



Movement Competency Arts PE.K.M

- 1.1 Use a variety of locomotor skills
- 1.2 Strike objects using body parts
- 1.3 Balance lightweight object on paddle while moving
- 1.4 Strike object forcefully using a modified, long handled implement
- 1.5 Use 2 hands to bounce/catch a large playground ball
- 1.6 Participate in introductory water skills
- 1.7 Catch a variety of self-tossed objects
- 1.8 Roll/throw objects underhand
- 1.9 Throw objects forcefully overhand
- 1.10 Perform creative movement sequence
- 1.11 Balance on a variety of body parts
- 1.12 Perform a variety of rolling actions
- 1.13 Move in relation to others

Cognitive Abilities PE.K.C.

- 1.1 Recognize locomotor skills
- 1.2 Recognize activities have safety Rules and procedures
- 1.3 Utilize technologies during activity
- 1.4 Know the deep/shallow areas of pool
- 1.5 Know dominant hand/foot for Throwing/striking
- 1.6 Recite cues for a variety of movement
- 1.7 Identify personal and general space
- 1.8 Recognize movement concepts
- 1.9 Identify body parts

Lifetime Fitness PE.K.L.

- 1.1 Participate in moderate to vigorous physical activity (mvpa) on a daily basis
- 1.2 Identify activities during / after school
- 1.3 Describe physical activity goal setting
- 1.4 Invite others to participate in activities
- 1.5 Recognize activity is good for you
- 1.6 Verbally state the search used before crossing road (left, right, left again)
- 2.1 Recognize that strong muscles help body perform
- 2.2 Recognize the physiological signs of physical activity
- 2.3 Compare heat during rest and play
- 2.4 Participate in games that increase breathing/ heart rate
- 2.5 Recognize that flexibility is important
- 2.6 Differentiate healthy/ unhealthy food

Responsible Behaviors and Values PE.K.R.

- 1.1 Treat others with respect during play
- 1.2 Practice specific skills as assigned til teacher signals end of practice
- 1.3 Use equipment safely and properly
- 1.4 Identify sharing with a partner as a way to cooperate
- 2.1 Identify physical activities that are enjoyable
- 2.2 Willingly try new movements and motor skills
- 2.3 Continue to participate when not successful on 1st try
- 2.4 Enjoy participation alone and with others

Movement Competency Arts PE.1.M

- 1.1 Travel using locomotor skills
- 1.2 Strike objects up using body parts
- 1.3 Strike a lightweight object up continuously upward with paddle
- 1.4 Strike object forcefully in intended direction using long handled instrument
- 1.5 Dribble object with hands/feet
- 1.6 Demonstrate variety basic waterskills
- 1.7 Move to catch self-tossed object
- 1.8 Display underhand throw for accuracy
- 1.9 Display overhand throw for distance
- 1.10 Perform self designed creative movement sequence
- 1.11 Demonstrate a sequence of a balance, a roll and a different balance
- 1.12 Show ability take weight onto hands
- 1.13 Chase/flee/dodge to avoid/catch
- 1.14 Use variety of takeoff/landing to jump/hop/leap

Cognitive Abilities PE.1.C.

- 1.1 Identify elements of locomotor skills
- 1.2 Identify safety rules/procedures for physical activities
- 1.3 Identify technology during activity
- 1.4 Identify rules for safe water activities
- 1.5 Name warmup/cooldown exercises
- 1.6 Recognize the importance of practicing to improve
- 1.7 Use skill cues to improve performance
- 1.8 Identify one's dominant hand/foot for dribble/strike
- 1.9 Identify movement concepts

Lifetime Fitness PE.1.L.

