

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

*Diocese of Lansing  
Grades K-8*

*June, 2006 Curriculum Objectives*

|  |  |   |  |
|--|--|---|--|
| <b>Content Standard 4: All students will demonstrate selected fundamental rhythmic skills.</b> |  |   |  |
| 1. MOTOR SKILLS<br>(Movement: locomotor and non-locomotor)                                     | 2. PHYSICAL FITNESS<br>(Measuring of fitness levels) | 3. COGNITIVE CONCEPTS<br>(Teaching cues and strategies) | 4. PERSONAL AND SOCIAL TRAITS<br>(Sportsmanship) |

| Early Elementary Benchmark   | Later Elementary Benchmark   | Middle School Benchmark |
|--|--|-------------------------|
| 1. Demonstrate locomotor skills in time to selected rhythmic patterns (e.g., even, uneven, fast and slow). | 1. Perform simple folk, square, creative and/or aerobic rhythmic activities. |                         |

| Code  | Diocesan objective: the student will...   | K | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-------|---|---|---|---|---|---|---|---|---|---|
| 4.1.1 | Select appropriate actions to match a steady beat.  | I | D | D | D |   |   |   |   |   |
| 4.1.2 | Move within basic formations: partners, scattered, line, circle.  | I | D | D | M |   |   |   |   |   |
| 4.1.3 | Demonstrate the ability to combine locomotor and non-locomotor skills to perform basic educational folk and creative dance sequences. |   |   | I | D | D | D | D | D | D |
| 4.1.4 | Use self-expressive movement.   |   | I | D | D | D | D | D | D | D |

