SUBJECT: Physical Education
STRAND: Motor Skills
PROGRAM GOAL: #1 To use body management skills.

Skills and Sub skills	K	1	2	3	4	5	6	7	8	H.S. FIT	H.S. P.E	MN Stnd
01 Motor Skill												
A. Locomotor		I	E	M								
B. Non-locomotor		I	E	M								
C. Manipulative (Hand-eye & foot-eye coordination)		I	E	E	M	ME	ME/M	MM	MM			
.02 Movement Competence												
A. Movement concepts (Spacial/body awareness)		I	E	E	M	ME	ME/M	MM	MM			
B. Rhythmic movement		I	E	E	M	ME	ME/M	MM	MM			
C. Specialized motor skills				I	E	E	E	M	MM		MM	

SUBJECT: Physical Education
STRAND: Motor Skills
PROGRAM GOAL: #2 To use coordination, balance, and perceptual skills.

Skills and Sub skills	K	1	2	3	4	5	6	7	8	H.S. FIT	H.S. P.E.	MN Stnd
01 Balance (Stability, center of gravity)		I	E	M								
02 Agility		I	E	M								
03 Reaction time		I	E	M								
04 Force & Leverage								I	E/M		MM	

SUBJECT: Physical Education
STRAND: Motor Skills
PROGRAM GOAL: #3 To use physical skills for participation in lifetime activities.

Skills and Sub skills	K	1	2	3	4	5	6	7	8	H.S. FIT	H.S. P.E.	MN Stnd
01 Warm-up/ Cool-down Skills		I	E	E	E	M	ME	ME	M	MM	MM	
02 Team Activities		I	E	E	E	M	ME	ME	M		MM	
03 Individual Activities		I	E	E	E	M	ME	ME	M	MM	MM	
04 Recreational Activities								I	E		M	

SUBJECT: Physical Education
STRAND: Physical Fitness
PROGRAM GOAL: #4 To maintain an adequate level of physical fitness.

Skills and Sub skills	K	1	2	3	4	5	6	7	8	H.S. FIT	H.S. P.E.	MN Stnd
01 Cardiovascular endurance												
A. Heart rate/ Lung capacity								I/E	E	M/ MM	MM	
B. Anaerobic vs. Aerobic								I/E	E	M/ MM	MM	
C. FITT (frequency, intensity, time & type of activity)								I/E	E	M/ MM	MM	
02 Flexibility												
A. Stretching		I	E	E	E	M	ME	ME	M	MM	MM	
03 Muscular strength												
A. Isometric/ Isotonic/Eccentric		I	E	E	E	M	ME	ME	M	MM	MM	
04 Muscular endurance								I/E	E	M/ MM	MM	
05 Body composition												
A. Testing- (calipers, electrical impedance, underwater weighing)								I/E	E	M/ MM	MM	
B. Body Types (ectomorph, endomorph, mesomorph)								I/E	E	M/ MM	MM	

SUBJECT: Physical Education
STRAND: Cognitive
PROGRAM GOAL: #5 To apply knowledge of safety, etiquette, rules, strategies, and terminology to participate in lifetime activities.

Skills and Sub skills	K	1	2	3	4	5	6	7	8	H.S. FIT	H.S. P.E.	MN Stnd
01 Injury prevention/Safety												
A. Clothing		I	E	E	E	M	ME	ME	M	MM	MM	
B. Equipment		I	E	E	E	M	ME	ME	M	MM	MM	
C. Techniques		I	E	E	E	M	ME	ME	M	MM	MM	
02 Etiquette												
A. Sportsmanship		I	E	E	E	M	ME	ME	M	MM	MM	
B. Decision-making		I	E	E	E	M	ME	ME	M	MM	MM	
03 Rules, Strategies, Terminology		I	E	E	E	M	ME	ME	M	MM	MM	

SUBJECT: Physical Education
STRAND: Cognitive
PROGRAM GOAL: #6 To understand benefits of an effective exercise program.

Skills and Sub skills	K	1	2	3	4	5	6	7	8	H.S. FIT	H.S. P.E.	MN Stnd
01 Benefits of exercise												
A. Physical		I	E	E	E	M	ME	ME	M	MM	MM	
B. Mental/Emotional		I	E	E	E	M	ME	ME	M	MM	MM	
C. Social (Gender, ethnicity, disability)		I	E	E	E	M	ME	ME	M	MM	MM	