



Comparison of EPEC K-5 to California Standards

The tables below list the Physical Education Model Content Standards for California Public Schools in the left column, and the corresponding Exemplary Physical Education Curriculum (EPEC) objectives and steps in the right column. Where only a number is listed for an objective (e.g., Slide step 6), the California standard is addressed by the instructional segment and perhaps also by the reinforcing activities. If a step is followed by RA (e.g., Skip step 2 RA), the California standard is addressed in one or both of the EPEC reinforcing activities associated with that step. The relevant reinforcing activities are listed in parentheses following the step number; if both reinforcing activities address the standard, "both" appears in parentheses following the step number.

EPEC K-5 objectives are color-coded to NASPE standards, with green relating to NASPE standard 1; yellow, Standard 2; blue, Standard 3; orange, Standard 4; pink, Standard 5; and purple, Standard 6. Peach is used to denote additional EPEC activities across multiple standards. Items in gold refer to EPEC Lifetime Activity Modules and are included to show the depth and breadth of the EPEC program.

Kindergarten

Standard 1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.

Movement Concepts	
1.1 Travel without bumping	Gallop steps 3, 4 and 6 RA (Galloping Through the Alphabet) Hop steps 7, 8 and 9 Run step 5 RA (Eight a Day), 6 RA (both), 7 RA (Germ Free), and 8 RA (both) Skip step 3 RA (Wizard Tag), 5 RA (both), 7 and 8 RA (Bulldog) Slide step 3 RA (Scrambled Leggs), 4 RA (both), 5 RA (Musical Numbers) and 6 Walk steps 3, 4 and 5 Use of Space steps 2 through 5 Best Effort step 2 and step 4 RA (Magician Tag)
1.2 Travel forward and sideways	Gallop step 5 Hop step 8 Skip step 7 Slide step 5 Walk step 4 (Note: Students change directions but do not move sideways in any of these activities, except for Slide, in which they move sideways the entire time)
1.3 Fast and slow locomotor movements	Gallop step 5 Hop steps 7 and 8 Run step 7 Skip steps 3, 5 and 7 Slide step 5

	Walk steps 3 and 4
1.4 Create shapes using hands, legs, etc.	Overhand Throw steps 1 and 2 Hip/Low Back Flexibility step 8 RA (Leg Writing)
Body Management	
1.5 Create shapes—nonlocomotor	Overhand Throw steps 1 and 2 Following Directions step 3 RA (Leapin' Letters)
1.6 Balance on one or more body parts	Hop steps 3 through 9 Skip step 1 Body Parts, Planes and Actions step 2 Abdominal/Low Back Strength steps 7 and 9 Arm/Shoulder Strength steps 1, 2 and 6
1.7 Walking forward and sideways on beam	Not addressed
1.8 Demonstrate relational adjectives	Horizontal Jump steps 1 through 4 Leap steps 9 RA (Hurdles Over and Under) Run step 4 Skip step 4 RA (both) and step 7 Slide step 1 Batting steps 1 through 3 Catch Fly Balls steps 1 through 9 Catch Rolling Balls steps 2 through 9 Foot Dribble steps 1 through 8 Hip/Low Back Flexibility step 1 RA (both) Cooperation step 1 RA (Over-the-Hoop Toss), step 2 RA (Pass the Fruits and Vegetables) Best Effort step 1 RA (Endangered Egg Rescue)
Locomotor Movement	
1.9 Log Roll	Hip/Low Back Flexibility step 10 RA (Don't Forget the Egg Roll)
1.10 Travel in straight, curved, zigzag paths	Gallop step 5 Skip step 7 Slide step 5 Walk step 4
1.11 Jump over stationary rope, forward-and-back or side-to-side	Not addressed
Manipulative Skills	
1.12 Strike ball with hands, feet and arms	Instep kick steps 1 through 11 Underhand strike steps 2 through 6
1.13 Toss to self using underhand throw	Catch Fly Balls step 2 (self-toss) Underhand Throw steps 1 through 9 (underhand throw)
1.14 Kick stationary object	Instep Kick steps 1 through 11
1.15 Bounce ball continuously	Hand Dribble steps 3 through 8
Rhythmic Skills	
1.16 Move to steady beat	Gallop steps 3 and 5 Hop steps 6, 7 and 8 Skip steps 5 through 8

	Slide step 5 Walk steps 3 and 4
1.17 Clap to simple beat	Gallop steps 2 and 3 Hop step 6 Skip step 6 Walk step 3

Standard 2. Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities

Movement Concepts	
2.1 Explain concepts over, under, through	Not addressed
2.2 Identify personal and general space	Use of Space steps 1 and 2
Body Management	
2.3 Identify body parts and describe	Body Parts, Actions and Planes steps 1, 3, 4 and 5
2.4 Explain base of support	Not addressed in K-5; see Lifetime Activity Modules
Locomotor Movement	
2.5 Identify locomotor skills	Gallop steps 1 through 6 Hop steps 1 through 9 Horizontal Jump steps 1 through 7 Leap steps 1 through 9 Run steps 1 through 9 Skip steps 1 through 8 Slide steps 1 through 6 Vertical Jump steps 1 through 9 Walk steps 1 through 6 Best Effort step 4 RA (Magician Tag)
Manipulative skills	
2.6 Explain role of eyes when contacting objects	Instep Kick steps 1, 2 and 5 Underhand Strike steps 1 and 3
2.7 Point of contact for kicking	Instep Kick steps 1 and 5
2.8 Fingers on dribbling follow-through	Hand Dribble steps 1 through 4

Standard 3. Access and maintain a level of fitness improve health and performance

Fitness Concepts	
3.1 Participate in physical activities	Gallop steps 1 through 6 Hop steps 1 through 9 Horizontal Jump steps 1 through 7 Leap steps 1 through 9 Run steps 1 through 9 Skip steps 1 through 8 Slide steps 1 through 6 Vertical Jump steps 1 through 9 Walk steps 1 through 6 Batting steps 1 through 10 Catch Fly Balls steps 1 through 9



	Catch Rolling Balls steps 1 through 9 Foot Dribble steps 1 through 8 Forehand Strike steps 1 through 10 Hand Dribble steps 1 through 8 Instep Kick steps 1 through 11 Lift and Carry Posture steps 1 through 6 Overhand Throw steps 1 through 9 Underhand Strike steps 1 through 6 Underhand Throw steps 1 through 9 Aerobic Activity/Fitness steps 1 through 14 Abdominal/Low Back Strength steps 1 through 9 Arm/Shoulder Strength steps 1 through 8 Hip/Low Back Flexibility steps 1 through 10 Compassion steps 1 through 4 RA (all) Cooperation steps 1 through 4 RA (all) Following Directions steps 1 through 4 RA (all) Respect for Others steps 1 through 4 RA (all) Responsibility steps 1 through 4 RA (all) Self-Control steps 1 through 4 RA (all) Best Effort steps 1 through 4 RA (all) Constructive Competition steps 1 through 4 RA (all)
Aerobic Capacity	
3.2 Participate in PA 3-4 days week	Beneficial Effects of Physical Activity step 6
Muscular Strength and Endurance	
3.3 Hang on bars holding body weight	Arm/Shoulder Strength steps 3, 4 and 8
3.4 Climb a ladder or apparatus	Not addressed
Flexibility	
3.5 Stretch without bouncing	Hip/Low Back Flexibility steps 1 through 10
Body Composition	
3.6 Sustained MVPA	Aerobic Activity/Fitness steps 1 through 14
Assessment	
3.7 Indicators of increased MVPA capacity	Aerobic Activity/Fitness steps 1 through 14

