND PROGRAM PLAN- NING	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E4 Nutrition	Differentiates between healthy and unhealthy foods. (S3.E4.1)	Class Discussion Individual Assessment	Pictures of various foods	Bluetooth Ion Speaker with music

Grade: 2

STANDARD 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

PHYSICAL ACTIVITY KNOWLEDGE	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E1	Describes large-motor and/ or manipulative physical activities for participation outside physical education class (e.g., before and after school, at the park, with friends, with the family). (S3.E1.2)	Class Discussion Self-Reflection Turn and talk	Poster Chart Paper	Ladibug

Grade: 2

STANDARD 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

ENGAGES IN PHYSICAL ACTIVITY	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E2	Actively engages in physical education class in response to instruction and practice. (S3.E2.2)	Teacher Observation	Various equipment depending upon unit of study	Bluetooth Ion Speaker with music

Grade: 2

STANDARD 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

FITNESS KNOWLEDGE	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E3	Recognizes the use of the body as resistance (e.g., holds body in plank position, animal walks) for developing strength. (S3.E3.2a)	Teacher Observation Class Discussion	Photos of fitness examples	Ladibug
	Identifies physical activities that contribute to fitness. (S3.E3.2b)	Turn and Talk Small Group Assessment	Photos of physical activity and non-physical activities	Ladibug

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ASSESSMENT AND PROGRAM PLAN- NING	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E4 Nutrition	Recognizes the “good health balance” of nutrition and physical activity. (S3.E4.2)	Self Reflection and Personal Assessment		Ladibug

Grade: 3

STANDARD 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

PHYSICAL ACTIVITY KNOWLEDGE	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E1	Charts participation in physical activities outside physical education class. (S3.E1.3a)	Homework Small Group Reflections	Poster Chart Paper	Ladibug
	Identifies physical activity benefits as a way to become healthier. (S3.E1.3b)	Homework Small Group Reflections	Poster Chart Paper	Ladibug

Grade: 3

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ENGAGES IN PHYSICAL ACTIVITY	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E2	Engages in the activities of physical education class without teacher prompting. (S3.E2.3)	Teacher Observation	Various equipment depending upon unit of study	Short videos of family activities

Grade: 3

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FITNESS KNOWLEDGE	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E3	Describes the concept of fitness and provides examples of physical activity to enhance fitness. (S3.E3.3)	Self-Assessment Class Discussion	Paper and Pencil Poster Chart Paper	Ladibug
S3.E4	Recognizes the importance of warm-up and cool-down relative to vigorous physical activity. (S3.E4.3)	Class De-Brief	Jump Ropes	Bluetooth Ion Speaker with music

Grade: 3

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ASSESSMENT AND PROGRAM PLAN- NING	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E5	Demonstrates, with teacher direction, the health-related fitness components. (S3.E5.3)	Teacher Observations and Checklist	Pyramid Examples	Bluetooth Ion Speaker with music
S3.E6 Nutrition	Identifies foods that are beneficial for before and after physical activity. (S3.E6.3)	Self-Assessment Class Discussion	Poster Chart Paper	Ladibug

Grade 4

STANDARD 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

MOVEMENT CONCEPTS	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E1 Physical activity knowledge	Analyzes opportunities for participating in physical activity outside physical education class. (S3.E1.4)	Survey Class discussion	N/A	Online newsletter Online blog posts
S3.E2 Engages in physical activity	Actively engages in the activities of physical education class, both teacher-directed and independent. (S3.E2.4)	Teacher observation Report card learner qualities	All PE equipment	N/A
S3.E3 Fitness knowledge	Identifies the components of health-related fitness.5 (S3.E3.4)	Ticket to leave Class discussion	N/A	Online newsletter
S3.E4 Fitness knowledge	Demonstrates warm-up & cool-down relative to the cardio-respiratory fitness assessment. (S3.E4.4)	Pacer activity Peer observation Teacher observation	Pacer music cones	Bluetooth speaker

