

Diocese of Madison
Physical Education Standards and Benchmarks for Grades K-8

K.PE Kindergarten Physical Education

- K.PE.1 The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns
 - K.PE.1.A Perform simple locomotor skills such as jumping and landing, hopping, galloping, running, jogging, skipping, sliding, leaping, etc., while maintaining balance
 - K.PE.1.B Perform locomotor skills in response to teacher-led creative dance
 - K.PE.1.C Demonstrate balance and transfer weight from one body part to another
 - K.PE.1.D Demonstrate ability to strike a nonmoving object with an implement
 - K.PE.1.E Demonstrate ability to manipulate individually by underhand throwing, kicking, catching, rolling, dribbling, and volleying
 - K.PE.1.F Demonstrate ability to strike a nonmoving object with an implement
- K.PE.2 The physically literate individual will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance
 - K.PE.2.A Move in personal and general space to a rhythm and in different pathways
 - K.PE.2.B Travel in general space with different speeds
- K.PE.3 The physically literate individual will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
 - K.PE.3.A Identify active-play opportunities outside physical education class
 - K.PE.3.B Recognize that moving faster results in a faster heartbeat and breathing pattern
 - K.PE.3.C Recognize that food provides energy for physical activity
- K.PE.4 The physically literate individual will exhibit responsible personal and social behavior that respects self and others
 - K.PE.4.A Follow directions in group settings and take responsibility for behavior when prompted
 - K.PE.4.B Accept directions when prompted
 - K.PE.4.C Share equipment and space with others
 - K.PE.4.D Recognize class routines and rules
 - K.PE.4.E Follow directions for safe participation and proper use of equipment with minimal reminders
- K.PE.5 The physically literate individual will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction
 - K.PE.5.A Recognize that physical activity is important for good health
 - K.PE.5.C Acknowledge that some physical activities are challenging or difficult
 - K.PE.5.D Identify physical activities that are enjoyable

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1.PE First Grade Physical Education

- 1.PE.1 The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns
 - 1.PE.1.A Perform simple locomotor skills such as jumping and landing, hopping, galloping, running, jogging, skipping, sliding, leaping, etc., while maintaining balance
 - 1.PE.1.B Combine locomotor and nonlocomotor skills in a teacher-designed dance
 - 1.PE.1.C Demonstrate balance and transfer weight while maintaining control of the body
 - 1.PE.1.D Demonstrate ability to strike a nonmoving object with an implement
 - 1.PE.1.E Demonstrate ability to manipulate individually, toward a target, by overhand throwing, kicking, catching, rolling, dribbling, and volleying
 - 1.PE.1.F Demonstrate ability to strike a nonmoving object with an implement
- 1.PE.2 The physically literate individual will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance
 - 1.PE.2.A Move in personal and general space to a rhythm within varying levels and in relationship to objects
 - 1.PE.2.B Differentiate between fast and slow speeds, as well as strong and light force
- 1.PE.3 The physically literate individual will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
 - 1.PE.3.A Discuss the benefits of being active, exercising, and playing
 - 1.PE.3.B Identify the heart as a muscle that grows stronger with physical activity
 - 1.PE.3.C Differentiate between healthy and unhealthy foods
- 1.PE.4 The physically literate individual will exhibit responsible personal and social behavior that respects self and others
 - 1.PE.4.A Accept personal responsibility by following rules when using equipment within the learning environment
 - 1.PE.4.B Respond appropriately to general feedback from the teacher
 - 1.PE.4.C Work independently with others in a variety of class environments
 - 1.PE.4.D Demonstrate class routines and rules
 - 1.PE.4.E Follow directions for safe participation and proper use of equipment without teacher reminders
- 1.PE.5 The physically literate individual will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction
 - 1.PE.5.A Identify physical activity as a component of good health
 - 1.PE.5.C Recognize that challenge in physical activities can lead to success
 - 1.PE.5.D Recognize positive feelings that result from participating in physical activities

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2.PE Second Grade Physical Education