Standard 4. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

Fitness Concepts	
4.1 Identify physical activities enjoy	Aerobic Activity/Fitness steps 10 and 11 (Minute Mania handout)
4.2 Water is essential nutrient	Gallop step 2 RA (Fetch a Pail of Water), step 3 RA (Riding the Range) Hop step 1 RA (Priming the Pump) Run step 5 RA (Eight a Day) Skip step 6 RA (Be Healthy) Beneficial Effects of Physical Activity step 5 RA (Temperature Tag) Arm/Shoulder Strength step 5 RA (Gulp-and-Go)

	Relay) Best Effort step 3 RA (Farmer's Field)
4.3 Nutritious food provides energy for PA	Gallop step 1 RA (both), step 4 RA (Galloping Guys and Gals), and step 5 RA (Winning Choices) Horizontal Jump step 4 RA (Fruit Basket), step 6 RA (Apple Pickin'), and step 7 RA (Rabbits in the Garden) Skip step 6 RA (Shopping Cart Relay) Catch Fly Balls step 7 RA (How Much?) Foot Dribble step 5 RA (Breakfast Dribble) Forehand Strike step 9 RA (Go Lean with Protein) Hand Dribble step 7 (Find the Fruits and Vegetables) Lift and Carry Posture step 7 (Harvest Time) Beneficial Effects of Physical Activity step 8 RA (Be Active; Eat Healthy!)
Aerobic Capacity	
4.4 Identify location of heart	Beneficial Effects of Physical Activity step 1
4.5 PA increases heart rate	Beneficial Effects of Physical Activity step 2
4.6 Location and purpose of lungs	Beneficial Effects of Physical Activity steps 3 and 4
Muscular Strength/Endurance	
4.7 Strong muscles needed to climb etc.	Arm/Shoulder Strength steps 1 through 8
4.8 Muscles move bones	Not addressed
Flexibility	
4.9 Identify body part used in stretching	Hip/Low Back Flexibility steps 1 though 10
Body Composition	
4.10 Body made of bones, muscles, organs, etc	Not addressed

Standard 5. Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

Self-Responsibility	
5.1 Feeling resulting from physical activity	Beneficial Effects of Physical Activity steps 8, 9, 10 and 11
5.2 Willingly participate in physical activities	Miscellaneous lesson segments and reinforcing activities in all objectives
Social Interaction	
5.3 Demonstrate sharing	Cooperation steps 2 and 4 Miscellaneous reinforcing activities in most objectives
5.4 Describe how positive interactions make PA more fun	Compassion for Others steps 1 through 4 Cooperation steps 1 through 4 Following Directions steps 1 through 4 Respect for Others steps 1 through 4 Self-Control steps 1 through 4 Constructive Competition steps 1 through 4



Group Dynamics	
5.5 Participate as leader and follower in PA	<p>Gallop steps 5 and 6</p> <p>Hop step 8 RA (Follow the Leader)</p> <p>Horizontal Jump steps 4 and 7</p> <p>Leap steps 8 and 9</p> <p>Underhand Throw step 1 RA (Follow the Leader)</p> <p>Aerobic Activity/Fitness step 1 and step 11 RA (Grain Train)</p> <p>Compassion for Others step 1 RA (Unlock the Doors)</p> <p>Cooperation step 3 RA (Cooperation Relay)</p> <p>Following Directions step 3</p> <p>Respect for Others steps 1 and 2</p> <p>Constructive Competition step 4 RA (Centipede Maze)</p> <p>Miscellaneous reinforcing activities in most objectives</p>



Grade One

Standard 1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.

Movement Concepts	
1.1 Personal and general space and boundaries	Use of Space steps 1 through 5
1.2 Travel in relation to partner and other objects using locomotor skills	Gallop steps 5 and 6 Hop step 8 Horizontal Jump steps 2 through 7 Leap steps 1 through 9 Run steps 1 through 8 Skip steps 2, 3, 4, 5, 7 and 8 Slide steps 1 through 5 Vertical Jump steps 2, 8 and 9 Catch Fly Balls steps 7 through 9 Foot Dribble steps 2 through 8 Use of Space step 3 RA (Force Field) Compassion step 2 RA (Chicken Tag) and step 4 Cooperation step 3 RA (Cooperation Relay) Following Directions step 3 Respect for Others step 1 RA (Lily Pad Leapers) Self-Control steps 3 RA (Mini-Triathlon) Best Effort steps 1 RA (Endangered Egg Rescue)
1.3 Change speeds on different pathways	Gallop step 5 Hop steps 7 and 8 Run step 6 Skip steps 5, 6 and 7 Slide step 5 Walk steps 3, 4 and 5
1.4 Change directions in response to signals	Gallop step 5 Hop step 8 Skip step 7 Slide step 5 Walk step 4
1.5 Slow-fast, heavy-light, hard-soft movements	Gallop steps 3, 4 and 5 Hop steps 7 and 8 Skip steps 3, 5 and 6 Slide step 5 Walk steps 3, 4 and 5
Body Management	
1.6 Balance self using other than two feet as base of support	Hop steps 3 through 9 Skip step 1 Body Parts, Actions and Planes step 2 Abdominal/Low Back Strength steps 7 and 9 Arm/Shoulder Strength steps 1, 2 and 6
Locomotor Movement	
1.7 Roll in forward direction	Not addressed