Grade 4

STANDARD 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

MOVEMENT CONCEPTS	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E5 Assessment & program planning	Completes fitness assessments (pre- & post-). (S3.E5.4a)	Fitnessgram testing Personal goal setting checklist Teacher observation	Mats Floor Sit and reach box	videos
	Identifies areas of needed remediation from personal test and, with teacher assistance, identifies strategies for progress in those areas. (S3.E5.4b)	Goal setting worksheet Student-Teacher discussion	Mats Floor Sit and reach box	Online newsletter Online blog posts Videos Flipped Videos
S3.E6 Nutrition	Discusses the importance of hydration and hydration choices relative to physical activities. (S3.E6.4)	Ticket to leave Class discussion	N/A	Online newsletter Online blog posts

Grade 5**STANDARD 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**

LOCOMOTOR	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.E1 Physical activity knowledge	Charts and analyzes physical activity outside physical education class for fitness benefits of activities. (S3.E1.5)	Activity calendar worksheet	N/A	newsletter
S3.E2 Engages in physical activity	Actively engages in all the activities of physical education. (S3.E2.5)	Teacher observation	All PE activities	blog
S3.E3 Fitness knowledge	Differentiates between skill-related and health-related fitness.6 (S3.E3.5)	Ticket to leave Turn and talk	N/A	newsletter
S3.E4 Fitness knowledge	Identifies the need for warm-up & cool-down relative to various physical activities. (S3.E4.5)	Plickers questions Class discussion	N/A	N/A
S3.E5 Assessment & program planning	Analyzes results of fitness assessment (pre- & post-), comparing results to fitness components for good health. (S3.E5.5a)	Goal setting worksheet Teacher discussion Partner discussion	Fitness activities and equipment	N/A
	Designs a fitness plan to address ways to use physical activity to enhance fitness. (S3.E5.5b)	Group worksheet Class discussion	N/A	Newsletter Projector
S3.E6 Nutrition	Analyzes the impact of food choices relative to physical activity, youth sports & personal health. (S3.E6.5)	Ticket to leave Class discussion	N/A	Newsletter

Grade 6

STANDARD 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.M1 Physical activity knowledge	Is able to identify 3 influences on physical activity (e.g., school, family & peers; community & built environment; policy). (S3.M1.6)	Student survey Class discussion Show of hands	pencils	Newsletter Website Blog
S3.M2 Engages in physical activity	Participates in self-selected physical activity outside of physical education class. (S3.M2.6)	Student survey Ticket to leave	N/A	Online survey
S3.M3 Engages in physical activity	Participates in a variety of aerobic fitness activities such as cardio-kick, step aerobics and aerobic dance. (S3.M3.6)	Student survey Ticket to leave	Enrichment activities and equipment	Online survey
S3.M4 Engages in physical activity	Participates in a variety of aerobic-fitness activities using technology such as Dance Dance Revolution® or Wii Fit®. (S3.M4.6)	Student survey Ticket to leave	Enrichment activities and equipment	Online survey
S3.M5 Engages in physical activity	Participates in a variety of life-time recreational team sports, outdoor pursuits or dance activities. (S3.M5.6)	Student survey Ticket to leave Show of hands	N/A	Online survey
S3.M6 Engages in physical activity	Participates in moderate to vigorous aerobic physical activity that includes intermittent or continuous aerobic physical activity of both moderate and vigorous intensity for at least 60 minutes per day. (S3.M6.6)	Journal Survey F1TZ Calndar	N/A	N/A

Grade 6**STANDARD 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**

	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.M7 Fitness knowledge	Identifies the components of skill-related fitness. (S3.M7.6)	Plickers questions Turn and talk Class discussion	N/A	N/A
S3.M8 Fitness knowledge	Sets and monitors a self-selected physical activity goal for aerobic and/ or muscle- and bone-strengthening activity based on current fitness level. (S3.M8.6)	Individual goal setting sheet Teacher student discussion	Pedometers	N/A
S3.M9 Fitness knowledge	Employs correct techniques and methods of stretching. (S3.M9.6)	Partner observations Teacher observation	N/A	N/A
S3.M10 Fitness knowledge	Differentiates between aerobic and anaerobic capacity, and between muscular strength and endurance. (S3.M10.6)	Plickers questions Class discussion Small group discussion	N/A	newsletter
S3.M11 Fitness knowledge	Identifies each of the components of the overload principle (FITT formula: frequency, intensity, time, type) for different types of physical activity (aerobic, muscular fitness and flexibility). (S3.M11.6)	Group worksheet Class discussion Ticket to leave Homework sheet	N/A	Flipped video newsletter

