Hinsdale Elementary School Physical Education Philosophy

Hinsdale Elementary School's physical education program provides a variety of learning experiences by offering a variety of age-appropriate activities, as well as teaching children health and wellness topics. The goal of the program is to reach each student's optimum physical, mental, emotional, and social development.

National Standards (NASPE) and State of New Hampshire Curriculum Guidelines are used in developing the physical education program, and are organized by the learning domains: psychomotor (motor skills, health-related fitness), cognitive (knowledge), and affective (dispositions).

Physical Education is a vital part of the school curriculum, as active bodies equal stimulated minds. Regular participation in physical activity is paramount for children, in order to avoid the health-related diseases that are associated with inactive and sedentary lives.

It is the goal of the physical education department, as well as other healthrelated disciplines, that children develop the skills and knowledge to become, and then remain, healthy members of society.

Curriculum Guideline 1: Engages in a physically active lifestyle

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
K-2	Participates in daily physical activities that promote healthy	Visual Observation	PE Teacher	Soccer
	lifestyles based on personal abilities and interests	Parent Testimony	Family	Volleyball
	Discusses reasons for	Question and Answer	In-School Activities	Dodgeball
	participating in physical activity (in age-appropriate	Group Discussion	Out-of-School Activities	Adventure Learning
	terminology)		School Nurse	T-Ball
	Identifies personal reasons for participating in physical		Guidance	Whiffleball
	activity (in age-appropriate terminology)			Kickball
	Describes health benefits that			Capture the Flag
	result from regular and appropriate participation in			Lacrosse
	physical activity (in age appropriate terminology)			Field Events
	Lists activities that will			Frisbee
	promote a physically active lifestyle			Floor Hockey
				Basketball
				Scooter Games
				Bowling
				Polo Hockey

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Gymnastics
				Tag Games
				Jump Rope
				Hula Hoop
3-5	Participates in daily physical activities that promote healthy	Visual Observation	PE Teacher	Soccer
	lifestyles based on personal abilities and interests	Parent Testimony	Family	Volleyball
	Discusses reasons for	Question and Answer	In-School Activities	Dodgeball
	participating in physical activity (in age-appropriate	Group Discussion	Out-of-School Activities	Adventure Learning
	terminology)		School Nurse	T-Ball
	Identifies personal reasons for participating in physical		Guidance	Whiffleball
	activity (in age-appropriate			Kickball
	terminology) Describes health benefits that			Capture the Flag
	result from regular and			Lacrosse
	appropriate participation in physical activity (in age			Field Events
	appropriate terminology)			Frisbee
	Lists activities that will promote a physically active			Floor Hockey
	lifestyle			Basketball

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Scooter Games
				Bowling
				Polo Hockey
				Gymnastics
				Tag Games
				Jump Rope
				Hula Hoop
6-8	Participates in daily physical activities that promote healthy	Visual Observation	PE Teacher	Flag Football
	lifestyles based on personal abilities and interests	Parent Testimony	Family	Rugby
		Question and Answer	In-School Activities	Field Hockey
	Discusses reasons for			
	participating in physical activity (in age-appropriate	Group Discussion	Out-of-School Activities	Lacrosse
	terminology)		School Nurse	Tennis
	Identifies personal reasons for		Guidance	Softball
	participating in physical activity (in age-appropriate			Soccer
	terminology)			Ultimate Frisbee
	Describes health benefits that			
	result from regular and			Golf
	appropriate participation in			Anchony
	physical activity (in age appropriate terminology)			Archery

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
	Lists activities that will			Croquet
	promote a physically active lifestyle			Four Square
	Sets personal physical activity goals			Pickleball
				Swimming
				Whiffleball
				Dodgeball
				Paddle Baseball
				Matball
				Capture the Flag
				Spy and Medic
				Fitness
				Speedball
				Basketball
				Around The World
				Ultimate Shooting Game
				3 Point Shootout
				Knock Out