- 1.1 Participate in MVPA daily
- 1.2 Partake activities during/after school
- 1.3 Set physical activity goals
- 1.4 Recognize activity outside of school
- 1.5 Identify the health benefits of activity
- 1.6 Identify pedestrians/vehicles / traffic
- 2.1 Know benefits to strengthen muscles
- 2.2 Recognize fitness consists of different components
- 2.3 Identify physiological signs of activity
- 2.4 Compare heart rate before/during/after
- 2.5 Recognize heart beats faster during intense activity
- 2.6 Explain cardiorespiratory benefits
- 2.7 Properly flex / extend body parts to promote flexibility
- 2.8 Name the food groups

Responsible Behaviors and Values PE.1.R.

- 1.1 Choose playmates without personal differences
- 1.2 Value benefits of cooperation/ sharing
- 1.3 Follow directions in largegroup activity
- 1.4 Use equipment/space safely & proper
- 1.5 Display consideration of others
- 2.1 Identify feelings result in participation
- 2.2 Identify physical activity preferences
- 2.3 Like the challenge of learning new movement skills

Movement Competency Arts PE.2.M

- 1.1 Perform locomotor skills
- 1.2 Strike object using body up and down
- 1.3 Strike object up continuously with paddle up/down
- 1.4 Strike stationary object short distance with long handle
- 1.5 Dribble object with hands/feet in various speeds
- 1.6 Perform fundamental aquatic skills
- 1.7 Move to catch tossed object
- 1.8 Show overhand throw for distance
- 1.9 Perform folk or line dance accurately
- 1.10 Demonstrate sequence of balance, roll, differnt balance smoothly
- 1.11 Perform skill that requires transfer of weight to hands
- 1.12 Chase, flee,dodge to avoid/catch

Cognitive Abilities PE.2.C.

- 1.1 Describe elements of locomotor skills
- 1.2 Understand safety rules/procedures for activities
- 1.3 Use technologies to enhance activity
- 1.4 Understand importance of life jacket
- 1.5 Understand warmup and cooldown Activities are important
- 1.6 Define offense and defense
- 1.7 Understand practice improves Performance of movement skills
- 1.8 Apply teacher feedback to effect performance change
- 1.9 Describe movement concepts

Lifetime Fitness PE.2.L.

- 1.1 Participate in MVPA
- 1.2 Involved activities during/after school
- 1.3 Set and meet physical activity goals
- 1.4 Recognize activity outside of school
- 1.5 Describe healthful benefits of activity
- 1.6 Identify the proper crossing sequence
- 2.1 Recognize muscular strength /endurance enhances performance
- 2.2 Identify components of fitness
- 2.3 Identify physiological signs of activity
- 2.4 Take informal fitness assessment
- 2.5 Recognize technology assists activity
- 2.6 Recognize the principles of fitness
- 2.7 Stronger heart pumps more blood
- 2.8 Engage in sustained physical activity
- 2.9 Perform appropriate stretching
- 2.10 Recognize the different somatotypes
- 2.11 Categorize food into food groups

Responsible Behaviors and Values PE.2.R.

- 1.1 Play and cooperate with others
- 1.2 Accept feelings from win or loss
- 1.3 Offer help to others when appropriate
- 1.4 Handle equipment safely (put away)
- 1.5 honestly report the results of work
- 1.6 successfully resolve conflict w/ others
- 2.1 Use physical activity to express feeling
- 2.2 Describe relationship between skill competence and enjoyment
- 2.3 Begin to function as cooperative group

Movement Competency Arts PE.3.M



Sunshine State Standards PE Checklist



- ___ 1.1 Apply locomotor skills
- ___ 1.2 Strike object for intended direction
- ___ 1.3 Strike object forehand pattern
- ___ 1.4 Strike stationary/ moving objects
- ___ 1.5 Maintain control dribbling with hands or feet against a defender
- ___ 1.6 Perform combo of basic swim skills
- ___ 1.7 Move to catch tossed object
- ___ 1.8 Throw overhand to partner
- ___ 1.9 Perform sequence using manipulative
- ___ 1.10 Perform dance with good technique
- ___ 1.11 Perform selfdesigned gymnastic sequence beginning/end balance
- ___ 1.12 Continuously jump a selfturned rope

Cognitive Abilities PE.3.C.

