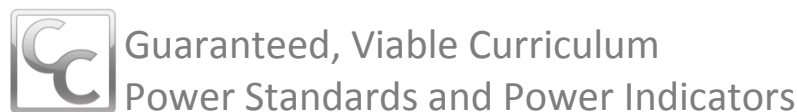


CCSU Guaranteed, Viable Curriculum

K-12 Power Standards and Power Indicators



Physical Education: K-2nd

Phys. Ed. Power Standard #1 Motor Skills and Movement	Phys. Ed. Power Standard #2 Concepts/Vocabulary/Strategies	Phys. Ed. Power Standard #3 Fitness	Phys. Ed. Power Standard #4 Safety and Responsibility	Phys. Ed. Power Standard #5 Participation
Students know and apply both fundamental and complex motor skills and movement patterns that can be transferred to a variety of physical activities.	Students know and apply movement concepts and principles, sports vocabulary, and strategies and tactics as they apply to physical activities.	Students know and apply fitness concepts to the five components of health-related fitness.	Students practice safe and responsible behaviors that promote personal and group success in all physical activity settings.	Students participate regularly in a variety of individual and group physical activities which promote enjoyment, self-confidence, and personal accomplishment, leading to an active lifestyle.
<ul style="list-style-type: none"> a) Strike a stationary object while the body is stationary. b) Throw an object demonstrating two elements of mature form*. c) Catch an object demonstrating two elements of mature form** d) Demonstrate mature form in 4 out of 8 locomotor skills (walking, running, skipping, galloping, sliding, leaping, hopping, and jumping). e) Identify and move in self-space and general space f) Vary speed when using locomotor skills g) Balances on various body part combinations 	<ul style="list-style-type: none"> a) Distinguish among high, medium, and low levels of movement b) Describe the difference between personal and general space c) Demonstrate basic body shapes (tuck, pike, straddle) d) Move in designated directions (over, under, forward, backward, sideways) e) Demonstrate simple rhythmic movements f) Combine a body shape and a movement g) Solve a movement challenge with partner or small group 	<ul style="list-style-type: none"> a) Name large and small basic body parts b) Identify two physiological signs of exercise e.g. heart pounding, sweating c) Describe why exercise is healthy 	<ul style="list-style-type: none"> a) Listening quietly without interrupting when a peer or teacher is talking and waiting to speak at an appropriate time b) Demonstrate responsibility for safety and game rules c) Demonstrate safe behavior by keeping body under control during class activities d) Demonstrate willingness to work with any child in class e) Demonstrate cooperation by taking turns, sharing and giving encouragement (verbal and non-verbal) to others 	<ul style="list-style-type: none"> a) Identify several physical activities that are personally enjoyable b) Describe range of feelings resulting from participating in physical activities (failure to success) c) Attempting new activities d) Continuing to participate when initially unsuccessful e) Applying established class rules and procedures/safe practice outside of the physical education setting (e.g. recess)



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<p>Students know and apply both fundamental and complex motor skills and movement patterns that can be transferred to a variety of physical activities.</p>	<p>Students know and apply movement concepts and principles, sports vocabulary, and strategies and tactics as they apply to physical activities.</p>	<p>Students know and apply fitness concepts to the five components of health-related fitness.</p>	<p>Students practice safe and responsible behaviors that promote personal and group success in all physical activity settings.</p>	<p>Students participate regularly in a variety of individual and group physical activities which promote enjoyment, self-confidence, and personal accomplishment, leading to an active lifestyle.</p>
<ul style="list-style-type: none"> a) Demonstrate mature form in 6 out of 8 locomotor skills (walking, running, skipping, galloping, sliding, leaping, hopping, and jumping). b) Strike a moving object while the body is stationary. c) Throw an object demonstrating four elements of mature form*. d) Demonstrate mature form** in catching an object from a proficient thrower e) Use appropriate force when throwing objects 	<ul style="list-style-type: none"> a) Use activity-appropriate vocabulary during prescribed activities b) Distinguish between offense and defense c) Demonstrate a rhythmic sequence that incorporates a change in tempo d) Combine two body shapes and two movements into a sequence e) Participate in prescribed activities using rules and scoring systems 	<ul style="list-style-type: none"> a) Participate in an accredited fitness test (FitnessGram) b) Name three of the five components of health-related fitness 	<ul style="list-style-type: none"> a) Demonstrate an awareness of personal and group safety b) Demonstrate an ability to communicate appropriately with others c) Demonstrate a willingness to work with any child in class d) Demonstrate cooperation by adjusting skills to ensure success of partners e) Demonstrate responsibility for practicing fair play by using socially appropriate behavior and accepting decisions of person in charge f) Staying on task while working with partners or in small group 	<ul style="list-style-type: none"> a) Identify several physical activities that are personally enjoyable b) Describe range of feelings resulting from participating in physical activities (failure to success) c) Attempting new activities d) Continuing to participate when initially unsuccessful e) Applying established class rules and procedures/safe practice outside of the PE setting (e.g. recess)



