

**PULASKI ELEMENTARY PHYSICAL EDUCATION  
BENCHMARKS AND PERFORMANCE INDICATORS  
GRADES 3-5**

<b>STANDARD A: Leading an Active Lifestyle</b>	
<b>Benchmarks Grades 3-5</b>	<b>The student will:</b>
3/5 A	Participate regularly in physical activities for the purpose of improving skill and maintaining health.
3/5 B	Know several moderate to vigorous physical activities that provide them personal pleasure.
3/5 C	Choose and participate in activities that require some physical exertion outside of the classroom.
<b>Performance Indicators Grades 3-5</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Keeps a log of participation of individual and/or team activities in and outside of school.
2.	Identifies various aerobic activities that provide entertainment (e.g., biking, jogging, walking, swimming, rollerblading, etc.)
3.	Explains the personal benefits and achievements resulting from participation in physical activity both in and out of school.
<b>STANDARD B: Physical Skill Development</b>	
<b>Benchmarks Grades 3-5</b>	<b>The student will:</b>
3/5 A	Use mature form and appropriate sequence in combinations of fundamental locomotor, object control, and rhythmical skills that are components of selected modified games, sports, and dances.
3/5 B	Use mature form in balance activities on a variety of apparatuses.
3/5 C	Use control and demonstrate appropriate safety measures while participating in physical activities.
<b>Performance Indicators Grades 3-5</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Demonstrates mature form in selected locomotor patterns, manipulative skills, and non-locomotor skills.
2.	Adapts basic skills to the dynamic, changing environment of an activity.
3.	Demonstrates appropriate safety guidelines and procedures.
<b>STANDARD C: Learning Skills</b>	
<b>Benchmarks Grades 3-5</b>	<b>The student will:</b>
3/5 A	Understand principles of practice and conditioning that improve performance.
3/5 B	Understand and use concepts of spatial awareness and movement control while interacting with others. (i.e., safety issue).
3/5 C	Understand and use basic offensive and defensive strategies in an unstructured game environment.
<b>Performance Indicators 3-5</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Describes warm-up/cool-down concepts.
2.	Applies concepts of spatial awareness and movement control while interacting with others.
3.	Applies strategies and concepts pertaining to the activity.

<b>STANDARD D: Understanding Physical Activity and Well-Being</b>	
<b>Benchmarks Grades 3-5</b>	<b>The student will:</b>
3/5 A	Exhibit the joy of shared play.
3/5 B	Understand activities that provide personal challenge (risk-taking, adventure, and competitive activities).
3/5 C	Acknowledge personal successes and achievement as well as those of others.
3/5 D	Help to create an environment that provides for positive social interaction.
<b>Performance Indicators Grades 3-5</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Describes the pleasure one receives from participating in physical activities in and outside of school.
2.	Recognizes and expresses feelings associated with success and failure.
3.	Gives a group member positive feedback/praise after successfully completing a task.
4.	Continues to participate in competition for its own sake regardless of win or loss.
<b>STANDARD E: Health-Enhancing Fitness</b>	
<b>Benchmarks Grades 3-5</b>	<b>The student will:</b>
3/5 A	Understand the health benefits of physical activity.
3/5 B	Engage in activities that develop and maintain cardio-respiratory fitness, muscular strength, and flexibility of major joints.
3/5 C	Describe the characteristics of a healthy lifestyle.
<b>Performance Indicators Grades 3-5</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Associates results of physical activities to personal health status and the ability to perform various activities.
2.	Describes what aspects of the activity affect cardiovascular endurance, muscular strength, muscular endurance, and flexibility.
<b>STANDARD F: Respectful Behavior</b>	
<b>Benchmarks Grades 3-5</b>	<b>The student will:</b>
3/5 A	Work in a group to accomplish goals in physical-activity settings.
3/5 B	Recognize and apply the elements of socially acceptable conflict resolution in physical settings.
3/5 C	Use equipment and space safely.
3/5 D	Follow rules and procedures.
<b>Performance Indicators Grades 3-5</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Follows activity-specific rules, procedures, and etiquette when resolving conflicts.
2.	Utilizes safety principles in activity situations.
3.	Works cooperatively and productively with a partner or small group.

<b>STANDARD G: Appreciation of Difference</b>	
<b>Benchmarks Grades 3-5</b>	<b>The student will:</b>
3/5 A	Recognize and begin to support others regardless of personal differences, gender, ethnicity, or disability during physical activity.
<b>Performance Indicators Grades 3-5</b>	<b>Performance on the preceding benchmark will be satisfied when the student:</b>
1.	Gives others positive feedback/praise.
2.	Recognizes the attributes that individuals with differences can bring to activities.