

Health Physical Education Outcomes Kindergarten

Students will

Standard #		MHCF
1	Relate in a positive way how they feel when participating in a vigorous activity.	2.4
1	Begin sustained vigorous exercise for a predetermined time.	2.5
1	Show examples of vigorous and nonvigorous activities.	2.6
2	Know gymnasium and playground rules.	2.7
2	Share space and equipment with all classmates.	2.7
4	Demonstrate walk, run, gallop, and shuffle.	2.2
4	Begin learning mature skipping patterns.	2.2
4	Establish and recognize a beginning movement vocabulary (fast/slow, high/low, front/behind/beside, etc.).	2.1
4	Bounce and catch a playground ball.	2.2
4	Demonstrates the ability to roll, track and/or receive a playground ball.	2.2
4	Demonstrate proper kicking technique with a stationary ball.	2.2
4	Cross two wall bars.	2.2
4	Run/walk for two minutes.	2.2
4	Swing a jump rope over head and successfully jump one time.	2.3
4	Demonstrate proper mounting and dismounting on rings.	2.3
4	Use proper rolling techniques on incline mat.	2.2
5	Perform a stretching routine.	2.6
6	Recognize and maintain the ability to correctly use personal and open space.	2.7
6	Wait to be called on.	2.7

Physical Education Outcomes
Kindergarten *(Continued)*

Students will

Standard #

6	Listen to others speak.	2.7
7	Begin to understand how exercise is important for a healthy body.	2.5
7	Recognize the need to eat breakfast.	2.5

Health Physical Education Outcomes Grade 1

Students will

Standard #		MCHF
1	Participate actively in PE class.	2.4
1	Choose to work cooperatively and actively.	2.7
2	Demonstrate increased self-control when in more challenging situations.	2.7
2	Respect proper use of equipment.	2.7
3	Encourage classmates to reach personal goals.	2.7
4	Demonstrate mature skipping, galloping, hopping, and jumping pattern.	2.2
4	Demonstrate basic rhythmic patterns.	2.3
4	Toss and catch an 8-inch playground ball successfully.	2.2
4	Track and kick a rolling ball.	2.2
4	Begin to understand proper throwing techniques.	2.2
4	Complete three wall bars successfully.	2.2
4	Demonstrate proper jump rope techniques and jump continuously.	2.3
4	Walk forward and sideways across balance beam and turn.	2.1
4	Demonstrate a variety of proper dismounts from the balance beam.	2.2
4	Do a pull-up to a seated position on the rings.	2.3
5	Identify activities which promote physical fitness.	2.5
6	Remain appropriately focused during a transition period of time.	2.7
7	Recognize that proper nutrition and regular exercise are necessary for a healthy body.	2.6
7	Recognize the importance of healthy snacks.	2.6

Health Physical Education Outcomes Grade 2

Students will

Standard #		MHCF
1	Attempt consistently to reach challenges set by the teacher.	2.7
2	Record their own achievements in an honest manner.	2.7
3	Understand and respect differences in others regarding physical activities.	2.7
3	Encourage all classmates to achieve personal bests.	2.7
4	Demonstrate the ability to combine rhythmic patterns.	2.3
4	Dribble a playground ball with hands and feet.	2.2
4	Cross four wall bars.	2.2
4	Catch and throw an object over a volleyball net.	2.2
4	Run a dash with various partners.	2.2
4	Demonstrate proper techniques of a standing broad jump.	2.2
4	Demonstrate forward roll on a flat surface.	2.2
4	Jump rope backwards.	2.3
4	Demonstrate tumbling stunts (cartwheels and round-offs).	2.2
4	Demonstrate “birds’ nests” on rings.	2.3
4	Demonstrate scales (knees, front, back) on balance beam.	2.1
4	Perform a basic routine on gymnastic bars.	2.3
5	Recognize signs such as labored breathing/heartbeat.	2.4
5	Recognize what fitness activities can contribute to building or maintaining personal fitness.	2.6
6	Accept decisions of teachers and classmates.	2.7
7	Identify healthy personal habits.	2.5
7	Develop short-term personal health goals.	2.5