Grade 6**STANDARD 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**

	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S3.M12 Fitness knowledge	Describes the role of warm-ups and cool-downs before and after physical activity. (S3.M12.6)	Partner discussion Pickers questions	N/A	N/A
S3.M13 Fitness knowledge	Defines resting heart rate and describes its relationship to aerobic fitness and the Borg Rating of Perceived Exertion (RPE) Scale. (S3.M13.6)	Class discussion Group worksheet	N/A	N/A
S3.M14 Fitness knowledge	Identifies major muscles used in selected physical activities.	Partner discussion Ticket to leave	N/A	Newsletter
S3.M15 Assessment & program planning	Designs and implements a program of remediation for any areas of weakness based on the results of health-related fitness assessment. (S3.M15.6)	Group worksheet Class discussion	Pencils	Blog
S3.M16 Assessment & program planning	Maintains a physical activity log for at least 2 weeks and reflects on activity levels as documented in the log. (S3.M16.6)	Teacher student discussion Journal	Pencils	N/A
S3.M17 Nutrition	Identifies foods within each of the basic food groups and selects appropriate servings and portions for his/ her age and physical activity levels. (S3.M17.6)	Group worksheet Homework Class discussion	N/A	N/A
S3.M18 Stress management	Identifies positive and negative results of stress and appropriate ways of dealing with each. (S3.M18.6)	Partner discussion Group worksheet	N/A	N/A

Grade: Kindergarten**STANDARD 4: EXHIBITS PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS.**

PERSONAL RESPONSIBILITY	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E1	Follows directions in group settings (e.g., safe behaviors, following rules, taking turns). (S4.E1.K)	Teacher Observation Class Discussion	Posters Chart Paper	Ladibug
S4.E2	Acknowledges responsibility for behavior when prompted. (S4.E2.K)	Teacher Observation Class Discussion	Posters Chart Paper	Ladibug

ACCEPTING	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E3	Follows instruction/directions when prompted. (S4.E3.K)	Teacher Observation Class Discussion	Posters Chart Paper	Bluetooth Ion Speaker with music

WORKING WITH OTHERS	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E4	Shares equipment and space with others. (S4.E4.K)	Teacher Observation Class Discussion	Varies dependent upon unit of study	N/A

Grade: Kindergarten**STANDARD 4: EXHIBITS PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS.**

RULES AND ETI- QUETTE	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E5	Recognizes the established protocols for class activities. (S4.E5.K)	Teacher Observation Class Discussion	Varies dependent upon unit of study	Varies dependent upon unit of study

SAFETY	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E6	Follows teacher directions for safe participation and proper use of equipment with minimal reminders. (S4.E6.K)	Teacher Observation Class Discussion	Varies dependent upon unit of study	Varies dependent upon unit of study

Grade: 1**STANDARD 4: EXHIBITS PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS.**

PERSONAL RESPONSIBILITY	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E1	Accepts personal responsibility by using equipment and space appropriately. (S4.E1.1)	Teacher Observation Think Sheets	Varies dependent upon unit of study	Varies dependent upon unit of study
S4.E2	Follows the rules and parameters of the learning environment. (S4.E2.1)	Teacher Observation	Varies dependent upon unit of study	Varies dependent upon unit of study

ACCEPTING FEED-BACK	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E3	Responds appropriately to general feedback from the teacher. (S4.E3.1)	Teacher Observation	Varies dependent upon unit of study	Varies dependent upon unit of study

WORKING WITH OTHERS	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E4	Works independently with others in a variety of class environments (e.g., small and large groups). (S4.E4.1)	Teacher Observation	Varies dependent upon unit of study	Varies dependent upon unit of study

Grade: 1**STANDARD 4: EXHIBITS PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS.**

RULES AND ETI- QUETTE	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E5	Exhibits the established protocols for class activities. (S4.E5.1)	Teacher Observation	Varies dependent upon unit of study	Varies dependent upon unit of study

SAFETY	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E6	Follows teacher directions for safe participation and proper use of equipment without teacher reminders. (S4.E6.1)	Teacher Observation	Varies dependent upon unit of study	Varies dependent upon unit of study