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Basketball Golf
				Badminton
				Volleyball
				Floor Hockey
				Martial Arts
				Yoga
				Line Dancing
				Ballroom Dancing
				Aerobics
				Tae Bo
				Jump Rope
9-12	Participates in daily physical activities that promote healthy	Visual Observation	PE Teacher	Flag Football
	lifestyles based on personal abilities and interests	Parent Testimony	Family	Rugby
		Question and Answer	In-School Activities	Field Hockey
	Discusses reasons for			_
	participating in physical activity (in age-appropriate	Group Discussion	Out-of-School Activities	Lacrosse
	terminology)		School Nurse	Tennis
			Guidance	Softball

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
	Identifies personal reasons for			Soccer
	participating in physical			
	activity (in age-appropriate			Ultimate Frisbee
	terminology)			G 16
	Describes health benefits that			Golf
	result from regular and			Archery
	appropriate participation in			Archery
	physical activity (in age			Croquet
	appropriate terminology)			1
				Four Square
	Lists activities that will			
	promote a physically active			Pickleball
	lifestyle			
				Swimming
	Sets personal physical activity			Whiffleball
	goals			Willineban
	Describes how activity			Dodgeball
	participation patterns are likely			
	to change throughout life and			Paddle Baseball
	identifies strategies to deal			
	with those changes			Matball
				Capture the Flag
				Spy and Medic
				Spy and Medic
				Fitness
				Speedball
				_
				Basketball

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Around The World
				Ultimate Shooting Game
				3 Point Shootout
				Knock Out
				Basketball Golf
				Badminton
				Volleyball
				Floor Hockey
				Martial Arts
				Yoga
				Line Dancing
				Ballroom Dancing
				Aerobics
				Tae Bo
				Jump Rope

Curriculum Guideline 2: Achieves and maintains a health enhancing level of physical fitness

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
K-2	Participates in daily health- enhancing physical activities	Visual Observation	PE Teacher	Soccer
		Parent Testimony	Family	Volleyball
	Participates in aerobic, anaerobic, flexibility and muscular strength and	Question and Answer	In-School Activities	Dodgeball
	endurance activities	Group Discussion	Out-of-School Activities	Adventure Learning
	Progresses in vigorous activities from shorter periods		School Nurse	T-Ball
	to longer periods of time		Guidance	Whiffleball
				Kickball
				Capture the Flag
				Lacrosse
				Field Events
				Frisbee
				Floor Hockey
				Basketball
				Scooter Games
				Bowling
				Polo Hockey

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Gymnastics
				Tag Games
				Jump Rope
				Hula Hoop
3-5	Participates in daily health- enhancing physical activities	Visual Observation	PE Teacher	Soccer
		Parent Testimony	Family	Volleyball
	Participates in aerobic, anaerobic, flexibility and muscular strength and	Question and Answer	In-School Activities	Dodgeball
	endurance activities	Group Discussion	Out-of-School Activities	Adventure Learning
	Progresses in vigorous activities from shorter periods		School Nurse	T-Ball
	to longer periods of time		Guidance	Whiffleball
	Participates in formal physical fitness assessment			Kickball
	Uses personal fitness			Capture the Flag
	assessment data to enhance his/her understanding of fitness			Lacrosse
	Identifies health-related fitness			Field Events
	components inherent in various			Frisbee
	activities Shows improvement in all			Floor Hockey
	Shows improvement in all components of health-related fitness			Basketball

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
	Uses a beginning level of			Scooter Games
	technology to record physical fitness assessment data			Bowling
				Polo Hockey
				Gymnastics
				Tag Games
				Jump Rope
				Hula Hoop
6-8	Participates in daily health- enhancing physical activities	Visual Observation	PE Teacher	Flag Football
		Parent Testimony	Family	Rugby
	Participates in aerobic, anaerobic, flexibility and muscular strength and	Question and Answer	In-School Activities	Field Hockey
	endurance activities	Group Discussion	Out-of-School Activities	Lacrosse
	Progresses in vigorous activities from shorter periods		School Nurse	Tennis
	to longer periods of time		Guidance	Softball
	Participates in formal physical fitness assessment			Soccer
				Ultimate Frisbee
	Uses personal fitness assessment data to enhance			Golf
	his/her understanding of fitness			Archery

