




Standard: Demonstrates Motor Skills and Movement Patterns		
Student Learning Expectation:	I Can Statement:	Ideas Regarding Acceptable Evidence of Student Learning:
<p>The student...</p> <p>1. will be able to demonstrate a variety of locomotor Movements in fitness/game activities. (Hop, jump, skip, gallop, slide, run, jog and walk). (21st -H)</p> <p>2. demonstrates their throwing, catching and dribbling skills using proper form. (21st -H)</p> <p>3. will demonstrate their eye-hand coordination through manipulative objects (balls, jump ropes, cups, scarves, and rackets). (21st -H)</p>	<p>I can...</p> <p>a. demonstrate a hop, skip, gallop, slide, run, jog, and walk during a game.</p> <p>a. throw, catch and dribble correctly.</p> <p>a. demonstrate skills by using balls, jump ropes, cups, scarves, and rackets during an activity.</p>	<ul style="list-style-type: none"> • Refer to locomotor rubric • Teacher observation • Peer/self Assessment • Refer to throwing rubric • Refer to catching rubric • Refer to dribbling rubric • Teacher observation • Peer/self assessment • Refer to manipulative rubric • Teacher observation • Peer/self assessment

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(21st -F)=Financial Literacy
 (21st-E)=Employability Skills
 (21st-T)=Technology Literacy
 (21st-C)=Civic Literacy
 (21st-H)=Health Literacy

Standard: Movement Concepts		
Student Learning Expectation:	<i>I Can Statement:</i>	Ideas Regarding Acceptable Evidence of Student Learning:
<p>The student...</p> <p>1. will be able to apply basic concepts, rules, strategies to games and activities. (21st -E, H)</p> <p>2. demonstrates an understanding of physical activity concepts which maintain or enhance a healthy, active lifestyle. (21st -H).</p>	<p>I can...</p> <p>a. play by the rules of a game.</p> <p>a. tell the teacher I need 60 minutes of activity daily to be healthy.</p> <p>b. tell the teacher at least three ways exercise helps my body.</p> <p>c. Identify activities that make my heart and body stronger and more flexible.</p>	<ul style="list-style-type: none"> • Question and answer session • Demonstration and review • Teacher Observation • Self assessment • Question and answer • 60 minutes every day

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Standard: Physical Fitness		
Student Learning Expectation:	<i>I Can</i> Statement:	Ideas Regarding Acceptable Evidence of Student Learning:
<p>The student...</p> <p>1. will be able to sustain age-appropriate moderate to vigorous physical activity involving cardiovascular endurance, strength and flexibility for a designated period of time. (21st - H).</p> <p>2. will be in the Healthy Fitness Zone for a majority of the tested areas using Fitnessgram. (21st -H).</p>	<p>I can...</p> <p>a. play a game without stopping. b. participate in activities that make me stronger, more flexible, and make my heart healthier.</p> <p>a. be in the Healthy Fitness Zone.</p>	<ul style="list-style-type: none"> • Teacher observation of student • Refer to rubric • Heart rate baton or check pulse • Fitnessgram test • See PE Fitnessgram Healthy Fitness Standards

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Standard: Values and Participates in Physical Activity		
Student Learning Expectation:	I Can Statement:	Ideas Regarding Acceptable Evidence of Student Learning:
<p>The student...</p> <p>1. willing to learn and participate in a variety of skills and games. (21st - H)</p> <p>2. will show good sportsmanship by accepting and respecting decisions made during a game by the teacher and peers. (21st -H)</p>	<p>I can...</p> <p>a. participate in all activities in PE class to stay healthy.</p> <p>a. show good sportsmanship by playing fair and by the rules.</p>	<ul style="list-style-type: none"> • Refer to participation rubric • Teacher Observation • Teacher observation • Sportsmanship rubric • Self Assessment

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