1.8 Land on both feet after jumping or leaping	Horizontal Jump steps 2 through 7 Leap steps 1 through 9 Vertical Jump steps 2 through 9
1.9 Jump rope turned by others	Not addressed
Manipulative Skills	
1.10 Demonstrate underhand throw	Underhand Throw steps 2 through 9
1.11 Demonstrate overhand throw	Overhand Throw steps 1 through 9
1.12 Demonstrate two-hand overhead throw	Not addressed
1.13 Catch with proper form	Catch Fly Balls steps 3 through 8
1.14 Underhand self-tossed ball	Catch Fly Balls step 2
1.15 Catch a self bounced ball.	Catch Fly Balls step 1
1.16 Kick a rolled ball stationary position	Instep Kick step 10
1.17 Kick stationary ball when running	Instep Kick steps 5 through 7
1.18 Strike balloon with hands, feet, etc.	Aerobic Activity/Fitness step 7 RA (Hot Balloons) Compassion for Others step 1 RA (Balloons in the Air) Cooperation step 2 RA (Balloon Keep Up)
1.19 Strike balloon with paddle	Not addressed
1.20 Dribble soccer ball with inside foot	Foot Dribble step 2
1.21 Continuously dribble ball with one hand	Hand Dribble steps 3 and 4
Rhythmic Skills	
1.22. Create movement in response to music	Gallop steps 2 through 6 Hop steps 6 through 9 Skip steps 5 through 8 Slide steps 3 through 5 Walk step 3 Beneficial Effects of Physical Activity step 9 RA (Dance to the Music) Body Parts, Actions and Planes step 2 RA (Movement Exploration) Abdominal/Low Back Strength step 6 RA (Twist and Shout) Hip/Low Back Flexibility step 6 RA (Flamingo Dance) Best Effort step 2 RA (Clap the Rhythm)

Standard 2. Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities

Movement Concepts	
2.1 Identify left and right	Gallop steps 5 and 6 Hop steps 4 through 9 Run step 8 Slide steps 1 through 4 Catch Rolling Balls steps 5 through 9 Foot Dribble steps 1 through 8 Hand Dribble steps 5 and 6 Abdominal/Low Back Strength step 6 RA (both) and

	step 7 RA (both)
2.2 Identify people within boundaries	Gallop steps 3, 5 and 6 Hop steps 2, 3, 6, 7 and 8 Horizontal Jump step 1 Walk steps 1 through 6 Batting steps 2 through 10 Catch Fly Balls steps 1 and 2 Catch Rolling Balls steps 1, 2, 5, 6, 7, 8 and 9 Foot Dribble steps 6 and 7 Hand Dribble step 6 RA (Dribble Exchange) Underhand Strike step 6 Use of Space steps 1 through 5 Aerobic Activity/Fitness step 12 RA (Stealing Suit) Compassion step 1
Body Management	
2.3 Identify base of support for balanced objects	Not addressed in K-5; see Lifetime Activity Modules
Locomotor Movement	
2.4 Explain difference between locomotor movements	Gallop step 2 Hop step 4 Horizontal Jump step 3 Leap step 4 Run step 5 Skip step 4 Slide step 3 Vertical Jump step 4 Walk step 1
Manipulative skills	
2.5 Identify underhand and overhand throw patterns	Overhand Throw steps 1 through 5 Underhand Throw steps 1 through 5
2.6 Explain that position of fingers on release affects direction of throw	Underhand Throw step 3
2.7 Explain non-throwing arm and balance	Not addressed
2.8 Explain throw point of release	Overhand Throw steps 4 and 5
2.9 Describe hand and finger position when catching	Catch Fly Balls steps 4 through 9 Catch Rolling Balls steps 1, 2 and 4
2.10 Demonstrate absorption in catching	Catch Fly Balls steps 2 and 5 Catch Rolling Balls steps 3 and 4
2.11 Position of non-kicking foot	Instep Kick steps 1 through 5
2.12 Point of contact for striking upward	Not addressed in K-5 EPEC; see Soccer Lifetime Activity Module
2.13 Force needed for dribbling forward	Foot Dribble steps 2 through 5 Hand Dribble step 4 See also Soccer and Basketball Lifetime Activity Modules



Standard 3. Access and maintain a level of fitness improve health and performance

Fitness Concepts	
3.1 Participate in physical activities	Gallop steps 1 through 6 Hop steps 1 through 9 Horizontal Jump steps 1 through 7 Leap steps 1 through 9 Run steps 1 through 9 Skip steps 1 through 8 Slide steps 1 through 6 Vertical Jump steps 1 through 9 Walk steps 1 through 6 Batting steps 1 through 10 Catch Fly Balls steps 1 through 9 Catch Rolling Balls steps 1 through 9 Foot Dribble steps 1 through 8 Forehand Strike steps 1 through 10 Hand Dribble steps 1 through 8 Instep Kick steps 1 through 11 Lift and Carry Posture steps 1 through 6 Overhand Throw steps 1 through 9 Underhand Strike steps 1 through 6 Underhand Throw steps 1 through 9 Aerobic Activity/Fitness steps 1 through 14 Abdominal/Low Back Strength steps 1 through 9 Arm/Shoulder Strength steps 1 through 8 Hip/Low Back Flexibility steps 1 through 10 Compassion steps 1 through 4 RA (all) Cooperation steps 1 through 4 RA (all) Following Directions steps 1 through 4 RA (all) Respect for Others steps 1 through 4 RA (all) Responsibility steps 1 through 4 RA (all) Self-Control steps 1 through 4 RA (all) Best Effort steps 1 through 4 RA (all) Constructive Competition steps 1 through 4 RA (all)
Aerobic Capacity	
3.2 Participate in PA 3-4 days week increasing HR	Aerobic Activity/Fitness steps 1 through 14
Muscular Strength and Endurance	
3.3 Demonstrate V, push up & squat positions	Arm/Shoulder Strength steps 1, 2, 4 and 6
3.4 Move from sitting to standing without arms	Not addressed
3.5 Travel on overhead ladder	Arm/Shoulder Strength steps 3, 4 and 8
Flexibility	
3.6 Stretch without hyper-flexing	Hip/Low Back Flexibility steps 1 through 10
Body Composition	
3.7 Sustain and increase MVPA	Aerobic Activity/Fitness steps 1 through 14

Assessment	
3.8 Identify two indicators of increased MVPA capacity	Aerobic Activity/Fitness steps 1 through 14

Standard 4. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

Fitness Concepts	
4.1 Identify physical activities enjoy while increasing PA	Aerobic Activity/Fitness steps 10 and 11 (Minute Mania handout)
4.2 Explain why drink water during PA	Gallop step 2 RA (Fetch a Pail of Water) and step 3 RA (Riding the Range) Beneficial Effects of Physical Activity step 5 (Temperature Tag)
4.3 Nutritious food provides energy for alertness and mental concentration	Foot Dribble step 5 RA (Breakfast Dribble) Beneficial Effects of Physical Activity step 8 (Be Active; Eat Healthy!)
Aerobic Capacity	
4.4 Heart most important muscle and size of fist	Beneficial Effects of Physical Activity step 1
4.5 Heart beats stronger and faster during PA	Beneficial Effects of Physical Activity step 2
4.6 Identify activities that cause heart to beat faster	Beneficial Effects of Physical Activity step 2
4.7 Describe blood's role in transporting O ₂	Beneficial Effects of Physical Activity step 4
Muscular Strength/Endurance	
4.8 Strong muscles prevent injuries	Abdominal/Low Back Strength step 4 Arm/Shoulder Strength steps 3, 4 and 8
4.9 Prolonged PA increase endurance	Aerobic Activity/Fitness steps 1, 2, 4, 5, 9, 10 and 11
Flexibility	
4.10 Explain that proper body position while stretching prevents injury	Not addressed
4.11 Diagram increased range of motion of flexible muscles	Not addressed
Body Composition	
4.12 Identify body components	Not addressed