- 2.PE.1 The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns
 - 2.PE.1.A Perform locomotor skills in a mature pattern
 - 2.PE.1.B Perform a teacher and/or student-designated rhythmic activity with correct response to simple rhythms
 - 2.PE.1.C Demonstrate control of the body in varying leveled positions
 - 2.PE.1.D Demonstrate ability to strike a moving object with an implement
 - 2.PE.1.E Demonstrate ability to manipulate with a partner by throwing, kicking, catching, rolling, passing, and volleying
 - 2.PE.1.F Demonstrate ability to strike a moving object with an implement
- 2.PE.2 The physically literate individual will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance
 - 2.PE.2.A Demonstrate locomotor skills through shapes, levels, and pathways
 - 2.PE.2.B Vary time and force with gradual increases and decreases
- 2.PE.3 The physically literate individual will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
 - 2.PE.3.A Understand large-motor and/or manipulative physical activities for participation outside physical education class
 - 2.PE.3.B Identify physical activities that contribute to fitness
 - 2.PE.3.C Recognize the balance between nutrition and physical activity
- 2.PE.4 The physically literate individual will exhibit responsible personal and social behavior that respects self and others
 - 2.PE.4.A Practice skills with minimal teacher prompting
 - 2.PE.4.B Accept specific corrective feedback from the teacher
 - 2.PE.4.C Work independently with others in partner environments
 - 2.PE.4.D Recognize the role of rules and etiquette in teacher-designed activities
 - 2.PE.4.E Work independently and safely
- 2.PE.5 The physically literate individual will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction
 - 2.PE.5.A Recognize the relationship between nutrition and physical activity
 - 2.PE.5.C Understand that physical activities can bring confidence and challenge
 - 2.PE.5.D Describe positive feelings that result from participating in physical activities

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3.PE Third Grade Physical Education

- 3.PE.1 The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns
 - 3.PE.1.A Perform locomotor skills in a mature pattern
 - 3.PE.1.B Perform teacher-selected and developmentally appropriate dance steps and movement patterns
 - 3.PE.1.C Apply balance and transfer weight within an activity
 - 3.PE.1.D Demonstrate ability to manipulate with a variety of implements
 - 3.PE.1.E Demonstrate ability to manipulate with accuracy
 - 3.PE.1.F Demonstrate ability to manipulate with a variety of implements
- 3.PE.2 The physically literate individual will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance
 - 3.PE.2.A Demonstrate locomotor skills within open spaces through a wide variety of physical activities
 - 3.PE.2.B Combine movement concepts, including direction, levels, force, and time, with skills
 - 3.PE.2.C Apply simple strategies and tactics in chasing and fleeing activities
- 3.PE.3 The physically literate individual will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
 - 3.PE.3.A Identify physical activity benefits as a way to become healthier
 - 3.PE.3.B Recognize the importance of warm-up and cool down
 - 3.PE.3.C Identify foods and beverages that are beneficial for before and after physical activity
- 3.PE.4 The physically literate individual will exhibit responsible personal and social behavior that respects self and others
 - 3.PE.4.A Exhibit personal responsibility in teacher-directed activities, and work independently for extended periods of time
 - 3.PE.4.B Accept and implement specific corrective feedback from the teacher
 - 3.PE.4.C Work cooperatively with others, encouraging one another
 - 3.PE.4.D Recognize the role of rules and etiquette in activities involving peers
 - 3.PE.4.E Work independently and safely
- 3.PE.5 The physically literate individual will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction
 - 3.PE.5.A Recognize the relationship between physical activity and good health
 - 3.PE.5.C Recognize the challenges that come from learning new physical activities
 - 3.PE.5.D Understand the reasons for enjoying selected physical activities
 - 3.PE.5.E Recognize the need to work with others

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4.PE Fourth Grade Physical Education

- 4.PE.1 The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns
 - 4.PE.1.A Combine locomotor skills within the context of individual and team activities
 - 4.PE.1.B Combine locomotor movement patterns and dance steps to create and perform an original dance
 - 4.PE.1.C Apply balance and weight transfer while using an apparatus
 - 4.PE.1.D Demonstrate ability to manipulate with a variety of implements
 - 4.PE.1.E Demonstrate ability to manipulate with varying objects
 - 4.PE.1.F Demonstrate ability to manipulate with a variety of implements
- 4.PE.2 The physically literate individual will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance
 - 4.PE.2.A Apply the concept of moving in open and closed spaces to combination skills
 - 4.PE.2.B Demonstrate movement concepts of speed and endurance with appropriate force and direction
 - 4.PE.2.C Apply simple offensive and defensive strategies in chasing and fleeing activities
- 4.PE.3 The physically literate individual will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
 - 4.PE.3.A Apply opportunities for participating in physical activity outside of physical education class
 - 4.PE.3.B Identify the components of health-related fitness
 - 4.PE.3.C Discuss the importance of hydration and hydration choices relative to physical activities
- 4.PE.4 The physically literate individual will exhibit responsible personal and social behavior that respects self and others
 - 4.PE.4.A Display responsible behavior in independent group situations
 - 4.PE.4.B Listen respectfully to corrective feedback from others
 - 4.PE.4.C Accept players of all skill levels
 - 4.PE.4.D Exhibit etiquette and adherence to rules in a variety of physical activities
 - 4.PE.4.E Work safely with peers and equipment
- 4.PE.5 The physically literate individual will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction
 - 4.PE.5.A Understand the health benefits of participating in physical activity
 - 4.PE.5.C Understand the challenges that come from learning new physical activities
 - 4.PE.5.D Understand the enjoyment of participating in different physical activities
 - 4.PE.5.E Understand how to work with partners, small groups, and large groups

