

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

*Diocese of Lansing*

*Grades K-8*

*June, 2006 Curriculum Objectives*

<b>Content Standard 9: All students will develop and maintain healthy levels of body composition.</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)

<b>Early Elementary Benchmark</b>	<b>Later Elementary Benchmark</b>	<b>Middle School Benchmark</b>
1. Recognize similarities and differences in body height, weight and shape.	Describe the effects of physical activity and nutrition on body composition.	Assess personal status of body composition.

Code	Diocesan objective: the student will...	K	1	2	3	4	5	6	7	8
<b>Early Elementary Benchmark</b>		<b>Later Elementary Benchmark</b>			<b>Middle School Benchmark</b>					
2. Identify the lean and fat components of the body.		Develop and maintain health-related levels of body composition.								
Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8

Early Elementary Benchmark		Later Elementary Benchmark					Middle School Benchmark							
3. Meet health-related height, weight and shape.														
Code	Diocesan objective: The student will . . .	K	1	2	3	4	5	6	7	8				
9.3.1	Examine one or two components of a health-related fitness assessment.		I	D	D	D	D	D	M					
9.3.2	Examine two or three components of health related fitness.			I	D	D	D	D	D	M				
9.3.3	Complete a modified version of a health-enhancing physical fitness assessment.	I	D	D	D	D	D	D	D	D				
9.3.4	Apply data from a standardized health-related fitness assessment to determine personal fitness goals.		I	D	D	D	D	D	D	D				
9.3.5	Apply the FITT (frequency, intensity, time and type) principle of training to implement personal fitness goals.					I	D	D	D	D				
9.3.6	Meet the gender and age health-related fitness standards as defined by the Fitnessgram or President’s Physical Fitness Challenge.							I	D	D				