

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

Diocese of Lansing

Grades K-8

June, 2006 Curriculum Objectives

Content Standard 14: All students will value physical activity and its contribution to lifelong health and well being.			
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 and enjoy feelings that result from participation in physical activities.	1. Feel satisfaction on days when engaging in physical activity.	1. Choose to exercise regularly outside of the classroom for personal enjoyment and benefit.

Code	Diocesan objective: the student will...	K	1	2	3	4	5	6	7	8
14.1.1	Develop desirable attitudes toward physical education fitness.	I	D	D	D	D	D	D	D	D
14.1.2	Seek personally challenging experience in physical education opportunities.				I	D	D	D	D	D
14.1.3	Experience the enjoyment of physical education by cooperating with classmates and teachers with full class participation.	I	D	D	D	D	D	D	D	D

Early Elementary Benchmark		Later Elementary Benchmark				Middle School Benchmark							
2. Enjoy participation in physical activities alone and with others.		2. Accept and respect difference and similarities in physical activity-related skills.				2. Enjoy aesthetic and creative aspects of skilled performance while respecting physical and performance limitations in self and others.							
Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8			
14.2.1	Evaluate the role of physical activity in today's society.						I	D	D	D			
14.2.2	Celebrate personal achievements and successes, as well as those of others.	I	D	D	D	D	D	D	D	D			
14.2.3	Appreciate skilled performance.	I	D	D	D	D	D	D	D	D			
14.2.4	Appreciate dance as a lifetime activity and an avenue for development of social relationships.						I	D	D	D			
14.2.5	Develop strategies for including persons of diverse backgrounds and abilities in physical activity settings.						I	D	D	D			

Early Elementary Benchmark		Later Elementary Benchmark				Middle School Benchmark							
3. Appreciate benefits that accompany compassion, cooperation, honesty and perseverance.		3. Be considerate of others in physical settings (e.g., show compassion, cooperation, fairness, honesty, loyalty, respect and responsibility).				3. Demonstrate a proper attitude in both winning and losing (e.g., show compassion, confidence, cooperation, fairness, honesty, loyalty, perseverance, respect, responsibility, self-discipline and work effort).							
Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8			