Grade: 2**STANDARD 4: EXHIBITS PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS.**

PERSONAL RESPONSIBILITY	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E1	Practices skills with minimal teacher prompting. (S4.E1.2)	Teacher Observation	Varies dependent upon unit of study	Varies dependent upon unit of study
S4.E2	Accepts responsibility for class protocols with behavior and performance actions. (S4.E2.2)	Teacher Observation Think Sheet	Varies dependent upon unit of study	Varies dependent upon unit of study

ACCEPTING FEED-BACK	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E3	Accepts specific corrective feedback from the teacher. (S4.E3.2)	Teacher Observation	Varies dependent upon unit of study	Varies dependent upon unit of study

WORKING WITH OTHERS	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E4	Works independently with others in partner environments. (S4.E4.2)	Peer Checklist	Varies dependent upon unit of study	Varies dependent upon unit of study

Grade: 2**STANDARD 4: EXHIBITS PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS.**

RULES AND ETI- QUETTE	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E5	Recognizes the role of rules and etiquette in teacher-designed physical activities.(S4.E5.2)	Teacher Observation Personal Reflection	Varies dependent upon unit of study	Varies dependent upon unit of study

SAFETY	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E6	Works independently and safely in physical education.(S4.E6.2a)	Teacher Observation	Varies dependent upon unit of study	Varies dependent upon unit of study
	Works safely with physical education equipment. (S4.E6.2b)	Teacher Observation	Varies dependent upon unit of study	Varies dependent upon unit of study

Grade: 3**STANDARD 4: EXHIBITS PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS.**

PERSONAL RESPONSIBILITY	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E1	Exhibits personal responsibility in teacher-directed activities. (S4.E1.3)	Teacher Observation	Varies dependent upon unit of study	Varies dependent upon unit of study
S4.E2	Works independently for extended periods of time. (S4.E2.3)	Teacher Observation	Varies dependent upon unit of study	Varies dependent upon unit of study

ACCEPTING FEED-BACK	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E3	Accepts and implements specific corrective feedback. (S4.E3.3)	Teacher Observation with feedback	Varies dependent upon unit of study	Varies dependent upon unit of study

WORKING WITH OTHERS	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E4	Works cooperatively with others. (S4.E4.3a)	Teacher Checklist	Varies dependent upon unit of study	Varies dependent upon unit of study
	Praises others for their success in movement performance. (S4.E3.3b)	Self-Reflection Peer-to-Peer Discussion	Varies dependent upon unit of study	Varies dependent upon unit of study

Grade: 3**STANDARD 4: EXHIBITS PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS.**

RULES AND ETI- QUETTE	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E5	Recognizes the role of rules and etiquette in physical activity with peers. (S4.E5.3)	Teacher Observation Small Group Rubrics	Varies dependent upon unit of study	Varies dependent upon unit of study

SAFETY	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E6	Works independently and safely in physical activity settings. (S4.E6.3)	Teacher Observation	Varies dependent upon unit of study	Varies dependent upon unit of study

Grade 4

STANDARD 4: Exhibits responsible personal and social behavior that respects self and others.

MOVEMENT CONCEPTS	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E1 Personal responsibility	Exhibits responsible behavior in independent group situations. (S4.E1.4)	Peer assessment Teacher observation	N/A	N/A
S4.E2 Personal responsibility	Reflects on personal social behavior in physical activity. (S4.E2.4)	Ticket to leave Team discussions	N/A	N/A
S4.E3 Accepting feedback	Listens respectfully to corrective feedback from others (e.g., peers, adults). (S4.E3.4)	Turn and talk Teacher observation	N/A	N/A
S4.E4 Working with others	Praises the movement performance of others both more and less-skilled. (S4.E4.4a)	Peer coaching Teacher observation Tickets to leave	N/A	N/A
	Accepts players of all skill levels into the physical activity. (S4.E4.4b)	Teacher observation Self assessment	N/A	N/A
S4.E5 Rules & etiquette	Exhibits etiquette and adherence to rules in a variety of physical activities. (S4.E5.4)	Teacher observation Turn and talk	N/A	N/A
S4.E6 Safety	Works safely with peers and equipment in physical activity settings. (S4.E6.4)	Teacher observation	All of the PE equipment used in class	N/A

Grade 5

STANDARD 4: Exhibits responsible personal and social behavior that respects self and others.

