

Lower Elementary K-2  
 Benchmarks and Activities  
**Personal and Social Concepts Strand**

Standard	Benchmarks	Activities	Assessments
<p>All students will demonstrate appropriate behavior in response to the relationships with others that result from participation in physical activities</p>	<ul style="list-style-type: none"> <li>● Identify key behaviors which exemplify each of the following personal/social character traits: compassion, confidence, cooperation, fairness, honesty, loyalty, perseverance, respect, responsibility and self-control.</li> <li>● Recognizes the benefits of possessing, and the costs of not possessing each of the following person-social character traits: compassion, confidence, cooperation, fairness, honesty, loyalty, perseverance, respect, responsibility, best effort, constructive competition, following directions and self-control.</li> <li>● Recognizes and demonstrates the ability to resolve conflict.</li> </ul>	<ul style="list-style-type: none"> <li>● Introductory Group/Partner activities</li> <li>● Small group activities</li> <li>● Introductory team building challenges</li> <li>● Dance</li> <li>● Various activities and games</li> <li>● Closure activities</li> </ul>	<ul style="list-style-type: none"> <li>● Written</li> <li>● Verbal</li> <li>● Observation</li> <li>● Drawn</li> <li>● Rubric</li> </ul>

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<p>All students will value physical activity and its contribution to lifelong health and well-being.</p>	<ul style="list-style-type: none"> <li>● Appreciate and enjoy the benefits that result from participation in physical activities.</li> <li>● Enjoy participation in physical activities along with others.</li> <li>● Appreciate benefits that accompany compassion, cooperation, honesty, responsibility, perseverance, best effort, constructive competition, following directions and self-control</li> </ul>	<ul style="list-style-type: none"> <li>● Discussion of personal health as it relates to physical education activities.</li> <li>● Discussion of personal health as it relates to activities outside of school</li> <li>● Lead-up skills and activities to promote lifelong physical participation.</li> <li>● Lead-up skills and activities to promote lifelong wellness.</li> </ul>	<ul style="list-style-type: none"> <li>● Written</li> <li>● Verbal</li> <li>● Observation</li> <li>● Drawn</li> <li>● Rubric</li> </ul>

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<p><b>All students will demonstrate selected fundamental locomotor skills.</b></p>	<ul style="list-style-type: none"> <li>● Demonstrate appropriate form in the following locomotor skills: walk, run, leap, horizontal jump, vertical jump, skip, hop, gallop and slide.</li> </ul>	<ul style="list-style-type: none"> <li>● Rope jumping</li> <li>● Jump bands</li> <li>● Music &amp; Movement activities</li> <li>● Dance</li> <li>● Obstacle course</li> <li>● Stations</li> <li>● Relays</li> <li>● Group/Partner activities</li> <li>● Holiday/International games</li> <li>● Parachute</li> <li>● Closure activities</li> </ul>	<ul style="list-style-type: none"> <li>● Written</li> <li>● Verbal</li> <li>● Observation</li> <li>● Drawn</li> <li>● Rubric</li> </ul>