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
	Identifies health-related fitness			Croquet
	components inherent in various activities			Four Square
	Shows improvement in all components of health-related			Pickleball
	fitness			Swimming
	Uses a beginning level of technology to record, analyze,			Whiffleball
	and assess physical fitness assessment data			Dodgeball
	assessment data			Paddle Baseball
				Matball
				Capture the Flag
				Spy and Medic
				Fitness
				Speedball
				Basketball
				Around The World
				Ultimate Shooting Game
				3 Point Shootout
				Knock Out

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Basketball Golf
				Badminton
				Volleyball
				Floor Hockey
				Martial Arts
				Yoga
				Line Dancing
				Ballroom Dancing
				Aerobics
				Tae Bo
				Jump Rope
9-12	Participates in daily health- enhancing physical activities	Visual Observation	PE Teacher	Flag Football
		Parent Testimony	Family	Rugby
	Participates in aerobic, anaerobic, flexibility and muscular strength and	Question and Answer	In-School Activities	Field Hockey
	endurance activities	Group Discussion	Out-of-School Activities	Lacrosse
	Progresses in vigorous activities from shorter periods		School Nurse	Tennis
	to longer periods of time		Guidance	Softball

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
	Participates in formal physical			Soccer
	fitness assessment			Ultimate Frisbee
	Uses personal fitness			Ultimate Frisbee
	assessment data to enhance			Golf
	his/her understanding of fitness			
				Archery
	Identifies health-related fitness			Casamat
	components inherent in various activities			Croquet
	activities			Four Square
	Shows improvement in all			-
	components of health-related			Pickleball
	fitness			Swimming
	Uses a beginning level of			Swimming
	technology to record, analyze,			Whiffleball
	and assess physical fitness			
	assessment data			Dodgeball
	Examines the correlation			Paddle Baseball
	between modifiable health-			I addic Baseban
	related risk factors and health-			Matball
	related fitness			
				Capture the Flag
				Spy and Medic
				77
				Fitness
				C 11 11
				Speedball
				Basketball

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Around The World
				Ultimate Shooting Game
				3 Point Shootout Knock Out
				Basketball Golf
				Badminton
				Volleyball
				Floor Hockey
				Martial Arts
				Yoga
				Line Dancing
				Ballroom Dancing
				Aerobics
				Tae Bo
				Jump Rope

Curriculum Guideline 3: Demonstrates competency in motor skills and movements patterns, proficiency in a few, and applies these skills and patterns in a variety of physical activities

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
K-2	Demonstrates locomotor, non- locomotor and manipulative	Visual Observation	PE Teacher	Soccer
	skills in developmentally appropriate forms	Parent Testimony	Family	Volleyball
	Applies fundamental motor	Question and Answer	In-School Activities	Dodgeball
	skills in a variety of physical activities, such as low-organized	Group Discussion	Out-of-School Activities	Adventure Learning
	games, rhythmic activities, fitness activities, and		School Nurse	T-Ball
	tumbling/gymnastics		Guidance	Whiffleball
				Kickball
				Capture the Flag
				Lacrosse
				Field Events
				Frisbee
				Floor Hockey
				Basketball
				Scooter Games
				Bowling

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
3-5	Demonstrates locomotor, non-	Visual Observation	PE Teacher	Soccer
	locomotor and manipulative skills in developmentally	Parent Testimony	Family	Volleyball
	appropriate forms	Question and Answer	In-School Activities	Dodgeball
	Applies fundamental motor skills in a variety of physical activities, such as low-organized	Group Discussion	Out-of-School Activities	Adventure Learning
	games, rhythmic activities, fitness activities, and		School Nurse	T-Ball
	tumbling/gymnastics		Guidance	Whiffleball
	Begins to combine fundamental motor skills to develop more			Kickball
	complex motor skills			Capture the Flag
	Begins to use more complex motor skills in a variety of			Lacrosse
	physical activities			Field Events
				Frisbee
				Floor Hockey
				Basketball
				Scooter Games
				Bowling
				Polo Hockey
				Gymnastics