Standard 5. Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

Self-Responsibility	
5.1 Willingly participate in new physical activity	Miscellaneous lesson segments and reinforcing activities in most objectives
5.2 Demo acceptable responses for challenges, successes and failures in PA	Self-Control steps 3 and 4 Constructive Competition steps 1 through 4
	Miscellaneous reinforcing activities in most objectives



Social Interaction	
5.3 Demonstrate sharing and cooperation in PA	<p>Cooperation steps 1 through 4 Self-Control step 2 Miscellaneous reinforcing activities in most objectives</p>
5.4 Take turns	<p>Vertical Jump steps 5 and 6 Batting steps 2 through 10 Catch Fly Balls steps 3 through 9 Catch Rolling Balls steps 2 through 9 Foot Dribble steps 6 and 7 Cooperation steps 2 and 4 Responsibility step 4 RA (Beanbag Toss) Miscellaneous reinforcing activities in most objectives</p>
Group Dynamics	
5.5 Demonstrate factors of effective partners in PA	<p>Hop steps 4 and 5 Horizontal Jump step 5 Skip step 3 Slide step 3 Batting steps 2 through 6 Catch Fly Balls steps 3 through 9 Catch Rolling Balls steps 2 through 8 Compassion step 2 Cooperation step 1 Respect for Others step 1 and step 4 RA (Collect the Eggs) Responsibility step 1 Constructive Competition steps 1 and step 3 RA (Wall Ball) Miscellaneous reinforcing activities in most objectives</p>
5.6 ID practices of working with a group without interfering with others	<p>Cooperation steps 1 through 4 Following Directions steps 3 and 4 Respect for Others steps 2 and 4 Self-Control steps 1 through 4 Constructive Competition steps 1 through 4</p>

Grade Two

Standard 1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.

Movement Concepts	
1.1 Move inside boundaries at higher speeds	Gallo steps 2 through 6 Hop step 7 Run steps 1, 2, 3, 4, 5 and 7 Skip step 7 Vertical Jump step 2 Walk step 5 Foot Dribble step 5 Hand Dribble step 6 RA (Dribble Exchange) Underhand Throw step 2 RA (Stop and Look) Use of Space step 4 RA (Don't Burst My Bubble) Aerobic Activity/Fitness step 1
Body Management	
1.2 Transfer weight from feet to hands and back	Not addressed
1.3 Demonstrate balance on ground and other objects	Hop steps 3 through 9 Skip step 1 Body Parts, Actions and Planes step 2 Abdominal/Low Back Strength steps 7 and 9 Arm/Shoulder Strength steps 1, 2 and 6
1.4 Demo routine of various rolls	Not addressed
Locomotor Movement	
1.5 Jump for distance and absorb force	Horizontal Jump step 3 Vertical Jump step 4
1.6 Skip and leap with proper form	Leap steps 1 through 9 Skip steps 1 through 8
Manipulative Skills	
1.7 Roll a ball for distance with proper form	Not addressed
1.8 Throw for distance with proper form	Overhand Throw steps 1 through 9 Underhand Throw steps 1 through 9
1.9 Catch ball above waist fingers point up	Catch Fly Balls steps 4 through 9
1.10 Catch below waist, fingers down	Catch Fly Balls steps 4 through 9 Catch Rolling Balls steps 1, 2 and 4
1.11 Kick slow rolling ball	Instep Kick steps 8 through 11
1.12 Strike balloon forward with paddle	Not addressed
1.13 Strike ball from tee	Batting steps 3 through 7
1.14 Hand dribble continuously	Hand Dribble steps 3 through 8
1.15 Foot dribble on ground controlled	Foot Dribble steps 2 through 8
1.16 Jump turned rope repeatedly	Not addressed
Rhythmic Skills	
1.17. Transition between even and uneven beat	Not addressed
1.18 Perform rhythmic sequences related to	Hop step 9 RA



folk dances	
1.19 Perform rhythmic sequences related to folk dances with partner	Not addressed

Standard 2. Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities

Movement Concepts	
2.1 Define "open space"	Not addressed
2.2 Explain absorb force of oncoming object	Catch Fly Balls steps 2 and 5 Catch Rolling Balls steps 3 and 4
Body Management	
2.3 Explain wide and narrow base of support for balancing	Not addressed
2.4 Explain why one hand or foot is preferred	Not addressed
Locomotor Movement	
2.5 Compare and contrast locomotor movements to even and uneven beats	Not addressed
Manipulative skills	
2.6 Identify appropriate use of underhand and overhand throw	Overhand Throw steps 6, 8 and 9 Underhand Throw steps 1, 2, 5, 7 and 9
2.7 List opportunities for striking skills	Forehand Strike steps 1, 6, 9 and 10 Underhand Strike steps 5 and 6
2.8 Compare changes in force and speed when rolling a ball	Catch Rolling Balls step 5
2.9 Explain elements when throwing for distance	Overhand Throw steps 6 and 7 Underhand Throw step 7
2.10 ID roles of body parts not directly involved in catching.	Catch Fly Balls steps 3, 5 and 7 Catch Rolling Balls steps 1 through 7
2.11 Explain timing on kicking motion	Instep Kick steps 9 and 10
2.12 ID different contact points for striking balloon up or forward.	Not addressed
2.13 Explain side orientation when batting	Batting steps 2 and 6
2.14 Explain effects of varying hand speed when dribbling	Not addressed in K-5 EPEC; see Basketball Lifetime Activity Module

Standard 3. Access and maintain a level of fitness improve health and performance

Fitness Concepts	
3.1 Be active for increasing amounts of time	Aerobic Activity/Fitness steps 1-14
Aerobic Capacity	
3.2 Participate in PA 3-4 days week increasing HR and breathing	Beneficial Effects of Physical Activity step 6
Muscular Strength and Endurance	
3.3 Perform curl ups, modified push ups, chair or bench push ups	Abdominal/Low Back Strength steps 1, 2, 4, 5 and 6 Arm/Shoulder Strength steps 1, 4 and 7
3.4 Traverse overhead ladder one bar at a	Not addressed

time.	
Flexibility	
3.5 Demonstrate stretching form for hamstrings, quads, shoulders, biceps and triceps.	Hip/Low Back Flexibility steps 1, 2, 4, 5, 6, 8 and 9 See also Personal Conditioning module
Body Composition	
3.6 Sustained MVPA increasing time periods	Aerobic Activity/Fitness steps 1-14
Assessment	
3.7 Measure fitness improvements	Aerobic Activity/Fitness steps 1-14

