

## **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 health-related disciplines, that children develop the skills and knowledge to become, and then remain, healthy members of society.

Physical Education (Grades K-12)  
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**Curriculum Guideline 1: Engages in a physically active lifestyle**

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

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

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

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

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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 lifestyles based on personal abilities and interests  Discusses reasons for participating in physical activity (in age-appropriate terminology)	Visual Observation Parent Testimony Question and Answer Group Discussion	PE Teacher Family In-School Activities Out-of-School Activities School Nurse Guidance	Flag Football Rugby Field Hockey Lacrosse Tennis Softball

Physical Education (Grades K-12)  
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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
	<p>Identifies personal reasons for participating in physical activity (in age-appropriate terminology)</p> <p>Describes health benefits that result from regular and appropriate participation in physical activity (in age appropriate terminology)</p> <p>Lists activities that will promote a physically active lifestyle</p> <p>Sets personal physical activity goals</p> <p>Describes how activity participation patterns are likely to change throughout life and identifies strategies to deal with those changes</p>			<p>Soccer</p> <p>Ultimate Frisbee</p> <p>Golf</p> <p>Archery</p> <p>Croquet</p> <p>Four Square</p> <p>Pickleball</p> <p>Swimming</p> <p>Whiffleball</p> <p>Dodgeball</p> <p>Paddle Baseball</p> <p>Matball</p> <p>Capture the Flag</p> <p>Spy and Medic</p> <p>Fitness</p> <p>Speedball</p> <p>Basketball</p>

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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



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

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

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

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

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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  Participates in aerobic, anaerobic, flexibility and muscular strength and endurance activities  Progresses in vigorous activities from shorter periods to longer periods of time	Visual Observation  Parent Testimony  Question and Answer  Group Discussion	PE Teacher  Family  In-School Activities  Out-of-School Activities  School Nurse  Guidance	Flag Football  Rugby  Field Hockey  Lacrosse  Tennis  Softball

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

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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

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



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

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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 competently participate in a variety of physical activities  Applies fundamental and complex motor skills in a variety of physical activities  Demonstrates use of strategies and tactics within a variety of physical activities	Visual Observation  Parent Testimony  Question and Answer  Group Discussion	PE Teacher  Family  In-School Activities  Out-of-School Activities  School Nurse  Guidance	Flag Football  Rugby  Field Hockey  Lacrosse  Tennis  Softball  Soccer  Ultimate Frisbee  Golf  Archery  Croquet  Four Square  Pickleball  Swimming

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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

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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, complex motor skills  Applies complex motor skills in a wide variety of leisure and work- related physical activities  Demonstrates use of strategies and tactics within a variety of physical activities	Visual Observation Parent Testimony Question and Answer Group Discussion	PE Teacher Family In-School Activities Out-of-School Activities School Nurse Guidance	Flag Football Rugby Field Hockey Lacrosse Tennis Softball Soccer Ultimate Frisbee Golf Archery

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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

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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

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

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



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Grade Level	Performance Indicators	Assessment	Delivered By / Resources	Sample Activities
	Transfers concepts learned in other skills and games for performance of new skills and games			Floor Hockey Basketball Scooter Games Bowling Polo Hockey Gymnastics Tag Games Jump Rope Hula Hoop
6-8	Uses a movement vocabulary when describing motor skill performance  Describes critical elements of complex motor skills  Explains the use of movement concepts during motor skill performance	Visual Observation  Parent Testimony  Question and Answer  Group Discussion	PE Teacher  Family  In-School Activities  Out-of-School Activities  School Nurse  Guidance	Flag Football  Rugby  Field Hockey  Lacrosse  Tennis  Softball  Soccer  Ultimate Frisbee

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

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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 when describing motor skill performance  Describes critical elements of complex motor skills  Explains the use of movement	Visual Observation  Parent Testimony  Question and Answer  Group Discussion	PE Teacher  Family  In-School Activities  Out-of-School Activities	Flag Football  Rugby  Field Hockey  Lacrosse

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

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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

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**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	<p>Identifies the value of participation in physical activities (in age-appropriate terminology)</p> <p>Describes the benefits and challenges of working in a group (in age-appropriate terminology)</p>	<p>Visual Observation</p> <p>Parent Testimony</p> <p>Question and Answer</p> <p>Group Discussion</p>	<p>PE Teacher</p> <p>Family</p> <p>In-School Activities</p> <p>Out-of-School Activities</p> <p>School Nurse</p> <p>Guidance</p>	<p>Soccer</p> <p>Volleyball</p> <p>Dodgeball</p> <p>Adventure Learning</p> <p>T-Ball</p> <p>Whiffleball</p> <p>Kickball</p> <p>Capture the Flag</p> <p>Lacrosse</p> <p>Field Events</p> <p>Frisbee</p> <p>Floor Hockey</p> <p>Basketball</p> <p>Scooter Games</p> <p>Bowling</p>

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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 participation in physical activities (in age-appropriate terminology)  Describes the benefits and challenges of working in a group (in age-appropriate terminology)	Visual Observation  Parent Testimony  Question and Answer  Group Discussion	PE Teacher  Family  In-School Activities  Out-of-School Activities  School Nurse  Guidance	Soccer  Volleyball  Dodgeball  Adventure Learning  T-Ball  Whiffleball  Kickball  Capture the Flag  Lacrosse  Field Events  Frisbee  Floor Hockey

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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 participation in physical activities (in age-appropriate terminology)  Describes the benefits and challenges of working in a group (in age-appropriate terminology)  Articulates the various roles of group members (in age-appropriate terminology)  Reflects on personal role(s) within a group (in age-appropriate terminology)	Visual Observation  Parent Testimony  Question and Answer  Group Discussion	PE Teacher  Family  In-School Activities  Out-of-School Activities  School Nurse  Guidance	Flag Football  Rugby  Field Hockey  Lacrosse  Tennis  Softball  Soccer  Ultimate Frisbee  Golf



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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

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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 activities (in age-appropriate terminology)  Describes the benefits and challenges of working in a group (in age-appropriate terminology)	Visual Observation Parent Testimony Question and Answer Group Discussion	PE Teacher Family In-School Activities Out-of-School Activities School Nurse	Flag Football Rugby Field Hockey Lacrosse Tennis

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

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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

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

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

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

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



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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 responsible behavior in physical activity settings  Works cooperatively, productively, and ethically with a partner or small groups	Visual Observation  Parent Testimony  Question and Answer  Group Discussion	PE Teacher  Family  In-School Activities  Out-of-School Activities  School Nurse	Flag Football  Rugby  Field Hockey  Lacrosse  Tennis

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

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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