

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

Diocese of Lansing

Grades K-8

June, 2006 Curriculum Objectives

Content Standard 10: All students will apply the concepts of body awareness, time, space, direction and force of movement.			
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 TRAITS (Sportsmanship)

Early Elementary Benchmark	Later Elementary Benchmark	Middle School Benchmark
1. Identify selected body parts, actions and movements.	<i>1. Identify elements of body awareness (DOL)</i>	

Code	Diocesan objective: the student will...	K	1	2	3	4	5	6	7	8
10.1.1	Recognize and name body parts as well as right and left sides.	I	D	M						
10.1.2	Demonstrate understanding of directions: stop, go, front, back, up, down, over, under, forward, backward.	I	D	M						
10.1.3	Demonstrate an understanding of opposites.	I	D	M						
10.1.4	Develop sense of respect and control of one's body.	I	D	D	D	M				
10.1.5	Move with awareness of others in general space.	I	D	D	D	M				
10.1.6	Identify basic movement patterns and terminology associated with them.	I	D	D	D	M				

Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8
10.1.7	Improve vocabulary of physical education terms and apply principles of good body mechanics to basic postural positions.		I	D	D	D	M			
10.1.8	Demonstrate understanding of relationships between self and others: face to face, back to back, side by side, close together, far apart, clockwise and counter clockwise.	I	D	M						

Early Elementary Benchmark		Later Elementary Benchmark				Middle School Benchmark				
2. Travel in forward, sideways and backward directions and change quickly and safely.										
Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8
10.2.1	Apply appropriate movement concepts to performance (e.g., change directions).	I	D	M						
10.2.2	Apply the basic movement concepts to change performance of locomotor, non-manipulative and manipulative skills by using feedback to improve skill performance.		I	D	D	M				

Early Elementary Benchmark		Later Elementary Benchmark				Middle School Benchmark				
3. Travel while changing speeds and directions in response to a variety of rhythms.										
Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8

Early Elementary Benchmark		Later Elementary Benchmark				Middle School Benchmark							
4. Demonstrate slow and fast movement speeds and straight, curved and zig-zag pathways.													
Code	Diocesan Objective: The student will ...	K	1	2	3	4	5	6	7	8			

Early Elementary Benchmark		Later Elementary Benchmark				Middle School Benchmark							
5. Make both large and small body shapes.													
Code	Diocesan Objective: The student will ...	K	1	2	3	4	5	6	7	8			

Early Elementary Benchmark		Later Elementary Benchmark				Middle School Benchmark							
6. Demonstrate a variety of relationships with objects (e.g., over, under, behind, alongside and through).													
Code	Diocesan Objective: The student will ...	K	1	2	3	4	5	6	7	8			
10.6.1	Apply the basic movement concept to change performance of locomotor, non-manipulative skills by using the concept of relationships (e.g., over, under, around, in front of, behind and through) in a dynamic movement situation.		I	D	D	M							

Early Elementary Benchmark		Later Elementary Benchmark					Middle School Benchmark				
7. Demonstrate high, middle and low levels											
Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8	
10.7.1	Identify movement concepts in body management, games, dance and locomotion (e.g., personal/general space, high/low levels, fast/slow speeds, light/heavy, balance and twist).	I	D	D	D	M					

Early Elementary		Later Elementary Benchmark					Middle School Benchmark				
8. Combine shapes, levels and pathways into simple sequences.											
Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8	
10.8.1	Demonstrate and understand simple educational gymnastic sequences that contain a variety of balance, roll, transfer of weight and flight.		I	D	D	M					