LOCOMOTOR	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.E1 Personal responsibility	Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee). (S4.E1.5)	Peer assessment Teacher observation Self assessment	N/A	N/A
S4.E2 Personal responsibility	Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities. (S4.E2.5a)	Peer assessment Teacher observation Self assessment	Variety of PE equipment and activities	Various videos
	Exhibits respect for self with appropriate behavior while engaging in physical activity. (S4.E2.5b)	Teacher observation Self rating	N/A	N/A
S4.E3 Accepting feedback	Gives corrective feedback respectfully to peers. (S4.E3.5)	Partner rubrics and checklists	Whiteboards, markers	N/A
S4.E4 Working with others	Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects. (S4.E4.5)	Teacher observation Small group challenges	Variety of PE equipment and activities	N/A
S4.E5 Rules & etiquette	Critiques the etiquette involved in rules of various game activities. (S4.E5.5)	Peer feedback discussions Homework Video	N/A	Flipped Video
S4.E6 Safety	Applies safety principles with age-appropriate physical activities. (S4.E6.5)	Teacher observation Ticket to leave	All PE activities	N/A

Grade 6

STANDARD 4: Exhibits responsible personal and social behavior that respects self and others.

	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S4.M1 Personal responsibility	Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities and exhibiting safe behaviors. (S4.M1.6)	Teacher observation Teacher checklist Self rating scale	A variety of PE equipment and activities	Video Poster
S4.M2 Personal responsibility	Identifies and uses appropriate strategies to self-reinforce positive fitness behaviors, such as positive self-talk. (S4.M2.6)	Partner rubric Ticket to leave	N/A	N/A
S4.M3 Accepting feedback	Demonstrates self-responsibility by implementing specific corrective feedback to improve performance. (S4.M3.6)	Peer coaching Teacher observation	A variety of PE activities	N/A
S4.M4 Working with others	Accepts differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback. (S4.M4.6)	Teacher observation Class discussions Peer rating scale	Whiteboards, markers	N/A
S4.M5 Working with others	Cooperates with a small group of classmates during adventure activities, game play or team-building activities. (S4.M5.6)	Teacher observation Peer feedback	A variety of PE equipment and activities	N/A
S4.M6 Rules & etiquette	Identifies the rules and etiquette for physical activities/games and dance activities. (S4.M6.6)	Ticket to leave Teacher observation	A variety of PE equipment and activities	N/A
S4.M7 Safety	Uses physical activity and fitness equipment appropriately and safely, with the teacher's guidance. (S1.M7.6)	Teacher observation Teacher checklist	A variety of PE equipment and activities	Videos Images

Grade: Kindergarten**STANDARD 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**

HEALTH	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S5.E1	Recognizes that physical activity is important for good health. (S5.E1.K)	Self-Reflection Class Discussion	Posters Chart Paper	Ladibug

CHALLENGE	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S5.E2	Acknowledges that some physical activities are challenging/difficult. (S5.E2.K)	Class Discussion Writing Prompt	Posters Chart Paper	Ladibug

SELF-EXPRESSION AND ENJOYMENT	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S5.E3	Identifies physical activities that are enjoyable. (S5.E3.Ka)	Student Checklist	Posters Chart Paper	Ladibug
	Discusses the enjoyment of playing with friends. (S5.E3.Kb)	Small Group to Whole Group Discussion	Posters Chart Paper	Ladibug

Grade: 1

STANDARD 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

HEALTH	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S5.E1	Identifies physical activity as a component of good health. (S5.E1.1)	Class Discussion Self-Reflection	Posters Chart Paper	Ladibug

CHALLENGE	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S5.E2	Recognizes that challenge in physical activities can lead to success. (S5.E2.1)	Class Discussion Self-Reflection	Posters Chart Paper	Ladibug

SELF-EXPRESSION AND ENJOYMENT	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S5.E3	Describes positive feelings that result from participating in physical activities. (S5.E3.1a)	Turn and Talk Class Discussion Self-Reflection	Posters Chart Paper	Ladibug
	Discusses personal reasons (i.e., the “why”) for enjoying physical activities. (S5.E3.1b)	Peer-to-Peer to Whole Group Discussion	Posters Chart Paper	Ladibug