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5.PE Fifth Grade Physical Education

- 5.PE.1 The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns
 - 5.PE.1.A Combine locomotor skills with manipulative skills within the context of individual and team activities
 - 5.PE.1.B Demonstrate mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics, and dance
 - 5.PE.1.C Exhibit control of the body in terms of balance and weight transfer within an activity
 - 5.PE.1.D Demonstrate ability to manipulate with a variety of implements with accuracy
 - 5.PE.1.E Demonstrate ability to manipulate with varied objects with accuracy
 - 5.PE.1.F Demonstrate ability to manipulate with a variety of implements with accuracy
- 5.PE.2 The physically literate individual will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance
 - 5.PE.2.A Combine spacial and movement concepts within an activity
 - 5.PE.2.B Apply movement concepts of speed and endurance with appropriate force and direction within an activity
 - 5.PE.2.C Apply simple offensive and defensive strategies within an activity
- 5.PE.3 The physically literate individual will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
 - 5.PE.3.A Understand how opportunities for participating in physical activity outside of physical education class benefits fitness
 - 5.PE.3.B Understand the difference between skill-related and health-related fitness
 - 5.PE.3.C Understand the impact of food choices relative to physical activity
- 5.PE.4 The physically literate individual will exhibit responsible personal and social behavior that respects self and others
 - 5.PE.4.A Engage in physical activity with responsible interpersonal behavior
 - 5.PE.4.B Give corrective feedback respectfully to peers
 - 5.PE.4.C Accept, recognize, and actively involve others with all skill levels
 - 5.PE.4.D Exhibit etiquette and adherence to rules in a variety of physical activities
 - 5.PE.4.E Apply safety principles during activities
- 5.PE.5 The physically literate individual will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction
 - 5.PE.5.A Understand how being physically active leads to a healthy body
 - 5.PE.5.C Describe the challenges that come from learning new physical activities
 - 5.PE.5.D Understand reasons for a positive or negative response to physical activities
 - 5.PE.5.E Describe social aspects of participating in physical activities

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6.PE Sixth Grade Physical Education

- 6.PE.1 The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns
 - 6.PE.1.B Demonstrate correct rhythm and pattern for various dance forms
 - 6.PE.1.C Apply appropriate timing while performing activities involving balance and weight transfer
 - 6.PE.1.D Apply ability to manipulate a variety of implements within organized settings
 - 6.PE.1.E Apply ability to manipulate varying objects within organized settings
 - 6.PE.1.F Apply ability to manipulate a variety of implements within organized settings
- 6.PE.2 The physically literate individual will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance
 - 6.PE.2.A Demonstrate creating and reducing space within an activity
 - 6.PE.2.B Identify movement concepts while varying placement, force, timing, and pacing within an activity
 - 6.PE.2.C Identify how movement concepts are related to offensive and defensive tactics and strategies
- 6.PE.3 The physically literate individual will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
 - 6.PE.3.A Describe how being physically active leads to a healthy body
 - 6.PE.3.B Identify the components of skill-related and health-related fitness
 - 6.PE.3.C Identify foods within each of the basic food groups and selects appropriate servings and portions for his/her age and physical activity levels
- 6.PE.4 The physically literate individual will exhibit responsible personal and social behavior that respects self and others
 - 6.PE.4.A Exhibit personal responsibility by using appropriate etiquette, demonstrating respect for facilities and exhibiting safe behaviors
 - 6.PE.4.B Demonstrate self-responsibility by implementing specific corrective feedback to improve performance
 - 6.PE.4.C Accept differences among classmates in physical development, maturation, and varying skill levels by providing encouragement and positive feedback
 - 6.PE.4.D Exhibit etiquette and adherence to rules in a variety of physical activities
 - 6.PE.4.E Independently use physical activity and exercise equipment appropriately and safely
- 6.PE.5 The physically literate individual will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction
 - 6.PE.5.A Understand differing health benefits of participating in various physical activities
 - 6.PE.5.B Identify components of physical activity that provide opportunities for reducing stress and for social interaction
 - 6.PE.5.C Understand how to cope with individual challenges in a positive manner
 - 6.PE.5.D Understand how self-expression and physical activity are related
 - 6.PE.5.E Demonstrate respect for self and others in activities and games by following the rules, encouraging others, and playing in the spirit of the game or activity

