

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

*Diocese of Lansing*

*Grades K-8*

*June, 2006 Curriculum Objectives*

<b>Content Standard 7: All students will develop and maintain healthy levels of muscular strength and endurance.</b>			
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. Control own weight in selected body support activities to develop muscular strength and endurance of the abdomen, lower back, upper body, thigh, lower leg and neck (e.g., climbing, hanging, hopping, jumping, animal walks and stunts).	1. Meet standards on selected fitness activities that develop and maintain muscular strength and endurance of the abdomen, lower back, upper body, thigh, lower leg and neck (e.g., push-up activities, curl-up activities, isometric strength activities, jump rope activities and bench-stepping activities).	1. Meet standards on selected fitness activities that develop and maintain muscular strength and endurance of the abdomen, lower back, upper body, thigh, lower leg and neck (e.g., calisthenic activities and resistance training).

Code	Diocesan objective: the student will...	K	1	2	3	4	5	6	7	8
7.1.1	Identify and participate in physical activities that promote muscular strength benefits.			I	D	D	D	D	D	D
7.1.2	Understand and apply basic principles of training to improve muscular strength.						I	D	D	D