Standard 4. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

Fitness Concepts	
4.1 Explain fuel requirements during activity and inactivity	Underhand Throw step 7 RA (Don't Break the Eggs)
4.2 Explain body needs MVPA to maintain good health.	Beneficial Effects of Physical Activity step 6, 9 and 11
4.3 List ways to be physically active outside of school.	Beneficial Effects of Physical Activity step 9 Aerobic Activity/Fitness steps 10 and 11
4.4 Explain water is essential during PA for body temp and blood volume	Gallop step 4 RA (Gallopig Guys and Girls) and step 5 RA (The Winning Choices) Beneficial Effects of Physical Activity step 5 RA (Temperature Tag)
4.5 Explain intensity during exercise, nutritional choices affect fuel during PA.	Gallop step 2 RA (Fetch a Pail of Water) Run step 5 RA (Eight a Day) Lift and Carry Poster step 6 RA (Harvest Time)
Aerobic Capacity	
4.6 Compare and contrast heart function during activity and rest.	Beneficial Effects of Physical Activity step 2
4.7 Describe relationship between heart and lungs during PA.	Beneficial Effects of Physical Activity step 4
4.8 Compare and contrast changes in HR before, during and after PA.	Beneficial Effects of Physical Activity step 2
Muscular Strength/Endurance	
4.9 Discuss how muscle strength and endurance enhance motor skills performance	Abdominal/Low Back Strength steps 1, 2, 4 and 8 Arm/Shoulder Strength steps 3, 4 and 8
4.10 ID muscles strengthened by specific physical activities.	Abdominal/Low Back Strength steps 1 through 9 Arm/Shoulder Strength steps 1 through 8
4.11 List activities or skills that would be accomplished with stronger muscles.	Abdominal/Low Back Strength steps 1, 5, 6, 7 and 8 Arm/Shoulder Strength steps 1, 6 and 7
4.12 Explain role of weight-baring activities in bone strength.	Not addressed in K-5; see Resistance Training Lifetime Activity Module
Flexibility	
4.13 Identify muscles stretched during specific activity	Hip/Low Back Flexibility steps 1 through 10

4.14 Explain why it is safer to warm up	Not addressed in K-5; see Personal Conditioning module
Body Composition	
4.15 Distinguish differences in density and weight between bones, muscles, organs, tissues and fat	Not addressed

Standard 5. Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

Self-Responsibility	
5.1 Participate in group settings without interfering with others.	Cooperation steps 1 through 4 Respect for Others steps 1 through 4 Self-Control steps 1 through 4 Miscellaneous reinforcing activities in most objectives
5.2 Accept responsibility for behavior during group activity.	Responsibility steps 1 through 4 Miscellaneous reinforcing activities in most objectives
Social Interaction	
5.3 Acknowledge opponent and partner, before, during and after activity with positive feedback.	Constructive Competition steps 1 through 4 Miscellaneous reinforcing activities in most objectives
5.4 Encourage others with verbal and nonverbal communication.	Compassion for Others steps 1 through 4 Cooperation steps 3 and 4 Respect for Others steps 1 through 4 Constructive Competition steps 1 through 4 Miscellaneous reinforcing activities in most objectives
5.5 Show respect for self, others and equipment.	Compassion for Others steps 1 through 4 Cooperation steps 1 through 4 Following Directions steps 3 and 4 Respect for Others steps 1 through 4 Responsibility steps 3 and 4 Self-Control steps 1 through 4 Constructive Competition steps 1 through 4 Miscellaneous reinforcing activities in most objectives
5.6 Show problem-solving ability in PA	Miscellaneous reinforcing activities in most objectives
Group Dynamics	
5.5 Participate positively in activities that rely on cooperation.	Cooperation steps 1 through 4 Miscellaneous reinforcing activities in most objectives



Grade Three

Standard 1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.

Movement Concepts	
1.1 Chase, flee and move away from others	<p>Hop step 2 RA (Hop-Toad Tag) and step 9 RA (Hopping Good Time)</p> <p>Horizontal Jump 6 RA (Grasshopper Tag)</p> <p>Leap step 3 RA (Royal Ants)</p> <p>Run step 3 RA (Mooving for Milk)</p> <p>Skip step 3 RA (Wizard Tag) and step 6 RA (Be Healthy)</p> <p>Slide step 4 RA (Healthy Snack Tag) and step 6 RA (Tunnel Tag)</p> <p>Foot Dribble step 2 RA (Double Dribble Tag) and step 7 RA (Dribble and Pass Challenge)</p> <p>Hand Dribble step 8 RA (both)</p> <p>Lift and Carry step 5 RA (Bumping Box Tag)</p> <p>Underhand Throw step 5 RA (Food Freeze Tag)</p> <p>Beneficial Effects of Physical Activity step 5 RA (Temperature Tag) and step 10 RA (Today and Tomorrow Rescue Tag)</p> <p>Use of Space step 2 RA (Germ Tag) and step 5 RA (Food Group Tag)</p> <p>Aerobic Activity/Fitness step 1 RA (Dog Tail Tag), step 5 RA (Merry-Go-Round Tag), step 6 RA (Bathroom Tag), step 10 (Magnet Tag), step 11 (Variety Tag)</p> <p>Hip/Low Back Flexibility step 4 RA (Flexibility Freeze Tag), step 7 RA (Hurry Up Housecat!) and step 10 RA (Muscle Knot Monster Tag)</p> <p>Compassion step 2 RA (Chicken Tag)</p> <p>Respect for Others step 2 RA (both), step 3 RA (Compliments Tag)</p> <p>Responsibility step 4 RA (Tree Tag)</p> <p>Self-Control step 2 RA (Anger Management Tag)</p> <p>Best Effort step 4 RA (Magician Tag)</p>
Body Management	
1.2 Perform tripod	Not addressed
1.3 Perform forward roll	Not addressed
1.4 Perform a straddle roll	Not addressed
Locomotor Movement	
1.5 Jump forward and backward turning rope	Not addressed
Manipulative Skills	
1.6 Balance on low balance beam	Not addressed
1.7 Catch object while moving	Slide step 1 RA (Fruit-and-Veggie Slide)
1.8 Roll ball for accuracy	Instep Kick steps 9 and 10

	Underhand Throw step 8 RA (both) and step 9
1.9 Throw overhand with increasing accuracy	Catch Fly Balls steps 4 through 9
1.10 Throw and catch with partner, increasing distance	Catch Fly Balls steps 4 through 9 Catch Rolling Balls steps 1, 2 and 4
1.11 Perform push pass	Not addressed in K-5; see Soccer Lifetime Activity Module
1.12 Strike ball continuously upward	Forehand Strike step 1
1.13 Hand dribble around obstacles	Hand Dribble steps 6 and 8
1.14 Foot dribble while changing directions	Foot Dribble step 6
Rhythmic Skills	
1.15 Perform line, circle and folk dance w/partner	Not addressed

Standard 2. Demonstrate knowledge of movement concepts, principles, and strategies that apply to learning and performance of physical activities

