

Physical Education, Grade K-2	
Standard 1:	
The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	
21st Century Learning Expectations:	
Hinsdale students will recognize and demonstrate the importance of whole person wellness.	
Enduring Understandings:	
Leading a healthy lifestyle is important to a productive life.	
Learning Competencies	Essential Questions
<p><i>Students will be able to: (grade level expectations found in attached SPARK scope and sequence)</i></p> <ul style="list-style-type: none"> • Explore and apply use of locomotor skills • Explore and apply use of body management skills • Explore and apply use of manipulatives • Explore and apply stunts and tumbling • Explore cooperative 	How can I demonstrate that I am competent in motor skills and movement?

Physical Education, Grades K-2 – standard 2

Standard 2:

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

21st Century Learning Expectations:

Hinsdale students will recognize and demonstrate the importance of whole person wellness

Enduring Understandings:

Leading a healthy lifestyle is importance to a productive life.

Learning Competencies

Students will be able to (grade level expectations found in attached SPARK scope and sequence)

- Explore and apply use of spatial awareness
- Explore and apply use of concepts, principles, and strategies as relates to elements of correct form for motor skills; use of feedback for improvement

Essential Questions

How can I show what I know about the concepts, principles and strategies and tactics related to movement and performance?

Physical Education, Grades K-2 – standard 3

Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

21st Century Learning Expectations:

Hinsdale students will recognize and demonstrate the importance of whole person wellness.

Enduring Understandings:

Leading a healthy lifestyle is importance to a productive life.

Learning Competencies

Students will be able to (grade level expectations found in attached SPARK scope and sequence)

- Explore and participate in a variety of activities that increase breathing and heart rate
- Explore and participate in sustaining activity for increasingly longer periods of time throughout the year

Essential Questions

How can I show what I know and can do to lead a physical and healthy life?

Physical Education K-2 – standard 4

Standard 4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

21st Century Learning Expectations:

Hinsdale students will recognize and demonstrate the importance of whole person wellness.

Enduring Understandings:

Leading a healthy lifestyle is importance to a productive life.

Learning Competencies

Students will be able to (grade level expectations found in attached SPARK scope and sequence)

- Explore and begin to demonstrate responsible personal/social behavior during PE
- Explore and begin to demonstrate using equipment safely
- Explore and begin to demonstrate elements of appropriate conflict resolution
- Explore regularly encouraging others and refraining from put-downs
- Explore demonstrating cooperative skills

Essential Questions

How can I show that I am responsible and respect myself and others?

Physical Education, Grades K-2 – standard 5

Standard 5

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

21st Century Learning Expectations:

Hinsdale students will recognize and demonstrate the importance of whole person wellness.

Enduring Understandings:

Learning a decision-making process enables individuals to improve their quality of life.

Learning Competencies

Students will be able to (grade level expectations found in attached SPARK scope and sequence)

- Explore and try new movements and skills
- Explore and try persisting if not successful on first try
- Explore and try to exhibit ways to use the body and movement to express self

Essential Questions

How can I show that I value physical activity?