

LEARNING OUTCOMES

Physical Education (G1-G12)

Grade 1: learning outcomes:

- Move through general space while maintaining control (e.g., walking in a circle in the same direction).
- Change level of body position while maintaining control (e.g., high, medium, low).
- Demonstrate proper technique for performing specific locomotor movement skills.
- Demonstrate proper technique for performing specific manipulative movement skills.
- Participate daily (e.g., five times a week) in moderate to vigorous physical activities.

Grade 2: learning outcomes:

- Move through general space, incorporating directional changes.
- Demonstrate proper technique for performing specific non-locomotor movement skills including but not limited to the following:
 - rock and sway.
 - swing.
 - step turn.
- Demonstrate proper ready position for locomotor movement skills.
- Demonstrate proper technique for performing specific manipulative movement skills including but not limited to the following:
 - one-handed throw underhand.
 - two-handed catch without trapping against body.
- Participate daily (e.g., five times a week) in moderate to vigorous physical activities.
- Demonstrate safe behaviors when participating in physical activity.
- Demonstrate respect for others during physical activity.

Grade 3: learning outcomes:

- Demonstrate an ability to balance in a variety of activities
- Demonstrate proper technique for performing specific locomotor movement skills including but not limited to the following:
 - running jump.
 - leap.
- Demonstrate proper technique for performing specific manipulative movement skills including but not limited to the following:
 - Pull or push an object.
 - Kick an object to a stationary target.
 - Trap an object with the foot.
- Perform selected non-locomotor and locomotor movement skills in sequence.
- Demonstrate safe behaviors while participating in a variety of physical activities.
- Demonstrate respect and encouragement for others during a variety of types of physical activity.
- Demonstrate leadership in physical activity.

Grade 4: learning outcomes:

- Adjust speed, force, level, pathway, and direction in relation to people or moving objects

- Demonstrate proper technique to send and receive various objects with control, including but not limited to the following:
 - One-handed catch underhand and overhand
 - Strike a moving object with implement
 - Strike an object with hand
 - One-handed throw overhand
 - Dribble an object with feet
- Select non-locomotor, locomotor, and manipulative movements to create sequences.
- Participate daily (e.g., five times a week) in a variety of moderate to vigorous physical activities.
- Demonstrate an ability to participate safely in specific physical activities.
- Demonstrate leadership in selected physical activities.
- Describe fair play principles for participating in physical activity.

Grade 5: learning outcomes:

- Demonstrate preparation (ready position), movement, and follow-through phases of a selected activity.
- Demonstrate proper technique to send an object (e.g., kick, strike, throw).
- Demonstrate proper technique to receive (e.g., catch) an object while adjusting to varying speeds.
- Create structured, repeatable sequences of non-locomotor, locomotor, and manipulative movement.
- Demonstrate safe use of equipment and facilities to avoid putting self and others at risk.
- Describe the importance of warmup and cooldown routines for specific activities.
- Demonstrate fair play in physical activity.
- Demonstrate leadership in physical activity.
- Develop muscular strength and endurance, cardiovascular endurance, and/or flexibility.

Grade 6: learning outcomes:

- Practice learned non-locomotor, locomotor, and manipulative movement skills in order to improve.
- Demonstrate offensive and defensive strategies in a variety of activity categories.
- Demonstrate the proper technique to send and receive an object.
- Apply a combination of learned skills to create original sequences, drills, challenges, or games.
- Demonstrate safe procedures for specific physical activities (e.g., wearing safe attire for the activity).
- Demonstrate leadership in respecting individual differences and abilities during physical activity.
- Develop muscular strength and endurance, cardiovascular endurance, and/or flexibility.
- Model fair play when participating in physical activity.

Grade 7: learning outcomes:

- Apply learned movement skills in new and unfamiliar physical activities.
- Demonstrate proper technique to send and receive objects with accuracy, distance.
- Perform sequences using learned non-locomotor, locomotor, and manipulative movement skills.
- Apply safe procedures for specific physical activities.
- Model leadership in creating a positive climate for physical activity (e.g., mentoring, organizing).
- Model fair play in all aspects of physical activity.
- Participate daily (e.g., five times a week) in a variety of moderate to vigorous physical activities.

Grade 8: learning outcomes:

- Apply fundamental movement skills in structured individual and dual activities.
- Apply fundamental movement skills in games activities in predictable situations.
- Apply fundamental movement skills in structured rhythmic movement activities.
- Demonstrate principles of training for improving their fitness.
- Relate activity-based movement skills to movement concepts, including
 - Body awareness (e.g., parts of the body, weight transfer).
 - Spatial awareness (e.g., personal and general space, directional, pathways, levels, planes).
 - Qualities of movement (e.g., speed, force, flow).
 - Relationships (e.g., to people, to objects).
- Demonstrate behaviors that minimize the risk of injury to self and others in physical activity.
- Demonstrate fair play in physical activities across the activity categories.
- Demonstrate a willingness to participate in a wide range of physical activities.
- Participate daily in moderate to vigorous physical activity to enhance fitness.

Grade 9: learning outcomes:

- Apply fundamental movement skills in a range of individual and dual activities.
- Apply fundamental movement skills in games activities in predictable and unpredictable settings.
- Apply fundamental movement skills in structured complex rhythmic movement activities.
- Apply selected principles of training to improve fitness.
- Apply a range of movement concepts (including concepts associated with body awareness).
- Demonstrate proper use of equipment and facilities.
- Demonstrate fair play in all physical activities across the activity categories.
- Demonstrate a willingness to participate in a wide range of physical activities.

Grade 10: learning outcomes:

- Apply fundamental movement skills in a range of complex individual and dual activities.

- Apply fundamental movement skills in a range of rhythmic movement activities.
- Apply principles of training to improve fitness.
- Apply movement concepts (including concepts associated with body awareness, spatial awareness).
- Apply leadership in a wide range of physical activity situations.
- Participate daily in moderate to vigorous physical activity to enhance fitness.
- Apply fair play conduct in all physical activities across the activity categories.

Grade 11: learning outcomes:

- Apply fundamental movement skills in structured individual and dual activities.
- Apply fundamental movement skills in games activities in predictable situations.
- Demonstrate principles of training for improving their fitness.
- Follow guidelines for proper use of equipment and facilities.
- Demonstrate fair play in physical activities across the activity categories.
- Apply safety procedures in all physical activities across the activity categories.
- Demonstrate proper use of equipment and facilities.
- Apply leadership in a wide range of physical activity situations.
- Demonstrate behaviors that minimize the risk of injury to self and others in physical activity.
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Grade 12: learning outcomes:

- Apply movement skills and concepts in a variety of selected physical activities.
- Participate in physical activities at a moderate to vigorous intensity level.
- Apply fundamental movement skills in a range of complex individual and dual activities.
- Apply fundamental movement skills in a range of rhythmic movement activities.
- Apply principles of training to improve fitness.
- Apply safety procedures in all physical activities across the activity categories.
- Apply leadership in a wide range of physical activity situations.