Movement Concepts	
2.1 Describe evasive tactics	Not addressed
Manipulative skills	
2.2 Use correct hand position when catching	Catch Fly Balls steps 4 through 9 Catch Rolling Balls steps 1 through 9
2.3 Explain difference in throwing to stationary vs. moving partner	Not addressed
2.4 Explain how to roll and throw ball accurately	Overhand Throw steps 1 through 7 Underhand Throw steps 1 through 7
2.5 ID differences in dribbling while moving forward and when changing directions	Foot Dribble steps 4 and 6 Hand Dribble steps 4, 6 and 7
Rhythmic Skills	
2.6 Define types of dance	Not addressed
2.7 Compare and contrast types of dances	Not addressed

Standard 3. Access and maintain a level of fitness improve health and performance

Fitness Concepts	
3.1 Demonstrate warm-up and cool-down exercises	Not addressed in K-5; see Personal Conditioning module
3.2 Demonstrate lifting and carrying objects	Lift and Carry Posture steps 1 through 6
Aerobic Capacity	
3.3 Participate in PA 3-4 days week increasing HR and breathing	Beneficial Effects of Physical Activity step 6
Muscular Strength and Endurance	
3.4 Perform curls, oblique curls, modified push ups, lunges and dips	Abdominal/Low Back Strength steps 1, 2 and 4 Arm/Shoulder Strength steps 1, 4 and 7
3.5 Climb pole or rope	Not addressed
Flexibility	
3.6 Hold basic stretches	Hip/Low Back Flexibility steps 1 through 10
Body Composition	

3.7 Sustained MVPA increasing time periods	Aerobic Activity/Fitness steps 1 through 14
Assessment	
3.8 Show improvement in individual fitness	Aerobic Activity/Fitness steps 1 through 14 Abdominal/Low Back Strength steps 1 through 9 Arm/Shoulder Strength steps 1 through 8 Hip/Low Back Flexibility steps 1 through 10

Standard 4. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

Fitness Concepts	
4.1 Explain body's reactions to MVPA	Beneficial Effects of Physical Activity steps 2, 4, 5, 8, 9, 10 and 11
4.2 List components of physical fitness	Not addressed in K-5; see Personal Conditioning module
4.3 Explain purpose of warm-up and cool-down	Not addressed in K-5; see Personal Conditioning module
4.4 Recognize adaptation	Beneficial Effects of Physical Activity step 7
4.5 Explain link between fluid needs and energy expenditure	Run step 5 RA (Eight a Day) Beneficial Effects of Physical Activity step 5 RA (Temperature Tag) Arm/Shoulder Strength step 5 RA (Gulp-and-Go Relay)
4.6 Discuss need for O ₂ and fuel during exercise	Beneficial Effects of Physical Activity step 6
Aerobic Capacity	
4.7 Describe relationship between heart, lungs, blood, etc., during exercise	Beneficial Effects of Physical Activity step 3
4.8 Note heartrate changes with PA	Beneficial Effects of Physical Activity step 2
Muscular Strength/Endurance	
4.9 Explain that stronger heart works better	Beneficial Effects of Physical Activity step 6
4.10 Identify muscles used in endurance activities	Not addressed
4.11 Identify major muscles	Not addressed in K-5; see Personal Conditioning module and Resistance Training Lifetime Activity Module
4.12 Describe how to relieve muscle cramp	Not addressed
4.13 Describe how to prevent back injuries	Lift and Carry Posture steps 1 and 2
Flexibility	
4.14 Identify flexibility exercises to avoid	Not addressed
4.15 Explain why stretch is appropriate	Not addressed in K-5; see Personal Conditioning module
Body Composition	
4.16 Explain calorie consumption and fat burning during PA	Not addressed



Standard 5. Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

Self-Responsibility	
5.1 Set goal to improve skill	Not addressed
5.2 Record progress toward mastery of skill	Not addressed
5.3 List benefits and risks associated with safety procedures	Following Directions steps 1 through 4
Social Interaction	
5.4 Coach others in physical activities	Overhand Throw step 5 RA (What's My Problem?) Underhand Throw steps 5 and 6 The use of cue words for teaching skills enables students to spontaneously provide feedback for peers having difficulty
5.5 Respect individual differences	Compassion for Others steps 1 through 4 Respect for Others steps 1 through 4 Miscellaneous reinforcing activities in most objectives
Group Dynamics	
5.6 Work with others to accomplish goal	Cooperation steps 1 through 4 Miscellaneous reinforcing activities in most objectives

Grade Four

Standard 1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.

Body Management	
1.1 Balance with partner	Not addressed
1.2 Change direction to maintain distance	Use of Space step 3 RA (Force Field)
1.3 Change direction to increase distance	<p>Hop step 2 RA (Hop-Toad Tag) and step 9 RA (Hopping Good Time)</p> <p>Horizontal Jump 6 RA (Grasshopper Tag)</p> <p>Leap step 3 RA (Royal Ants)</p> <p>Run step 3 RA (Mooving for Milk)</p> <p>Skip step 3 RA (Wizard Tag) and step 6 RA (Be Healthy)</p> <p>Slide step 4 RA (Healthy Snack Tag) and step 6 RA (Tunnel Tag)</p> <p>Foot Dribble step 2 RA (Double Dribble Tag) and step 7 RA (Dribble and Pass Challenge)</p> <p>Hand Dribble step 8 RA (both)</p> <p>Lift and Carry step 5 RA (Bumping Box Tag)</p> <p>Underhand Throw step 5 RA (Food Freeze Tag)</p> <p>Beneficial Effects of Physical Activity step 5 RA (Temperature Tag) and step 10 RA (Today and Tomorrow Rescue Tag)</p> <p>Use of Space step 2 RA (Germ Tag) and step 5 RA (Food Group Tag)</p> <p>Aerobic Activity/Fitness step 1 RA (Dog Tail Tag), step 5 RA (Merry-Go-Round Tag), step 6 RA (Bathroom Tag), step 10 (Magnet Tag), step 11 (Variety Tag)</p> <p>Hip/Low Back Flexibility step 4 RA (Flexibility Freeze Tag), step 7 RA (Hurry Up Housecat!) and step 10 RA (Muscle Knot Monster Tag)</p> <p>Compassion step 2 RA (Chicken Tag)</p> <p>Respect for Others step 2 RA (both), step 3 RA (Compliments Tag)</p> <p>Responsibility step 4 RA (Tree Tag)</p> <p>Self-Control step 2 RA (Anger Management Tag)</p> <p>Best Effort step 4 RA (Magician Tag)</p>
1.4 Determine spacing based on speed	Not addressed
Locomotor Movement	
1.5 Jump a self-turned rope	Not addressed
Manipulative Skills	
1.6 Throw and catch while moving with moving partner	<p>Slide step 1 RA (Fruit-and-Veggie Slide)</p> <p>See also Basketball Lifetime Activity Module</p>
1.7 Throw overhand at smaller targets	Overhand throw steps 7 and 9
1.8 Throw flying disc far	Not addressed

