

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

*Diocese of Lansing*

*Grades K-8*

*June, 2006 Curriculum Objectives*

**Content Standard 5: All students will participate successfully in selected health-enhancing, lifelong physical activities.**

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. Demonstrate selected sport-specific skills in the following categories: swimming, individual, dual or team sports, dance, recreational games and outdoor pursuits.	1. Demonstrate an exposure level of competence from three of the following categories: swimming, personal conditioning, individual, dual or team sport, dance, recreational games and outdoor pursuits.

Code	Diocesan objective: the student will...	K	1	2	3	4	5	6	7	8
5.1.1	Engage in regular physical activity.	I	D	D	D	D	D	D	D	D
5.1.2	Identify and participate in new physical activities for personal interest.				I	D	D	D	D	D
5.1.3	Demonstrate selected sports skills in individual and team sports.					I	D	D	D	D