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<p><b>All students will demonstrate selected fundamental object control skills.</b></p>	<ul style="list-style-type: none"> <li>● Demonstrate appropriate form in the following object control skills: underhand throw (toss), overhand throw, catch rolling balls, catch fly balls, hand dribble, foot dribble, instep kick, forehand/underhand strike, batting and volley.</li> </ul>	<ul style="list-style-type: none"> <li>● Ball handling</li> <li>● Rope jumping</li> <li>● Jump bands</li> <li>● Ball kicking</li> <li>● Striking</li> <li>● Music &amp; Movement activities</li> <li>● Obstacle courses</li> <li>● Stations</li> <li>● Relays</li> <li>● Group/Partner activities</li> <li>● Holiday/International games</li> <li>● Accuracy &amp; Aiming activities</li> <li>● Closure activities</li> </ul>	<ul style="list-style-type: none"> <li>● Written</li> <li>● Verbal</li> <li>● Observation</li> <li>● Drawn</li> <li>● Rubric</li> </ul>
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<p><b>All students will demonstrate selected non- locomotor and body control (movement) skills.</b></p>	<ul style="list-style-type: none"><li>● Demonstrate the ability to perform non-locomotor skills: bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying and landing.</li><li>● Demonstrate good posture while walking/running/standing.</li><li>● Demonstrate proper lift/carry posture</li><li>● Demonstrate appropriate form in selected balances</li><li>● Demonstrate developmentally appropriate form in rope jumping skills.</li><li>● Demonstrate developmentally appropriate form in selected twisting and turning skills.</li></ul>	<ul style="list-style-type: none"><li>● Jumping rope activities</li><li>● Tumbling</li><li>● Proper stretching techniques</li><li>● Music &amp; Movement activities</li><li>● Dance</li><li>● Relays</li><li>● Group/Partner activities</li><li>● Holiday/International games</li><li>● Closure activities</li></ul>	<ul style="list-style-type: none"><li>● Written</li><li>● Verbal</li><li>● Observation</li><li>● Drawn</li><li>● Rubric</li></ul>
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<p><b>All students will demonstrate selected fundamental rhythmical skills.</b></p>	<ul style="list-style-type: none"> <li>● Demonstrate locomotor skills in time to selected rhythmic patterns</li> <li>● Create and/or imitate movements in response to selected rhythms (animals, machines, objects)</li> </ul>	<ul style="list-style-type: none"> <li>● Dance</li> <li>● Jump bands</li> <li>● Music &amp; Movement activities</li> <li>● Stations</li> <li>● Relays</li> <li>● Group/Partner activities</li> <li>● Holiday/International games</li> <li>● Closure activities</li> </ul>	<ul style="list-style-type: none"> <li>● Written</li> <li>● Verbal</li> <li>● Observation</li> <li>● Drawn</li> <li>● Rubric</li> </ul>
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<p><b>All students will participate successfully in selected health-enhancing, lifelong physical activities.</b></p>	<ul style="list-style-type: none"><li>● Discuss, illustrate or write about the importance of health enhancing, lifelong physical activities.</li><li>● Students will identify several activities that relate to health enhancing, lifelong physical activities.</li></ul>	<ul style="list-style-type: none"><li>● Aerobic fitness stations</li><li>● Anaerobic fitness stations</li><li>● Strength development and maintenance</li><li>● Flexibility development and maintenance</li><li>● Exercise and nutrition awareness</li><li>● Muscular Endurance Development and maintenance</li><li>● Cardiovascular Endurance development and maintenance</li></ul>	<ul style="list-style-type: none"><li>● Written</li><li>● Verbal</li><li>● Observation</li><li>● Drawn</li><li>● Rubric</li></ul>
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<p>All students will apply the concepts of body awareness, time, space, direction and force to movement.</p>	<ul style="list-style-type: none"> <li>● Travel in forward, sideways and backwards directions and change direction quickly and safely.</li> <li>● Travel while changing speeds and directions in response to a variety of rhythms.</li> <li>● Demonstrate slow and fast movement speeds, straight, curved and zigzag pathways.</li> <li>● Make both large and small body shapes</li> <li>● Demonstrate a variety of relationships with objects (over, under, behind, alongside and through).</li> <li>● Demonstrate high, middle, and low levels,</li> <li>● Combine shapes, levels and pathways into simple sequences.</li> </ul>	<ul style="list-style-type: none"> <li>● Music &amp; Movement activities</li> <li>● Flee and chase activities</li> <li>● Obstacle course</li> <li>● Dance</li> <li>● Rhythmic activities</li> <li>● Cooperative movements</li> <li>● Group/Partner movements</li> <li>● Tumbling</li> <li>● Static and dynamic balance activities</li> <li>● Parachute</li> </ul>	<ul style="list-style-type: none"> <li>● Written</li> <li>● Verbal</li> <li>● Observation</li> <li>● Drawn</li> <li>● Rubric</li> </ul>
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<p>All students will apply the essential steps in learning motor skills.</p>	<ul style="list-style-type: none"> <li>● Attend to the explanation/demonstration of motor skills.</li> <li>● Identify essential components of selected motor skills.</li> <li>● Recognize the importance of correct practice in learning skills.</li> <li>● Apply prior knowledge as cues for learning new skills.</li> </ul>	<ul style="list-style-type: none"> <li>● Communicate teaching cues while performing motor/sports skills.</li> <li>● Actively write, draw or verbalize prior knowledge as it relates to motor skills.</li> </ul>	<ul style="list-style-type: none"> <li>● Written</li> <li>● Verbal</li> <li>● Observation</li> <li>● Drawn</li> <li>● Rubric</li> </ul>
<p>All students will explain and apply appropriate rules and strategies when participating in physical activities.</p>	<ul style="list-style-type: none"> <li>● Follow game and participation rules independently and demonstrate fair play.</li> <li>● Identify guidelines and behaviors for the safe use of equipment and apparatus.</li> <li>● Recognize and implement fundamental strategies used in simple games and activities.</li> <li>● Identify the purpose of rules in games.</li> </ul>	<ul style="list-style-type: none"> <li>● Group/Partner activities</li> <li>● Personal/Social Skill activities</li> <li>● Various games and activities</li> </ul>	<ul style="list-style-type: none"> <li>● Written</li> <li>● Verbal</li> <li>● Observation</li> <li>● Drawn</li> <li>● Rubric</li> </ul>

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<p>All students will describe the effects of activity and inactivity and formulate examples of lifestyle choices that result in the development and maintenance of health related fitness.</p>	<ul style="list-style-type: none"> <li>● Appreciate and enjoy the benefits that result from participation in physical activities.</li> <li>● Enjoy participation in physical activities along with others.</li> <li>● Appreciate benefits that accompany compassion, cooperation, honesty and perseverance.</li> </ul>	<ul style="list-style-type: none"> <li>● Actively write, draw or verbalize the effects and benefits of activity for maintaining a healthy lifestyle.</li> <li>● Group/Partner discussions and activities</li> </ul>	<ul style="list-style-type: none"> <li>● Written</li> <li>● Verbal</li> <li>● Observation</li> <li>● Drawn</li> <li>● Rubric</li> </ul>