

**PHYSICAL EDUCATION CONTENT STANDARDS, BENCHMARKS AND
DIOCESAN OBJECTIVES**

Diocese of Lansing

Grades K-8

June, 2006 Curriculum Objectives

Content Standard 1: All students will demonstrate selected fundamental locomotor skills.			
1. MOTOR SKILLS (Movement: locomotor and non-locomotor)	2. PHYSICAL FITNESS (Measuring of fitness levels)	3. COGNITIVE CONCEPTS (Teaching cues and strategies)	4. PERSONAL AND SOCIAL CHARACTER TRAITS (Sportsmanship)

Early Elementary Benchmark	Later Elementary Benchmark	Middle School Benchmark
1. Demonstrate appropriate form in the following locomotor skills: walk, run, leap, horizontal jump, vertical jump, skip, hop, gallop and slide.	1. Demonstrate mature form and functional competence in the following locomotor skills: walk, run, leap, horizontal jump, vertical jump, skip, hop, gallop and slide.	

Code	Diocesan objective: the student will...	K	1	2	3	4	5	6	7	8
1.1.1	Demonstrate controlled traveling, rolling and balancing actions.	I	D	D	D					
1.1.2	Travel with control forward, backward and sideways using a variety of locomotor patterns and change directions quickly.	I	D	D	D	D	D	D	D	D
1.1.3	Demonstrate all of the locomotor skills of walking, running, hopping, jumping, galloping, sliding and skipping.		I	M						
1.1.4	Stay in lane while running sprints against one or more persons.	I	M							