Grade: 2

STANDARD 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

HEALTH	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S5.E1	Recognizes the value of “good health balance.” (S5.E1.2)	Class Discussion	Posters Chart Paper	Ladibug

CHALLENGE	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S5.E2	Compares physical activities that bring confidence and challenge. (S5.E2.2)	Class De-Brief	Posters Chart Paper	Ladibug

SELF-EXPRESSION AND ENJOYMENT	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S5.E3	Identifies physical activities that provide self-expression (e.g., dance, gymnastics routines, practice tasks in game environments). (S5.E3.2)	Class Discussion Self-Reflection	Posters Chart Paper	Ladibug

Grade: 3

STANDARD 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

HEALTH	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S5.E1	Discusses the relationship between physical activity and good health. (S5.E1.3)	Personal Reflection Journal Writing	Posters Chart Paper	Ladibug

CHALLENGE	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S5.E2	Discusses the challenges that comes from learning a new physical activity. (S5.E2.3)	Small Group Discussion	Posters Chart Paper	Ladibug

SELF-EXPRESSION AND ENJOYMENT	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S5.E3	Reflects on the reasons for enjoying selected physical activities. (S5.E3.3)	Self and Peer Reflection	Posters Chart Paper	Ladibug
S5.E4 Social Interaction	Describes the positive social interactions that come when engaged with others in physical activity. (S5.E4.3)	Class Discussion Peer Reflection	Posters Chart Paper	Ladibug

Grade 4

STANDARD 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

HEALTH	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S5.E1 Health	Examines the health benefits of participating in physical activity. (S5.E1.4)	Ticket to leave Class discussion	N/A	newsletter
S5.E2 Challenge	Rates the enjoyment of participating in challenging and mastered physical activities. (S5.E2.4)	Self checklist survey	N/A	N/A
S5.E3 Self-expression & enjoyment	Ranks the enjoyment of participating in various physical activities. (S5.E3.4)	Survey Show of hands	N/A	N/A
S5.E4 Social interaction	Describes & compares the positive social interactions when engaged in partner, small-group and large-group physical activities. (S5.E4.4)	Survey Ticket to leave Teacher questioning	N/A	N/A

Grade 5

STANDARD 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

LOCOMOTOR	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S5.E1 Health	Compares the health benefits of participating in selected physical activities. (S5.E1.5)	Group worksheet	Pencils clipboards	Newsletter Blog
S5.E2 Challenge	Expresses (via written essay, visual art, creative dance) the enjoyment and/or challenge of participating in a favorite physical activity. (S5.E2.5)	Ticket to leave	Pencils clipboards	N/A
S5.E3 Self-expression & enjoyment	Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response. (S5.E3.5)	Self survey Group discussion	N/A	N/A
S5.E4 Social interaction	Describes the social benefits gained from participating in physical activity (e.g., recess, youth sport). (S5.E4.5)	Turn and talk Teacher discussion	N/A	Newsletter Blog

Grade 6**STANDARD 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**

	BENCHMARKS	ASSESSMENT	EQUIPMENT	TECHNOLOGY
S5.M1 Health	Describes how being physically active leads to a healthy body. (S5.M1.6)	Ticket to leave Journal entry	N/A	Newsletter Blog
S5.M2 Health	Identifies components of physical activity that provide opportunities for reducing stress and for social interaction. (S5.M2.6)	Turn and talk Ticket to leave	N/A	Newsletter Blog
S5.M3 Challenge	Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help or feedback and/or modifying the tasks. (S5.M3.6)	Class discussion Peer feedback Teacher observation	N/A	N/A
S5.M4 Self-expression & enjoyment	Describes how moving competently in a physical activity setting creates enjoyment. (S5.M4.6)	Journal entry Group discussion	N/A	N/A
S5.M5 Self-expression & enjoyment	Identifies how self-expression and physical activity are related. (S5.M5.6)	Journal entry Group discussion	N/A	Newsletter Blog
S5.M6 Social interaction	Demonstrates respect for self and others in activities and games by following the rules, encouraging others and playing in the spirit of the game or activity. (S5.M6.6)	Teacher observation Peer rating scale	All PE activities	N/A