Health Physical Education Outcomes Grade 3

Students will

Standard #		MCHF
1	Differentiate between active and sedentary activities.	2.4
2	Participate in a small group designed to increase success at specific challenges.	2.7
3	Work well in diverse groups created by the teacher.	2.7
4	Demonstrate several children's dances.	2.3
4	Understand and complete various ball challenges.	2.1
4	Dribble an 8-inch playground ball with hands and feet while moving.	2.2
4	Kick and throw consistently at a target for distance.	2.2
4	Cross six wall bars.	2.2
4	Run dashes at increased distances for personal time .	2.2
4	Run/jog for five minutes.	2.6
4	Demonstrate proper techniques for a running broad jump.	2.2
4	Swing and jump with a long jump rope.	2.3
4	Demonstrate splits and inverted hang on rings.	2.3
4	Demonstrate a basic routine on bars.	2.3
4	Climb halfway up a rope successfully.	2.2
5	Complete fitness activities at a "personal-best" level.	2.4
5	Check their own achievement records to know at what level they should practice.	2.5
6	Work cooperatively in a small group during problem-solving activities.	2.7
7	Begin to understand how functions like sleep, stress, exercise, and nutrition affect one's health.	2.6
7	Begin to understand the importance of exercise and its relation to one's health.	2.5

Health Physical Education Outcomes Grade 4

Students will

Standard #		MHCF
1	Identify opportunities within the community for alternative physical activities.	2.4
1	Describe the benefits of regular physical activity.	2.5
2	Use equipment and put it away in a responsible manner.	2.7
2	Accept responsibility for actions.	2.7
3	Recognize and accept similarities and differences in the physical activity of others.	2.7
3	Demonstrate an understanding of different games which relate to different cultures.	2.7
4	Demonstrate selected current social dances.	2.3
4	Demonstrate a mastery of throwing and kicking.	2.2
4	Begins to be able to catch and throw and strike an object with a manipulative tool.	2.1
4	Demonstrate the ability to direct an object over a net with one/two hands.	2.2
4	Jump over a high hurdle successfully.	2.2
4	Run dashes for personal time.	2.2
5	Run/jog for 10 minutes.	2.6
5	Complete fitness tests at a “personal-best” level.	2.4
6	Work cooperatively in a large group to complete a problem-solving task.	2.7
6	Begin to understand the group process during problem-solving activities.	2.7
7	Begin to become aware of disease prevention.	2.6
7	Identify an unhealthy personal health habit and make a plan to correct it.	2.6
7	Begin to analyze peer pressure and how to manage it.	2.7

Health Physical Education Outcomes Grade 5

Students will

Standard #		MHCF
1	Seek challenging experiences and opportunities to be physically active.	2.5
2	Assist with set-up and breakdown of equipment.	2.7
3	Actively help those with lesser skill levels.	2.7
4	Demonstrate advanced skills using manipulative tools.	2.2
4	Demonstrate transfer of skills into game/sport type situations.	2.1
4	Demonstrate the refined skills necessary for net games.	2.2
4	Jump over a series of high hurdles successfully.	2.2
4	Run/dash for personal time at increased distances.	2.2
4	Demonstrate partner jump roping skills.	2.3
4	Cross three ropes with a partner change.	2.3
4	Demonstrate inverted hang on rings.	2.3
4	Demonstrate “skin the cat” on rings.	2.3
4	Begin to choreograph dances.	2.3
5	Run/jog for ten minutes.	2.6
5	Identify activities for each component of fitness.	2.5
5	Begins to identify muscle groups involved in various activities.	2.4
5	Be able to assesses personal fitness.	2.5
5	Be able to record heart rate before and after physical activity.	2.4
6	Create a game or activity in a small group, which the class will then play.	2.7
7	Recognize why people begin unhealthy behaviors.	2.6
7	Develop short-term personal health goals.	2.5

