

**PULASKI ELEMENTARY PHYSICAL EDUCATION  
BENCHMARKS AND PERFORMANCE INDICATORS  
GRADES K-2**

<b>STANDARD A: Leading an Active Lifestyle</b>	
<b>Benchmarks Grades K-2</b>	<b>The student will:</b>
K/2 A	Participate regularly in physical activities for the purpose of improving skills and maintaining good health.
K/2 B	Experience and express pleasure from participation in physical activity.
<b>Performance Indicators Grades K-2</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Participates actively during class.
2.	Demonstrates positive attributes to activity through facial expressions, verbal comments, and hand gestures (e.g., high fives, thumbs up, etc.)
3.	Provides verbal response to questions about being active out of school.
<b>STANDARD B: Physical Skill Development</b>	
<b>Benchmarks Grades K-2</b>	<b>The student will:</b>
K/2 A	Use a variety of basic locomotor movements (e.g., running, skipping, hopping, galloping, sliding, etc.)
K/2 B	Use a variety of basic non-locomotor skills (e.g., bending, twisting, stretching, turning, etc.).
K/2 C	Use a variety of basic object control and manipulative skills (e.g., throwing, kicking, catching, striking, etc.).
K/2 D	Use control in weight bearing activities on a variety of body parts (e.g., jumping, landing, 1 foot and 2 foot take-off landings).
K/2 E	Use control in balance-activities on a variety of body parts as well as on a variety of apparatus.
K/2 F	Use control and demonstrate appropriate safety measures while participating in physical activities.
<b>Performance Indicators Grades K-2</b>	<b>Performance on the preceding benchmarks will be satisfied when the student demonstrates ability to:</b>
1.	Skip, gallop, slide, hop, run, leap, jump, and walk.
2.	Twist, stretch, turn, bend, roll and curl, and balance in movement activities.
3.	Throw, kick, catch, strike, and dribble a ball.
4.	Use the skills/knowledge of self-space, stopping appropriately, and avoiding collisions in movement activities.
<b>STANDARD C: Learning Skills</b>	
<b>Benchmarks Grades K-2</b>	<b>The student will:</b>
K/2 A	Understand the vocabulary of basic movement concepts (e.g., personal space, levels, speeds, etc.)
K/2 B	Understand terms that describe a variety of relationships with objects (e.g., over/under, behind, through).
K/2 C	Demonstrate spatial awareness and movement control while interacting with others (e.g., safety).
K/2 D	Understand critical elements of a variety of basic movement patterns (e.g., step with opposite foot, follow through, accuracy etc.).
K/2 E	Understand the importance of practice in learning skills.

<b>Performance Indicators Grades K-2</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Demonstrates personal space, levels, speeds, locomotor movements, over/under, around, behind, and through in movement activities.
2.	Applies movement concepts during activity (e.g., changes directions while moving to avoid others).
3.	Demonstrates critical elements of a variety of basic movement patterns (e.g., step with opposite foot, follow-through, accuracy, etc.).
4.	Uses practice to learn skills.
<b>STANDARD D: Understanding Physical Activity and Well-Being</b>	
<b>Benchmarks Grades K-2</b>	<b>The student will:</b>
K/2 A	Exhibit positive feelings as a result of involvement in physical activity.
K/2 B	Express personal successes and achievement as well as those of others.
K/2 C	Express the joy of shared play.
K/2 D	Help to create an environment that provides for positive social interaction.
<b>Performance Indicators Grades K-2</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Is positively active by choice.
2.	Willingly works with partners or in groups.
<b>STANDARD E: Health-Enhancing Fitness</b>	
<b>Benchmarks Grades K-2</b>	<b>The student will:</b>
K/2 A	Engage in basic activities that cause cardio-respiratory exertion (e.g., running, galloping, skipping, etc.).
K/2 B	Recognize the physiological indicators (e.g., perspiration, increased heart and breathing rate) that accompany moderate to vigorous physical activity.
K/2 C	Understand the healthful benefits that result from regular physical activity.
<b>Performance Indicators Grades K-2</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Sustains moderate to vigorous activity for short periods of time.
2.	Describes that an increased heart rate, heavy breathing, and sweating are the product of healthy exercise.
3.	Describes healthful benefits of regular physical exercise (i.e., stronger heart, stronger muscles, etc.).
<b>STANDARD F: Respectful Behavior</b>	
<b>Benchmarks Grades K-2</b>	<b>The student will:</b>
K/2 A	Follow rules and procedures.
K/2 B	Use equipment and space safely and properly.
K/2 C	Work cooperatively.
K/2 D	Recognize the elements of socially acceptable conflict resolution in physical settings.

<b>Performance Indicators Grades K-2</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Demonstrates the ability to follow rules, directions, and safety procedures.
2.	Describes the importance of accepting others and their feelings when playing together and resolving conflicts.
<b>STANDARD G: Appreciation of Differences</b>	
<b>Benchmarks Grades K-2</b>	<b>The student will:</b>
K/2 A	Recognize the importance of playing, cooperating and respecting others regardless of personal differences, gender, ethnicity or disability during physical activity.
<b>Performance Indicators Grades K-2</b>	<b>Performance on the preceding benchmark will be satisfied when the student:</b>
1.	Demonstrates respectful behavior with all classmates.