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<p>Students know and apply both fundamental and complex motor skills and movement patterns that can be transferred to a variety of physical activities.</p>	<p>Students know and apply movement concepts and principles, sports vocabulary, and strategies and tactics as they apply to physical activities.</p>	<p>Students know and apply fitness concepts to the five components of health-related fitness.</p>	<p>Students practice safe and responsible behaviors that promote personal and group success in all physical activity settings.</p>	<p>Students participate regularly in a variety of individual and group physical activities which promote enjoyment, self-confidence, and personal accomplishment, leading to an active lifestyle.</p>
<ul style="list-style-type: none"> a) Strike a moving object while the body is moving b) Strike a stationary object with an implement while the body is stationary c) Throw an object in a variety of ways demonstrating all elements of mature form* d) Catch a variety of objects demonstrating mature form** e) Demonstrate mature form in all locomotor skills (walking, running, skipping, galloping, sliding, leaping, hopping, and jumping). f) Use space appropriate to the activity g) Balance on given apparatus 	<ul style="list-style-type: none"> a) Use activity-appropriate vocabulary during prescribed activities b) Identify offensive and defensive positions for given sports c) Create a sequence of movements using rhythm and tempo changes d) Combine three motor skills and three movement concepts (e.g. speed, force, levels, directions, pathways) e) Identify two rules and a basic scoring system for prescribed activities f) Identify three skeletal muscle groups and explain how they relate to body movements 	<ul style="list-style-type: none"> a) Monitor heart rate by taking pulse after exercise b) Participate in an accredited fitness test (FitnessGram) c) Analyze fitness test data and set an improvement goal d) Describe four of the five components of health-related fitness 	<ul style="list-style-type: none"> a) Demonstrating the ability to assuming leader/follower roles when appropriate b) Demonstrate active listening skills c) Demonstrate self-control d) Follow rules and safe practices in all class activities e) Cooperates in group settings f) Beginning to recognize the limitations of people with varying abilities g) Demonstrate respectful sportsmanship h) Demonstrate a willingness to work with all students i) Give and receive honest feedback j) Demonstrate responsibility for one's own actions 	<ul style="list-style-type: none"> a) Develop an annual participation goal to engage in an active lifestyle outside of physical education classes b) Maintains a physical activity log for a defined period of time



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<ul style="list-style-type: none"> a) Strike a moving object with an implement while the body is stationary b) Throw a variety of objects demonstrating all elements of mature form* while body is stationary c) Throw a variety of objects demonstrating all elements of mature form* while the body is moving d) Catch a variety of objects demonstrating mature form** while moving e) Use locomotor skills in complex movement patterns f) Use space strategically in an activity g) Apply time/flow in a given dance activity h) Use force/energy appropriate to an activity i) Use balance appropriate to a given activity 	<ul style="list-style-type: none"> a) Use activity-appropriate vocabulary during prescribed activities b) Identify offensive and defensive strategies for given sports c) Perform a variety of dance styles e.g. folk, square, hip-hop, line d) Identify the body shapes and movement concepts needed to perform prescribed activities e) Explain rules and scoring systems for prescribed activities 	<ul style="list-style-type: none"> a) Recognize that motor skills use specific muscle groups and demonstrate how to strengthen those muscles b) Understand target zone in relation to fitness training c) Participate in an accredited fitness test (FitnessGram) d) Develop a personal fitness plan based on fitness data e) Use manual and technological tools to monitor cardiovascular fitness f) Explain 4 of the five components of health-related fitness g) Set goals that reflect how components of health-related fitness affect fitness levels h) Analyze fitness data to set and make progress toward achieving a goal 	<ul style="list-style-type: none"> a) Demonstrates the ability to assuming leader/follower roles when appropriate. b) Demonstrate responsibility for anticipating and correcting potentially dangerous situations c) Follow rules and safe practices in all class activities d) Cooperates in group settings e) Demonstrate respectful sportsmanship f) Give and receive honest feedback g) Demonstrate responsibility for ones own actions h) Demonstrate cooperation by supporting and encouraging others of different abilities/skill levels 	<ul style="list-style-type: none"> a) Develop seasonal participation goals to engage in an enjoyable, active lifestyle outside of physical education classes b) Maintain a physical activity log for a defined period of time indicating level of intensity (low, moderate, vigorous) c) Develop an individualized lower/upper body strength training plan for a future enjoyable, active lifestyle



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<ul style="list-style-type: none"> a) Strike a moving object with an implement while the body is moving b) Throw a variety of objects demonstrating all elements of mature form* in prescribed activities c) Catch a variety of objects demonstrating mature form** during prescribed activities with implements d) Catch a variety of objects demonstrating mature form** during prescribed activities without implements e) Use locomotor skills appropriate to the activity f) Use space for tactical advantage g) Apply time/flow to prescribed activities h) Use force/energy appropriate to all activities i) Use balance appropriate to all activities 	<ul style="list-style-type: none"> a) Identify offensive and defensive strategies for a variety of activities b) Apply appropriate movement dynamics (force?, TBD) for prescribed situations c) Explain rules and scoring systems for a variety of prescribed activities d) Use activity-appropriate vocabulary for a range of prescribed activities e) [Rhythmic activities/dance taught by Fine Arts department.] 	<ul style="list-style-type: none"> a) Apply the principles of training (concepts) to the five components of health related fitness b) Participate in an accredited fitness test (FitnessGram) c) Achieve and maintain a personal fitness level that falls within the healthy fitness zone d) Maintain target heart rate in prescribed activities e) Evaluate how body composition affects health and fitness f) Design a fitness plan that addresses the five components of health-related fitness 	<ul style="list-style-type: none"> a) Consistently demonstrates all safe and responsible behaviors previously assessed in prior grades 	<ul style="list-style-type: none"> a) Manage time effectively to create opportunities for regular physical activity b) Maintain a physical activity log for a defined period of time indicating level of intensity (low, moderate, vigorous) and enjoyment