

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

Diocese of Lansing

Grades K-8

June, 2006 Curriculum Objectives

Content Standard 12: All students will describe the effects of activity and inactivity and formulate examples of lifestyle choices that result in the development and maintenance of health related fitness.

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)
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Early Elementary Benchmark	Later Elementary Benchmark	Middle School Benchmark
1. Describe selected immediate effects of physical activity (e.g., increased heart rate, increased body temperature, muscle tension and faster breathing rate) <i>and lifestyle choices</i> .	1. Describe selected long term benefits of right kinds and amounts of physical activity (e.g., strong heart, flexible joints, strong muscles, correct body weight, good endurance, improved performances, optimal growth and good health).	1. Describe long term psychological effects of right kinds and regular amounts of physical activity (e.g., healthy physical self-image, ability to reduce stress, strong mental function and emotional health).

Code	Diocesan objective: the student will...	K	1	2	3	4	5	6	7	8
12.1.1	Be aware of the physiological signs of moderate physical activity (e.g., fast heart rate and heavy breathing).	I	D	D	D	D	D	D	D	D
12.1.2	Explain why physical activity is good for health.	I	D	D	D	D	D	D	D	D
12.1.3	Identify likes and dislikes connected with participation in physical activity.	I	D	D	D	D	D	D	D	D

Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8
12.1.4	Identify changes in the body that occur during moderate to vigorous physical activity.		I	D	D	D	D	D	D	D
12.1.5	Recognize the relationship between nutrition and physical fitness.			I	D	D	D	D	D	D
12.1.6	Describe the relationship between a healthy lifestyle and “feeling good”.						I	D	D	D

Early Elementary Benchmark	Later Elementary Benchmark	Middle School Benchmark
	2. Describe selected detrimental effects of physical activity (e.g., muscle soreness, overuse injuries, over-training, temporary tiredness and discovering inability).	2. Describe the effects of inactivity on health-related fitness, growth and performance.

Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8

Early Elementary Benchmark	Later Elementary Benchmark	Middle School Benchmark
		3. Analyze potential risks associated with selected lifelong physical activities commonly used to develop aerobic capacity, anaerobic capacity, muscular strength, muscular endurance, muscular power, flexibility, weight control and with selected physical recreational and competitive 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							
		4. Identify physical activities that can be used to improve each of the following health-related fitness components: cardiorespiratory endurance, body composition, flexibility, posture, muscular strength and endurance and weight control.				4. Analyze and categorize physical activities that will improve cardiorespiratory endurance; strength and endurance of the arms, shoulders and abdominal area; hip flexibility; and will result in an optimal level of body composition while avoiding the potential detrimental effects of the activity.							
Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8			
12.4.1	Identify and explore activities which require physical activity during non-school hours that enhances personal fitness.	I	D	D	D	D	D	D	D	D			
12.4.2	Identify and participate in individual or family-oriented physical activity opportunities outside of school.	I	D	D	D	D	D	D	D	D			

Early Elementary Benchmark		Later Elementary Benchmark				Middle School Benchmark							
		5. Identify a range of physical activities that those with physical disabilities can participate in to improve and/or maintain health.				5. Identify a range of physical activities that those with physical disabilities can participate in to improve and/or maintain health.							
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. Identify physical activities that contribute to feeling good (healthy).			6. Identify three life-long physical activities that one enjoys the most and summarize the reason why these activities are valued more than others.					
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 effects of heat, cold and selected substances (tobacco, alcohol and other drugs) on personal health and performance in physical activities.					
Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8
12.7.1	Investigate and self-assess the relationship between body composition, nutrition, use of tobacco, family history and levels of physical activity							I	D	D
12.7.2	Analyze and evaluate personal behaviors that support or do not support a healthy lifestyle.							I	D	D