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Tag Games
				Jump Rope
				Hula Hoop
6-8	Combines and refines fundamental motor skills to	Visual Observation	PE Teacher	Flag Football
	competently participate in a variety of physical activities	Parent Testimony	Family	Rugby
	Applies fundamental and	Question and Answer	In-School Activities	Field Hockey
	complex motor skills in a variety of physical activities	Group Discussion	Out-of-School Activities	Lacrosse
	Demonstrates use of strategies		School Nurse	Tennis
	and tactics within a variety of physical activities		Guidance	Softball
				Soccer
				Ultimate Frisbee
				Golf
				Archery
				Croquet
				Four Square
				Pickleball
				Swimming

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Whiffleball
				Dodgeball
				Paddle Baseball
				Matball
				Capture the Flag
				Spy and Medic
				Fitness
				Speedball
				Basketball
				Around The World
				Ultimate Shooting Game
				3 Point Shootout
				Knock Out
				Basketball Golf
				Badminton
				Volleyball
				Floor Hockey

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Martial Arts
				Yoga
				Line Dancing
				Ballroom Dancing
				Aerobics
				Tae Bo
				Jump Rope
9-12	Demonstrates competency in many, and proficiency in a few,	Visual Observation	PE Teacher	Flag Football
	complex motor skills	Parent Testimony	Family	Rugby
	Applies complex motor skills in a wide variety of leisure and	Question and Answer	In-School Activities	Field Hockey
	work- related physical activities	Group Discussion	Out-of-School Activities	Lacrosse
	Demonstrates use of strategies and tactics within a variety of		School Nurse	Tennis
	physical activities		Guidance	Softball
				Soccer
				Ultimate Frisbee
				Golf
				Archery

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Croquet
				Four Square
				Pickleball
				Swimming
				Whiffleball
				Dodgeball
				Paddle Baseball
				Matball
				Capture the Flag
				Spy and Medic
				Fitness
				Speedball
				Basketball
				Around The World
				Ultimate Shooting Game
				3 Point Shootout
				Knock Out

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Basketball Golf
				Badminton
				Volleyball
				Floor Hockey
				Martial Arts
				Yoga
				Line Dancing
				Ballroom Dancing
				Aerobics
				Tae Bo
				Jump Rope

Curriculum Guideline 4: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the development of motor skills and the learning and performance of physical activities

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
K-2	Begins to use a movement vocabulary	Visual Observation	PE Teacher	Soccer
		Parent Testimony	Family	Volleyball
	Begins to describe the critical elements of fundamental motor skills	Question and Answer	In-School Activities	Dodgeball
	Distinguishes differences in	Group Discussion	Out-of-School Activities	Adventure Learning
	time, space, force, flow and direction		School Nurse	T-Ball
			Guidance	Whiffleball
	Uses feedback from teachers to improve motor skill performance and cognitive			Kickball
	understanding			Capture the Flag
				Lacrosse
				Field Events
				Frisbee
				Floor Hockey
				Basketball
				Scooter Games

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Bowling
				Polo Hockey
				Gymnastics
				Tag Games
				Jump Rope
				Hula Hoop
3-5	Uses a movement vocabulary when describing motor skill	Visual Observation	PE Teacher	Soccer
	performance	Parent Testimony	Family	Volleyball
	Describes critical elements of fundamental motor skills and	Question and Answer	In-School Activities	Dodgeball
	begins to identify the critical elements of more complex	Group Discussion	Out-of-School Activities	Adventure Learning
	skills		School Nurse	T-Ball
	Explains the use of movement		Guidance	Whiffleball
	concepts during motor skill performance			Kickball
	Uses feedback from teachers,			Capture the Flag
	peers, and other mediums (visual aids, computers, etc.) to improve motor skill			Lacrosse
	performance and cognitive			Field Events
	understanding			Frisbee
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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
	Transfers concepts learned in			Floor Hockey
	other skills and games for performance of new skills and			Basketball
	games			Scooter Games
				Bowling
				Polo Hockey
				Gymnastics
				Tag Games
				Jump Rope
				Hula Hoop
6-8	Uses a movement vocabulary when describing motor skill	Visual Observation	PE Teacher	Flag Football
	performance	Parent Testimony	Family	Rugby
	Describes critical elements of complex motor skills	Question and Answer	In-School Activities	Field Hockey
		Group Discussion	Out-of-School Activities	Lacrosse
	Explains the use of movement concepts during motor skill performance		School Nurse	Tennis
	Periormanoe		Guidance	Softball
				Soccer
				Ultimate Frisbee