1.9 Catch fly ball high, low and to side	Catch Fly Balls steps 5 through 9
1.10 Kick ball to moving partner	Foot Dribble step 7
1.11 Kick stationary ball into air	Instep Kick steps 5 through 11
1.12 Punt a self-dropped ball	Not addressed
1.13 Use racquet on tossed object	Not addressed
1.14 Serve lightweight ball to partner	Underhand Strike step 4 RA (Pass and Catch) and step 6 RA (Heavy Rain)
1.15 Strike tossed ball with bat	Batting steps 8, 9 and 10
1.16 Keep foot-dribbled ball away from defender	Not addressed in K-5; see Soccer Lifetime Activity Module
1.17 Keep hand-dribbled ball away from defender	Not addressed in K-5; see Basketball Lifetime Activity Module
1.18 Use long-handled implement to manipulate object	Batting steps 2 through 10 Forehand Strike steps 1 through 10
1.19 Trap a kicked ball under foot	Foot Dribble step 7
1.20 Use forearm pass on tossed ball	Not addressed in K-5; see Volleyball Lifetime Activity Module
Rhythmic Skills	
1.21 Perform basic square-dance steps	Not addressed
1.22 Perform routine to music including even and uneven locomotor patterns	Hop step 9 Skip step 5 RA (Circle Skip Dance, with option 1)

Standard 2. Demonstrate knowledge of movement concepts, principles, and strategies that apply to learning and performance of physical activities

Movement Concepts	
2.1 Differentiate between offense and defense	Not addressed in K-5; see Basketball and Soccer Lifetime Activity Modules
2.2 Describe how to create space between opposing players	Not addressed
Body Management	
2.3 Describe body orientation for underhand strike	Underhand Strike steps 1 and 3
2.4 Describe body orientation for forehand strike	Forehand Strike steps 2, 5 and 6
Manipulative skills	
2.5 Explain similarities between underhand throw and underhand strike	Underhand Strike step 3 Underhand Throw step 5
2.6 Compare and contrast punting and kicking	Not addressed
2.7 Differentiate dribbling with and without defender	Not addressed in K-5; see Basketball and Soccer Lifetime Activity Modules
2.8 Compare manipulation of object using long-handled vs short-handled implement	Not addressed
2.9 Explain body position for volleying ball	Forehand Strike steps 2, 5 and 6
Rhythmic Skills	
2.10 Design routine to music	Not addressed

Standard 3. Access and maintain a level of fitness improve health and performance

Fitness Concepts	
3.1 Uses appropriate warm-up and cool-down activities	Not addressed in K-5; see Personal Conditioning module
3.2 Show body position to push or pull large objects	Not addressed
Aerobic Capacity	
3.3 Participate in PA 3-4 days week	Beneficial Effects of Physical Activity step 6
Muscular Strength and Endurance	
3.4 Perform curls, oblique curls, modified push ups, and triceps push-ups	Abdominal/Low Back Strength steps 1, 2, 4, 5, 6 and 8 Arm/Shoulder Strength steps 1, 2 and 7
3.5 Hang from bar with hips and knees at 90-degree angle	Not addressed
Flexibility	
3.6 Demonstrate stretches using correct form	Hip/Low Back Flexibility steps 1, 2, 5, 6, 8 and 9
Body Composition	
3.7 Sustained MVPA increasing time periods	Aerobic Activity/Fitness steps 1 through 14
Assessment	
3.8 Show improvement in individual fitness	Aerobic Activity/Fitness steps 1 through 14
3.9 Meet minimum requirements for fitness	Aerobic Activity/Fitness step 13 Abdominal/Low Back Strength step 4 Arm/Shoulder Strength step 4 Hip/Low Back Flexibility step 4

Standard 4. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

Fitness Concepts	
4.1 Show correct form for lower-body stretches	Hip/Low Back Flexibility steps 1 through 10
4.2 Explain FITT principles	Beneficial Effects of Physical Activity step 10 RA (Today and Tomorrow Rescue Tag)
4.3 Set short-term fitness goals	Beneficial Effects of Physical Activity step 6 RA (Aerobic Fitness Goals) and step 7 RA (Muscular Fitness Goals)
4.4 Identify healthy choices for meals and snacks	Gallop steps 1 RA (both) and step 5 RA (Home Delivery!) Hop step 3 RA (Farmers' Market Hop), step 4 RA (My Pyramid Relay) and step 9 RA (Snack-Time Relay) Horizontal Jump RAs (all nutrition-related activities) Run step 3 RA (Mooving for Milk) Skip step 1 RA (Parachute, What's Cooking?), step 2

	<p>RA (Marching in the Band), step 4 RA (Food Group Scramble) and step 6 RA (Shopping Cart Relay)</p> <p>Slide step 4 RA (Healthy Snack Tag)</p> <p>Vertical Jump step 2 RA (Jump for Health), step 5 RA (Fruit of the Room) and step 7 RA (Jump and Thump)</p> <p>Walk RAs (all nutrition-related activities)</p> <p>Batting RAs (all nutrition-related activities)</p> <p>Catch Fly Balls RAs (all nutrition-related activities)</p> <p>Catch Rolling Balls step 1 RA (Ready for Fruit Salad), step 8 RA (Half Should be Whole) and step 9 RA (Star Roll and Catch)</p> <p>Foot Dribble step 5 RA (Breakfast Dribble) and step 8 RA (Soccer Basketball)</p> <p>Hand Dribble step 1 RA (Mash the Potatoes), step 5 RA (Snack Choice) and step 7 RA (Find the Fruits and Vegetables)</p> <p>Instep Kick RAs (all nutrition-related activities)</p> <p>Lift and Carry Posture step 1 RA (Gift Giving) and step 6 RA (Harvest Time)</p> <p>Overhand Throw RAs (all nutrition-related activities except Vegetable Soup)</p> <p>Underhand Strike step 2 RA (Don't Forget the Fruits and Veggies!), step 3 RA (Food Group Points) and Step 4 RA (Veggies in Space)</p> <p>Underhand Throw step 1 RA (On-the-Go Fruits and Veggies), step 3 RA (Fruit and Veggie Scramble) and step 7 RA (Don't Break the Eggs)</p> <p>Beneficial Effects of Physical Activity step 8 RA (Be Active; Eat Healthy!)</p> <p>Use of Space step 5 RA (both)</p> <p>Aerobic Activity/Fitness step 1 RA (Healthy Snack Start-and-Stop), step 2 RA (Animal Walk), step 4 RA (Fruit/Veggie Transport), step 5 RA (Moving Food Groups), step 6 RA (Get All Five), step 7 RA (Make-a-Meal), Step 8 RA (Colors of Fruits and Vegetables), step 9 RA (Food Group Relay), step 10 RA (Pizza Game), step 11 RA (Grain Train), step 13 RA (Milk Wall) and step 14 RA (Make Your Plate!)</p> <p>Abdominal/Low Back Strength step 6 RA (Movin' Down the Line) and step 7 RA (Enough is Enough!)</p> <p>Hip/Low Back Flexibility step 4 RA (Flexibility Freeze Tag) and step 9 RA (Fruit and Vegetable Trivia)</p> <p>Cooperation step 3 RA (Transport the Fruits and</p>
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	Veggies) and step 4 RA (Food Group Fun) Following Directions step 1 RA (Fruit and Veggie Relay) and step 4 RA (Healthy Snack Hunt) Responsibility step 2 RA (Serving the Meal) Self-Control step 1 RA (Make the Healthy Choice!) Constructive Competition step 3 RA (It's Veggie-licious!)
4.5 Explain body's need for water	Gallop step 2 RA (Fetch a Pail of Water and step 3 RA (Riding the Range) Aerobic Activity/Fitness step 12 RA (After-the-Mile Healthy Drink)
4.6 Explain use of carbs and fats during different intensities of exercise	Not addressed
4.7 Explain need for warm-up and cool-down	Not addressed in K-5; see Personal Conditioning module
Aerobic Capacity	
4.8 Calculate heart rate	Not addressed in K-5; see Personal Conditioning module
4.9 Explain strong heart's ability to return quickly to resting rate after exertion	Not addressed
4.10 Explain how to build aerobic capacity	Beneficial Effects of Physical Activity step 6
4.11 Explain perceived exertion	Aerobic Activity/Fitness steps 11 and 12
Muscular Strength/Endurance	
4.12 Differentiate strength and endurance	Not addressed in K-5; see Personal Conditioning module
4.13 Explain why muscle mass does not increase in pre-adolescents	Not addressed in K-5; see Resistance Training module
4.14 Recognize benefits of stronger muscles	Beneficial Effects of Physical Activity step 7 Abdominal/Low Back Strength steps 1-9 Arm/Shoulder Strength steps 1-8
4.15 Describe correct form to push and pull heavy objects	Not addressed
Flexibility	
4.16 Explain benefits of greater flexibility	Hip/Low Back Flexibility steps 1-6, 8-10
Body Composition	
4.17 Explain calorie-consumption and fat burning with sustained PA	Not addressed

