

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

Diocese of Lansing

Grades K-8

June, 2006 Curriculum Objectives

Content Standard 11: All students will explain and apply the essential steps in learning motor 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 TRAITS (Sportsmanship)

Early Elementary Benchmark	Later Elementary Benchmark	Middle School Benchmark
1. Attend to the explanation and demonstration of motor skills.	1. Describe critical components of mature patterns of fundamental motor and selected sport skills.	

Code	Diocesan objective: the student will...	K	1	2	3	4	5	6	7	8
11.1.1	Examine the rules and guidelines for participating in the physical activity setting.	I	D	D	D	D	D	D	D	D
11.1.2	Develop listening skills and the ability to follow instruction in sequence during a game situation.	I	D	D	D	D	D	D	D	D
11.1.3	Demonstrate and extend the knowledge of the critical features of basic locomotor, non-locomotor and manipulative skills (e.g., hip rotation of the overhand throw is similar to striking with the hand or short racquet, locomotor skills can be combined to form more complex movements such as step-hop or step-jump).		I	D	D	D	D	D	D	D

Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8
11.1.4	Follow directions and create simple games.			I	D	D	D	M		
11.1.5	Identify similarities of movements across different physical activities (e.g., overhand throw, tennis serve, over head clear in badminton).					I	D	D	D	D

Early Elementary Benchmark		Later Elementary Benchmark				Middle School Benchmark				
2. Identify essential components of selected motor skills.		2. Recognize similar movements, concepts and elements in a variety of skills.								
Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8
11.2.1	Identify fundamental movement patterns (e.g., skip, strike).	I	D	M						
11.2.2	Apply principles of accuracy, force and follow through when projecting objects.	I	D	D	D	D	D	D	D	D

Early Elementary Benchmark		Later Elementary Benchmark				Middle School Benchmark							
3. Recognize the importance of correct practice in learning skills.		3. Recognize and use the outcome of practice trials to plan subsequent practice trials.				3. Detect and correct errors in personal skill performance.							
Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8			
11.3.1	Identify and demonstrate basic small group offensive and defensive tactics and strategies (e.g., body fakes, use of speed, change of direction, keeping body low while moving/guarding).					I	D	D	D	D			
11.3.2	Recognize necessity of warm-up before strenuous exercise and slow cool-down period after.	I	D	D	D	D	D	D	D	D			
11.3.3	Apply the movement principles and concepts to basic game strategies.					I	D	D	D	D			
11.3.4	Recall and demonstrate movement principles and concepts for selected motor patterns and combination skills (e.g., trajectory, force, speed).					I	D	D	D	D			
11.3.5	Understand scoring for games and sports.				I	D	D	D	D	D			

Early Elementary Benchmark		Later Elementary Benchmark				Middle School Benchmark							
4. Apply prior knowledge as cues for learning new skills.		4. Use corrective feedback from the teacher or peers to improve skill performance.				4. Demonstrate appropriate methods of practicing new skills.							
Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8			
11.4.1	Use movement principles to improve personal performance and provide feedback to others.					I	D	D	D	D			
11.4.2	Use feedback, including available technology, to improve performance.							I	D	D			
11.4.3	Apply bio-mechanical principles (e.g., spin, rebound effects of levers) to understand and perform skillful movements.							I	D	D			

Early Elementary Benchmark		Later Elementary Benchmark			Middle School Benchmark					
					5. Use skills in appropriate ways in selected games, sports and dance activities.					
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. Create/modify activities that require the use of selected skills.					
Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8

Early Elementary Benchmark		Later Elementary Benchmark			Middle School Benchmark					
					7. Recognize the importance of goal-setting in skill acquisition.					
Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8