

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

Diocese of Lansing

Grades K-8

June, 2006 Curriculum Objectives

Content Standard 8: All students will develop and maintain healthy levels of flexibility of selected joints of the body.			
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. Move major joints of the arms, legs and trunk through a full range of motions.	1. Meet standards on selected fitness activities (e.g., sit and reach, trunk twists, and arm-shoulder stretches) that develop and maintain flexibility of the major joints of the hip/low back, shoulder, neck, ankle and trunk.	1. Meet standards on selected fitness activities (e.g., sit and reach, trunk twists, and arm-shoulder stretches) that develop and maintain flexibility of the major joints of the hip/low back, shoulder, neck, ankle and trunk.

Code	Diocesan objective: the student will...	K	1	2	3	4	5	6	7	8
8.1.1	Demonstrate knowledge of flexibility through warm up activities, and perform exercises that enhance proper flexibility in a variety of muscle groups.	I	D	D	D	D	D	D	D	D
8.1.2	Identify and participate in physical activities that promote flexibility benefits.			I	D	D	D	D	D	D