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
	Uses feedback from teachers,			Golf
	peers, other mediums (visual aids, computers, etc.), and a			Archery
	beginning level of self-			Archery
	assessment to improve motor			Croquet
	skill performance and			
	cognitive understanding			Four Square
	Transfers concepts learned in			Pickleball
	other skills and games for			T Tellicouri
	performance of new skills and			Swimming
	games			Whiffleball
	Explains appropriate strategic			Willineoali
	and tactical decisions during			Dodgeball
	game play (what to do when			
	and why)			Paddle Baseball
				Matball
				Capture the Flag
				Spy and Medic
				Spy and Wedle
				Fitness
				Cross dla all
				Speedball
				Basketball
				Around The World
				Ultimate Shooting Game

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				3 Point Shootout
				Knock Out
				Basketball Golf
				Badminton
				Volleyball
				Floor Hockey
				Martial Arts
				Yoga
				Line Dancing
				Ballroom Dancing
				Aerobics
				Tae Bo
				Jump Rope
9-12	Uses a movement vocabulary	Visual Observation	PE Teacher	Flag Football
	when describing motor skill performance	Parent Testimony	Family	Rugby
	Describes critical elements of complex motor skills	Question and Answer	In-School Activities	Field Hockey
	Explains the use of movement	Group Discussion	Out-of-School Activities	Lacrosse

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
	concepts during motor skill		School Nurse	Tennis
	performance		Guidance	Softball
	Uses feedback from teachers,			
	peers, other mediums (visual aids, computers, etc.), and self			Soccer
	to improve motor skill			Ultimate Frisbee
	performance and cognitive understanding			Golf
	Transfers concepts learned in other skills and games for			Archery
	performance of new skills and			Croquet
	games			Four Square
	Explains appropriate strategic			_
	and tactical decisions during game play (what to do when			Pickleball
	and why)			Swimming
				Whiffleball
				Dodgeball
				Paddle Baseball
				Matball
				Capture the Flag
				Spy and Medic
				Fitness

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Speedball
				Basketball
				Around The World
				Ultimate Shooting Game
				3 Point Shootout
				Knock Out
				Basketball Golf
				Badminton
				Volleyball
				Floor Hockey
				Martial Arts
				Yoga
				Line Dancing
				Ballroom Dancing
				Aerobics
				Tae Bo
				Jump Rope

Curriculum Guideline 5: Identifies that physical activity provides opportunities for health enhancement, enjoyment, challenge, self-expression and social interaction

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
K-2	Identifies the value of participation in physical	Visual Observation	PE Teacher	Soccer
	activities (in age-appropriate terminology)	Parent Testimony	Family	Volleyball
		Question and Answer	In-School Activities	Dodgeball
	Describes the benefits and	Crown Discussion	Out of Cohool Activities	A decomposition of a complete of
	challenges of working in a group (in age-appropriate	Group Discussion	Out-of-School Activities	Adventure Learning
	terminology)		School Nurse	T-Ball
			Guidance	Whiffleball
				Kickball
				Capture the Flag
				Lacrosse
				Field Events
				Frisbee
				Floor Hockey
				Basketball
				Scooter Games
				Bowling

