

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

Diocese of Lansing

Grades K-8

June, 2006 Curriculum Objectives

Content Standard 3: All students will demonstrate selected postural, non-locomotor and body control (movement) 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. Demonstrate the ability to perform non-locomotor skills (e.g., bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying and landing).		
2. Demonstrate good posture while walking or standing.	2. Demonstrate good posture while lifting, carrying, pushing, pulling and sitting.	

Code	Diocesan objective: the student will...	K	1	2	3	4	5	6	7	8
3.1.1	Stretch, bend, twist, turn, swing and sway whole body and individual parts.	I	D	M						

Early Elementary Benchmark		Later Elementary Benchmark				Middle School Benchmark							
3. Demonstrate appropriate form in falling-landing-rolling (e.g., landing, forward shoulder roll, backward shoulder roll).		3. Demonstrate mature form in falling-landing-rolling (e.g., landing, forward shoulder roll, backward shoulder roll).											
Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8			
3.3.1	Perform individual tumbling skills.	I	D	D	D	D	D	D	D	D	D	D	
3.3.2	Perform individual gymnastic skills.	I	D	D	D	D	D	D	D	D	D	D	
3.3.3	Perform educational gymnastic sequences with at least four non-manipulative movements.				I	D	D	D	D	D	D	D	

Early Elementary Benchmark		Later Elementary Benchmark				Middle School Benchmark							
4. Demonstrate appropriate form in selected balances (e.g., dynamic upright, static upright, inverted).		4. Demonstrate mature form in selected balances (e.g., dynamic upright, static upright, inverted).											
Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8			
3.4.1	Perform body balance activities.	I	D	D	D	D	D	D	D	D	D	D	
3.4.2	Perform smooth sequences that combine four or more of the following movements: traveling, balancing, rolling or other types of weight transfers.					I	D	D	D	D	D	D	

Early Elementary Benchmark		Later Elementary Benchmark				Middle School Benchmark					
5. Demonstrate mature form in selected vaulting and rope jumping 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					
6. Demonstrate mature form in selected twisting and turning skills.											
Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8	