- ___ 1.1 Identify purposeful movement
- ___ 1.2 Understand safety rules/procedures for activities
- ___ 1.3 Use technologies to enhance activity
- ___ 1.4 Identify items to assist in water emerg
- ___ 1.5 Identify reasons for warmup/cooldown
- ___ 1.6 Describe offense and defense tactics
- ___ 1.7 Explain how practice improves Performance of movement skills
- ___ 1.8 Analyze peer performance and provide feedback

Lifetime Fitness PE.3.L.

- ___ 1.1 Participate in MVPA
- ___ 1.2 Involved activities during/after school
- ___ 1.3 Identify lifestyle changes to increase level of physical activity
- ___ 1.4 Identify school/community activities
- ___ 1.5 Use activity log to maintain record of Physical activity over a period of time
- ___ 1.6 Differentiate between correct and incorrect way to fit a bicycle helmet
- ___ 2.1 Describe how muscular strength /endurance enhances performance
- ___ 2.2 Match fitness assessment events to the associated fitness component
- ___ 2.3 Describe relationship between heart and lungs during physical activity
- ___ 2.4 Take formal/informal fitness assess
- ___ 2.5 Identify ways technology assist fitness
- ___ 2.6 Identify principles of physical fitness
- ___ 2.7 Develop cardiorespiratory endurance
- ___ 2.8 Associate fitness test results to health
- ___ 2.9 Know how to safely stretch muscles
- ___ 2.10 Recognize the different somatotypes
- ___ 2.11 Identify strengths/weakness from test
- ___ 2.12 Read food labels for specific nutrition

Responsible Behaviors and Values PE.3.R.

- ___ 1.1 Work cooperatively with peers
- ___ 1.2 Willingly try new activities
- ___ 1.3 Take responsibility for own behavior
- ___ 1.4 Cooperate by sharing and taking turns
- ___ 1.5 Show respect for view of ALL peers
- ___ 2.1 Seek personally challenging activities
- ___ 2.2 Celebrate without gloating
- ___ 2.3 Choose to participate in group activity
- ___ 2.4 Appreciate others good performance

Movement Competency Arts PE.4.M

- ___ 1.1 Apply variety of locomotor skills
- ___ 1.2 Strike moving object intend direction
- ___ 1.3 Strike object with paddle continuously
- ___ 1.4 Strike stationary/ moving objects
- ___ 1.5 Dribble and pass to a moving partner
- ___ 1.6 Perform variety of swim strokes
- ___ 1.7 Move to catch tossed object
- ___ 1.8 Throw overhand to partner
- ___ 1.9 Perform sequence using manipulative
- ___ 1.10 Perform 2 or more dances accurately
- ___ 1.11 Perform selfdesigned gymnastic sequence beginning/end balance
- ___ 1.12 Run and hurdle low to medium level

Cognitive Abilities PE.4.C.

- ___ 1.1 Identify purposeful movement
- ___ 1.2 Understand safety rules/procedures for activities, especially high risk ones
- ___ 1.3 Use technology for performance info
- ___ 1.4 Understand to protect body from sun
- ___ 1.5 Identify reasons for warmup/cooldown
- ___ 1.6 Describe offense and defense tactics
- ___ 1.7 Detect errors in personal movement
- ___ 1.8 Compare/contrast skills/sports that use similar movement patterns

Lifetime Fitness PE.4.L.