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Polo Hockey
				Gymnastics
				Tag Games
				Jump Rope
				Hula Hoop
3-5	Identifies the value of	Visual Observation	PE Teacher	Soccer
	participation in physical activities (in age-appropriate terminology)	Parent Testimony	Family	Volleyball
		Question and Answer	In-School Activities	Dodgeball
	Describes the benefits and challenges of working in a group (in age-appropriate	Group Discussion	Out-of-School Activities	Adventure Learning
	terminology)		School Nurse	T-Ball
			Guidance	Whiffleball
				Kickball
				Capture the Flag
				Lacrosse
				Field Events
				Frisbee
				Floor Hockey

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Basketball
				Scooter Games
				Bowling
				Polo Hockey
				Gymnastics
				Tag Games
				Jump Rope
				Hula Hoop
6-8	Identifies the value of	Visual Observation	PE Teacher	Flag Football
	participation in physical activities (in age-appropriate terminology)	Parent Testimony	Family	Rugby
		Question and Answer	In-School Activities	Field Hockey
	Describes the benefits and challenges of working in a	Group Discussion	Out-of-School Activities	Lacrosse
	group (in age-appropriate	Group Discussion	Out-or-school Activities	Lacrosse
	terminology)		School Nurse	Tennis
	Articulates the various roles of group members (in age-		Guidance	Softball
	appropriate terminology)			Soccer
	Reflects on personal role(s) within a group (in age-			Ultimate Frisbee
	appropriate terminology)			Golf

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Archery
				Croquet
				Four Square
				Pickleball
				Swimming
				Whiffleball
				Dodgeball
				Paddle Baseball
				Matball
				Capture the Flag
				Spy and Medic
				Fitness
				Speedball
				Basketball
				Around The World
				Ultimate Shooting Game
				3 Point Shootout

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Knock Out
				Basketball Golf
				Badminton
				Volleyball
				Floor Hockey
				Martial Arts
				Yoga
				Line Dancing
				Ballroom Dancing
				Aerobics
				Tae Bo
				Jump Rope
9-12	Identifies the value of participation in physical	Visual Observation	PE Teacher	Flag Football
	activities (in age-appropriate terminology)	Parent Testimony	Family	Rugby
		Question and Answer	In-School Activities	Field Hockey
	Describes the benefits and challenges of working in a group (in age-appropriate	Group Discussion	Out-of-School Activities	Lacrosse
	terminology)		School Nurse	Tennis

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
	Articulates and analyzes the		Guidance	Softball
	various roles and contributions			Soccer
	of group members (in age- appropriate terminology)			Soccer
	appropriate terminology)			Ultimate Frisbee
	Reflects on personal role(s)			- 10
	within a group (in age-			Golf
	appropriate terminology)			Archery
				Croquet
				Four Square
				1 our square
				Pickleball
				Swimming
				Swimming
				Whiffleball
				D 1 1 11
				Dodgeball
				Paddle Baseball
				Matball
				Capture the Flag
				Spy and Medic
				Fitness
				1 101035
				Speedball

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Basketball
				Around The World
				Ultimate Shooting Game
				3 Point Shootout
				Knock Out
				Basketball Golf
				Badminton
				Volleyball
				Floor Hockey
				Martial Arts
				Yoga
				Line Dancing
				Ballroom Dancing
				Aerobics
				Tae Bo
				Jump Rope

Curriculum Guideline 6: Exhibits responsible personal and social behavior that respects self and others in physical activity settings

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
K-2	Describes (in age appropriate	Visual Observation	PE Teacher	Soccer
	terminology) and demonstrates responsible behavior in physical activity settings	Parent Testimony	Family	Volleyball
		Question and Answer	In-School Activities	Dodgeball
	Works cooperatively and productively with a partner or	Group Discussion	Out-of-School Activities	Adventure Learning
	small groups		School Nurse	T-Ball
	Identifies and follows safety rules for all activities		Guidance	Whiffleball
	Recognizes and accepts the existence of individual			Kickball
	uniqueness in physical activity settings			Capture the Flag
				Lacrosse
	Displays consideration for others in physical activity settings			Field Events
	Discuss the importance of			Frisbee
	including all students in physical activity settings			Floor Hockey
				Basketball
	Resolves conflict in socially acceptable ways			Scooter Games
				Bowling

