

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

Diocese of Lansing

Grades K-8

June, 2006 Curriculum Objectives

Content Standard 6: All students will develop and maintain healthy levels of cardiorespiratory endurance.			
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. Sustain moderate to intense levels of physical activity that cause increased heart rate, breathing rate, perspiration, etc. (e.g., running, galloping, skipping and hopping).	1. Meet standards on selected fitness activities that develop and maintain cardiorespiratory endurance (e.g., timed or distance walk/run and other endurance activities at specified heart rate.	1. Meet standards on selected fitness activities that develop and maintain cardiorespiratory endurance (e.g., timed or distance walk/run, and other endurance activities at specified heart rate/heart rate recovery).

Code	Diocesan objective: the student will...	K	1	2	3	4	5	6	7	8
6.1.1	Sustain moderate to vigorous physical activities for short periods of time.	I	D	D	D	D	D	D	D	D
6.1.2	Participate frequently and for short periods of time in sustained moderate to vigorous physical activities that cause increased heart and respiratory rate.		I	D	D	D	D	D	D	D

Code	Diocesan Objective: The student will. . .	K	1	2	3	4	5	6	7	8
6.1.3	Demonstrate the ability to understand the concept of pacing during cardiovascular endurance activities.	I	D	D	D	M				
6.1.4	Identify and participate in physical activities that promote cardiorespiratory benefits.			I	D	D	M			