- ___ 1.1 Participate in MVPA
- ___ 1.2 Involved activities during/after school
- ___ 1.3 Implement one lifestyle change to increase level of physical activity
- ___ 1.4 Use tech to identify activity opportunity
- ___ 1.5 Make observations about personal level of physical activity
- ___ 1.6 Discuss importance of bike helmet
- ___ 2.1 Identify muscular being strengthened During specific physical activities
- ___ 2.2 Identify activities related to each physical fitness component
- ___ 2.3 Know physiological responds exercise
- ___ 2.4 Take formal/informal fitness assess
- ___ 2.5 Identify ways technology assist fitness
- ___ 2.6 Explain principles of physical fitness
- ___ 2.7 Maintain heart rate during activity
- ___ 2.8 Select activities to improve fitness
- ___ 2.9 Know stretches to increase flexibility
- ___ 2.10 Recognize benefits of healthy body
- ___ 2.11 Develop strategies to improve fitness
- ___ 2.12 Develop short/long term fitness goals
- ___ 2.13 Understand appropriate serving size

Responsible Behaviors and Values PE.4.R.

- ___ 1.1 Recognize the influence of individual differences on participation in activity
- ___ 1.2 Regularly encourage others and refrain from put-down statements
- ___ 1.3 Show respect for disability student through (non)/verbal encouragement
- ___ 2.1 Recognize activity as a positive opportunity for social/group interaction
- ___ 2.2 Choose to practice skills where improvement is needed
- ___ 2.3 Recognize connection between skill competence and enjoyment of activity

Movement Competency Arts PE.5.M

- ___ 1.1 Apply variety of locomotor skills
- ___ 1.2 Strike moving object intend direction
- ___ 1.3 Strike object with paddle continuously
- ___ 1.4 Strike stationary/ moving objects
- ___ 1.5 Apply dribble skill in game
- ___ 1.6 Demonstrate proficient swim stroke
- ___ 1.7 Catch object while moving&defended
- ___ 1.8 Throw overhand to moving partner
- ___ 1.9 Perform sequence using manipulative
- ___ 1.10 Perform variety of dances accurately
- ___ 1.11 Perform selfdesigned gymnastic sequence beginning/end balance

Cognitive Abilities PE.5.C.

- ___ 1.1 Apply purposeful movement in routine
- ___ 1.2 Design new game with rules/strategy
- ___ 1.3 Apply feedback from tech to enhance
- ___ 1.4 Explain different types water rescue techniques using various items
- ___ 1.5 Identify basic practice/conditioning principles that enhance performance
- ___ 1.6 Describe offense and defense tactics
- ___ 1.7 Detect errors in personal movement
- ___ 1.8 Compare/contrast skills/sports that use similar movement patterns

Lifetime Fitness PE.5.L.

- ___ 1.1 Participate in MVPA
- ___ 1.2 Involved activities during/after school
- ___ 1.3 Implement lifestyle behaviors to increase physical activity
- ___ 1.4 Use tech to identify activity opportunity
- ___ 1.5 Formulate a plan to increase the amount of time spent in physical activity
- ___ 1.6 Discuss importance of being visible and communicating when cycling
- ___ 2.1 Differentiate between muscular strength and muscular endurance
- ___ 2.2 Participate in activities that develop/ maintain each physical fitness component
- ___ 2.3 Analyze fitness assessment results/ develop strategies to enhance performance
- ___ 2.4 Identify ways technology assist fitness
- ___ 2.5 Apply principles of fitness to exercise
- ___ 2.6 Identify heart rate-enhance endurance
- ___ 2.7 Partake in activity to improve fitness
- ___ 2.8 Select stretches to increase flexibility
- ___ 2.9 Recognize benefits of healthy body
- ___ 2.10 Evaluate progress to fitness goals
- ___ 2.11 Explain consequence of low fitness
- ___ 2.12 Plan a menu for a balanced meal

Responsible Behaviors and Values PE.5.R.

- ___ 1.1 Recognize positive attributes that different individuals bring to activities
- ___ 1.2 Arrange equipment safely for practice
- ___ 1.3 Work productively with partner
- ___ 1.4 Appreciate different choices of peers
- ___ 2.1 Know that participation in activity is a source of self expression and meaning
- ___ 2.2 Defend the benefits of physical activity
- ___ 2.3 Identify enjoyable physical activities