

Report Card for PE grades K-5

Kindergarten

Demonstrates behaviors that promote learning related to health and fitness from among the following content areas:

- Respect the rights and feelings of others
- Actively listens and follows directions
- Stays on task
- Contributes positively
- Nutrition and the body

First Grade

Demonstrates behaviors that promote learning

- Respect the rights and feelings of others
- Actively listens and follows directions
- Stays on task
- Contributes positively

Demonstrates knowledge, skills and concepts related to health and fitness from among the following content areas:

- Recognizes and demonstrates mature form in
 - Locomotor (i.e. walk, jog, run, hop, jump, gallop, shuffle)
 - Non-locomotor (i.e. bend, twist, stretch, push, pull)
 - Uses manipulatives alone and with a partner (i.e. rolling, tossing, throwing over/underhand)
 - Balance and rhythm
- Demonstrates movement concepts
 - Personal/general space
 - Pathways (i.e. zig-zag, curve, straight)
 - Directions (i.e. forward, backward, diagonal, sideways)
 - Levels (i.e. high, medium, low)
 - Moves safely in a variety of activities
 - Game strategies
- Recognizes basic fitness vocabulary
 - Physical activities, heart, lungs, heartbeat, breath, muscles
- Understands skills and concepts related to health
 - Nutrition and body

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Second Grade

Demonstrates behaviors that promote learning

- Respect the rights and feelings of others
- Actively listens and follows directions
- Stays on task
- Contributes positively

Demonstrates knowledge, skills and concepts related to health and fitness from among the following content areas:

- Recognizes and demonstrates mature form in
 - Locomotor (i.e. jog, run, hop, jump, gallop, shuffle/slide, skip, leap)
 - Non-locomotor (i.e. bend, twist, stretch, push, pull)
 - Uses manipulatives alone and with a partner (i.e. rolling, tossing, throwing over/underhand, catching, bouncing, dribbling, kicking/punting)
 - Balance and rhythm
- Demonstrates movement concepts
 - Personal/general space
 - Pathways (i.e. zig-zag, curve, straight)
 - Directions (i.e. forward, backward, diagonal, sideways)
 - Levels (i.e. high, medium, low)
 - Moves safely in a variety of activities
 - Game strategies
- Recognizes basic fitness vocabulary
 - Fitness, heart rate, pacing, muscle strength, muscle endurance, flexibility
- Understands skills and concepts related to health
 - Nutrition and body

Third Grade

Demonstrates behaviors that promote learning

- Actively listens and follows directions
- Stays on task
- Contributes positively

Demonstrates knowledge, skills and concepts related to health and fitness from among the following content areas:

- Demonstrates locomotor, non-locomotor, manipulatives, balance and rhythm skills

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- Linking one skill to another with smooth transitions
- Manipulative skills (throwing while moving at a stationary target)
- Applies movement concepts
 - In cooperative situations
 - Uses offensive and defensive strategies
- Recognizes the health and skill related components of fitness
 - Cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition
 - Power, agility, balance, speed, coordination, reaction time
- Understands skills and concepts related to health
 - Nutrition and body

Fourth Grade

Demonstrates behaviors that promote learning

- Actively listens and follows directions
- Stays on task
- Contributes positively

Demonstrates knowledge, skills and concepts related to health and fitness from among the following content areas:

- Demonstrates locomotor, non-locomotor, manipulatives, balance and rhythm skills in group activities
 - Linking one skill to another with smooth transitions
 - Manipulative skills (throwing while moving at a stationary target)
- Applies movement concepts
 - In cooperative situations
 - Understands and applies the need for different roles within a team game (offense and defense)
- Applies the health and skill related components of fitness
 - Cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition
 - Power, agility, balance, speed, coordination
- Understands skills and concepts related to health
 - Nutrition and body

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Fifth Grade

Demonstrates behaviors that promote learning

- Actively listens and follows directions
- Stays on task
- Contributes positively

Demonstrates knowledge, skills and concepts related to health and fitness from among the following content areas:

- Demonstrates locomotor, non-locomotor, manipulatives, balance and rhythm skills in group activities
- Applies movement concepts
 - In cooperative situations
 - Understands and applies the need for different roles within a team game (offense and defense)
- Analyzes the health and skill related components of fitness
 - Cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition
 - Power, agility, balance, speed, coordination, reaction time
- Understands skills and concepts related to health
 - Nutrition and body

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Kindergarten through Fifth Grade

Recognizes the value of health and physical education

	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
Health	Recognizes that physical activity is important for good health.	Identifies physical activity as a component of good health.	Recognizes the value of "good health balance."	Discusses the relationship between physical activity and good health.	Examines the health benefits of participating in physical activity.	Compares the health benefits of participating in selected physical activities.
Challenge	Acknowledges that some physical activities are difficult.	Recognizes that challenge in physical activities can lead to success.	Compares physical activities that bring confidence and challenge.	Discusses the challenge that comes from learning a new physical activity.	Rates the enjoyment of participating in challenging and mastered physical activities.	Expresses the enjoyment and/or challenge of participating in a favorite physical activity.
Self-Expression and Enjoyment	Identifies physical activities that are enjoyable. Discusses the enjoyment of playing with peers.	Describes and discusses positive feelings that result from participation.	Identifies physical activities that provide self-expression.	Reflects on the reasons for enjoying selected physical activities.	Ranks the enjoyment of participating in different physical activities.	Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.
Social Interaction	Developmentally appropriate/ emerging outcomes first appear in Grade 3.	Developmentally appropriate/ emerging outcomes first appear in Grade 3.	Developmentally appropriate/ emerging outcomes first appear in Grade 3.	Describes the positive social interactions that come when engaged with other in physical activity.	Describes and compares the positive social interactions when engaged in partner, small-group and large-group physical activities.	Describes the social benefits gained from participating in physical activity.

SHAPE America. (2015). National standards & grade-level outcomes for K-12 physical education. Champaign, IL: Human Kinetics.