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7.PE Seventh Grade Physical Education

- 7.PE.1 The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns
 - 7.PE.1.B Demonstrate correct rhythm and pattern for various dance forms
 - 7.PE.1.C Apply appropriate timing while performing activities involving balance and weight transfer
 - 7.PE.1.D Apply ability to manipulate a variety of implements within organized settings
 - 7.PE.1.E Apply ability to manipulate varying objects within organized settings
 - 7.PE.1.F Apply ability to manipulate a variety of implements within organized settings
- 7.PE.2 The physically literate individual will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance
 - 7.PE.2.A Demonstrate creating and reducing space within an organized game activity
 - 7.PE.2.B Demonstrate movement concepts while varying placement, force, timing, and pacing within an activity
 - 7.PE.2.C Demonstrate how movement concepts are related to offensive and defensive tactics and strategies
- 7.PE.3 The physically literate individual will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
 - 7.PE.3.A Identify barriers related to maintaining a physically active lifestyle and seek solutions for eliminating those barriers
 - 7.PE.3.B Distinguish between skill-related and health-related fitness
 - 7.PE.3.C Develop strategies for balancing healthy food, snacks, and water intake, along with daily physical activity
- 7.PE.4 The physically literate individual will exhibit responsible personal and social behavior that respects self and others
 - 7.PE.4.A Exhibit responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors and supporting classmates
 - 7.PE.4.B Provide corrective feedback to a peer, using teacher-generated guidelines, and incorporate appropriate tone and other communication skills
 - 7.PE.4.C Demonstrate cooperation skills by establishing rules and guidelines for resolving conflicts
 - 7.PE.4.D Demonstrate knowledge of rules and etiquette by self-officiating activities
 - 7.PE.4.E Independently use physical activity and exercise equipment appropriately and safely
- 7.PE.5 The physically literate individual will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction
 - 7.PE.5.A Explain differing health benefits of participating in various physical activities
 - 7.PE.5.B Identify positive mental and emotional aspects of participating in a variety of physical activities
 - 7.PE.5.C Understand how to cope with team challenges in a positive manner
 - 7.PE.5.D Describe the relationship between self-expression and lifelong enjoyment through physical activity
 - 7.PE.5.E Demonstrate the importance of social interaction by helping and encouraging others, avoiding trash talk, and providing support to classmates

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8.PE Eighth Grade Physical Education

- 8.PE.1 The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns
 - 8.PE.1.B Demonstrate correct rhythm and pattern for various dance forms with a partner
 - 8.PE.1.C Apply weight transfer and balance to lifetime activities
 - 8.PE.1.D Demonstrate strategic manipulation of an object with an implement within organized settings
 - 8.PE.1.E Demonstrate strategic manipulation of objects within organized settings
 - 8.PE.1.F Demonstrate strategic manipulation of an object with an implement within organized settings
- 8.PE.2 The physically literate individual will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance
 - 8.PE.2.A Demonstrate creating and reducing space within an organized game activity
 - 8.PE.2.B Apply movement concepts while varying placement, force, timing, and pacing within an activity
 - 8.PE.2.C Apply speed, direction, and communication to offensive and defensive tactics and strategies
- 8.PE.3 The physically literate individual will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
 - 8.PE.3.A Explain the connections between fitness and overall physical and mental health
 - 8.PE.3.B Identify skills and activities within the five components of health-related fitness
 - 8.PE.3.C Describe the relationship between poor nutrition and health risk factors
- 8.PE.4 The physically literate individual will exhibit responsible personal and social behavior that respects self and others
 - 8.PE.4.A Accept responsibility for improving one's own levels of physical activity and fitness
 - 8.PE.4.B Provide encouragement and feedback to peers without prompting from the teacher
 - 8.PE.4.C Respond appropriately to peer behavior by using rules and guidelines for resolving conflicts
 - 8.PE.4.D Demonstrate knowledge of rules and etiquette by self-officiating activities
 - 8.PE.4.E Independently use physical activity and exercise equipment appropriately, identifying specific safety concerns associated with a particular activity
- 8.PE.5 The physically literate individual will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction
 - 8.PE.5.A Identify the five components of health-related fitness and describe the connections between fitness and overall physical health
 - 8.PE.5.B Describe the connections between fitness and overall mental and emotional health
 - 8.PE.5.C Demonstrate problem-solving techniques when coping with individual and/or team challenges in a positive manner
 - 8.PE.5.D Demonstrate enjoyment through self-selected physical activities
 - 8.PE.5.E Demonstrate respect for self by asking for help and helping others in various physical activities