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Polo Hockey
				Gymnastics
				Tag Games
				Jump Rope
				Hula Hoop
3-5	Describes (in age appropriate	Visual Observation	PE Teacher	Soccer
	terminology) and demonstrates responsible behavior in physical activity settings	Parent Testimony	Family	Volleyball
	physical activity seamings	Question and Answer	In-School Activities	Dodgeball
	Works cooperatively and			
	productively with a partner or small groups	Group Discussion	Out-of-School Activities	Adventure Learning
	Sman groups		School Nurse	T-Ball
	Identifies and follows safety rules for all activities		Guidance	Whiffleball
	Recognizes and accepts the existence of individual			Kickball
	uniqueness in physical activity settings			Capture the Flag
				Lacrosse
	Displays consideration for others in physical activity			Field Events
	settings			Frisbee
	Discusses the importance of including all students in physical activity settings			Floor Hockey

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
	Resolves conflict in socially			Basketball
	acceptable ways			Scooter Games
				Bowling
				Polo Hockey
				Gymnastics
				Tag Games
				Jump Rope
				Hula Hoop
6-8	Describes (in age appropriate	Visual Observation	PE Teacher	Flag Football
	terminology) and demonstrates responsible behavior in physical activity settings	Parent Testimony	Family	Rugby
	physical activity sectings	Question and Answer	In-School Activities	Field Hockey
	Works cooperatively and			-
	productively with a partner or small groups	Group Discussion	Out-of-School Activities	Lacrosse
			School Nurse	Tennis
	Identifies, follows, and - when appropriate - creates safety rules for all activities		Guidance	Softball
	Tuics for all activities			Soccer
	Recognizes and accepts the existence of individual uniqueness in physical activity			Ultimate Frisbee
	settings			Golf

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
	Displays consideration for			Archery
	others in physical activity settings			Croquet
	Develops strategies for			Four Square
	including all students in physical activity settings			Pickleball
	Resolves conflict in socially acceptable ways			Swimming
	acceptable ways			Whiffleball
				Dodgeball
				Paddle Baseball
				Matball
				Capture the Flag
				Spy and Medic
				Fitness
				Speedball
				Basketball
				Around The World
				Ultimate Shooting Game
				3 Point Shootout

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Knock Out
				Basketball Golf
				Badminton
				Volleyball
				Floor Hockey
				Martial Arts
				Yoga
				Line Dancing
				Ballroom Dancing
				Aerobics
				Tae Bo
				Jump Rope
9-12	Describes (in age appropriate terminology) and demonstrates	Visual Observation	PE Teacher	Flag Football
respon	responsible behavior in	Parent Testimony	Family	Rugby
	physical activity settings	Question and Answer	In-School Activities	Field Hockey
	Works cooperatively, productively, and ethically	Group Discussion	Out-of-School Activities	Lacrosse
	with a partner or small groups		School Nurse	Tennis

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
	Identifies, follows, and - when		Guidance	Softball
	appropriate - creates safety			G
	rules for all activities			Soccer
	Recognizes and accepts the			Ultimate Frisbee
	existence of individual			
	uniqueness in physical activity			Golf
	settings			A mala amu
	Displays consideration for			Archery
	others in physical activity			Croquet
	settings			
				Four Square
	Develops strategies for			Pickleball
	including all students in physical activity settings			Pickiebaii
	physical activity settings			Swimming
	Resolves conflict in socially			
	acceptable ways			Whiffleball
	Analyzes and articulates the			Dodgeball
	difference between ethical and			Dougeball
	unethical behaviors in physical			Paddle Baseball
	activity settings			
				Matball
				Capture the Flag
				Capture the Frag
				Spy and Medic
				Fitness
				Speedball

Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
				Basketball
				Around The World
				Ultimate Shooting Game
				3 Point Shootout
				Knock Out
				Basketball Golf
				Badminton
				Volleyball
				Floor Hockey
				Martial Arts
				Yoga
				Line Dancing
				Ballroom Dancing
				Aerobics
				Tae Bo
				Jump Rope