Standard 5. Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

Self-Responsibility	
5.1 Set goal to improve skill	Not addressed
5.2 Record progress toward goal attainment	Beneficial Effects of Physical Activity step 11 RA (Charting and Graphing Your Steps)
5.3 Accept responsibility; don't blame others	Responsibility steps 1 through 4 Self-Control steps 3 and 4

	Constructive Competition steps 2 and 4 Miscellaneous reinforcing activities in most objectives
5.4 Win and lose well	Constructive Competition steps 1 through 4 Miscellaneous reinforcing activities in most objectives
Social Interaction	
5.5 Include others and respect differences	Compassion for Others steps 2 and 4 Respect for Others step 2 and 4 Constructive Competition steps 2 and 4 Miscellaneous reinforcing activities in most objectives
Group Dynamics	
5.6 Accept opponent's abilities as challenge	Best Effort Steps 1 through 4 Constructive Competition steps 2 and 4 Miscellaneous reinforcing activities in most objectives

Grade Five

Standard 1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.

Body Management	
1.1 Perform small-group balance stunts	Not addressed
Locomotor Movement	
1.2 Jump for height	Vertical Jump steps 1-9
1.3 Jump for distance	Horizontal Jump steps 1-7
Manipulative Skills	
1.4 Enter, jump and leave other-turned rope	Not addressed
1.5 Throw flying disc accurately to partner	Not addressed
1.6 Throw and catch overhand and underhand while evading opponent	Not addressed
1.7 Field a ground ball	Catch Rolling Balls steps 5 through 9
1.8 Punt a self-dropped ball at a target	Not addressed
1.9 Trap a kicked ball while moving	Foot Dribble step 7
1.10 Use forehand strike to hit self-dropped ball toward target	Forehand Strike steps 7-10
1.11 Hit tossed ball using backhand	Not addressed
1.12 Strike tossed ball from side orientation	Batting steps 8, 9, and 10
1.13 Use underhand strike to hit ball over net	Underhand Strike steps 5 and 6
1.14 Dribble ball and prevent opponent from stealing	Not addressed in K-5; see Basketball Lifetime Activity Module
1.15 Dribble ball and kick toward goal while guarded	Not addressed in K-5; see Soccer Lifetime Activity Module
1.16 Pass ball with partner, using chest and bounce pass	Not addressed in K-5; see Basketball Lifetime Activity Module
1.17 Volley tossed ball to target	Not addressed in K-5; see Volleyball Lifetime Activity Module
Rhythmic Skills	
1.18 Design and perform creative dance	Not addressed
1.19 Design and perform routine to music involving manipulation of object	Not addressed

Standard 2. Demonstrate knowledge of movement concepts, principles, and strategies that apply to learning and performance of physical activities

Movement Concepts	
2.1 Explain importance of open space in sports	Not addressed in K-5; see Basketball Lifetime Activity Module
2.2 Explain differences in force when jumping for height vs distance	Horizontal Jump steps 1 through 3 Vertical Jump steps 1 through 4
Body Management	
2.3 Explain how to catch ball thrown off-center	Catch Fly Balls steps 7, 8 and 9 Catch Rolling Balls steps 6 through 9
Manipulative Skills	

2.4 Identify phases for striking a ball	Batting step 6 Forehand Strike step 6 Instep Kick step 5 Underhand Strike step 3
Rhythmic Skills	
2.5 Design routine to music	Not addressed

Standard 3. Assess and maintain a level of fitness to improve health and performance

Fitness Concepts	
3.1 Demonstrate warming up muscles and joints	Not addressed in K-5; see Personal Conditioning module
3.2 Plan a day of balanced meals and snacks	Hand Dribble step 7 RA (Find the Fruits and Vegetables)
Aerobic Capacity	
3.3 Participate in PA 3-4 days week for increasing periods of time	Beneficial Effects of Physical Activity step 6
Muscular Strength and Endurance	
3.4 Perform increasing number of oblique curls	Abdominal/Low Back Strength step 6
3.5 Perform increasing number of triceps push-ups	Arm/Shoulder Strength steps 2 and 7
Flexibility	
3.6 Stretch muscles for given activities	Not addressed in K-5; see Lifetime Activity Modules
Body Composition	
3.7 Sustained MVPA increasing time periods	Aerobic Activity/Fitness steps 1 through 14
Assessment	
3.8 Assess health-related fitness	Not addressed
3.9 Meet fitness standards	Aerobic Activity/Fitness step 13 Abdominal/Low Back Strength step 4 Arm/Shoulder Strength step 4 Hip/Low Back Flexibility step 4

Standard 4. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

Fitness Concepts	
4.1 Record food consumption and make plan to adjust types and quantities of foods	Not addressed
4.2 Explain adverse effects of dehydration	Not addressed
4.3 Develop short-term and long-term fitness goals	Not addressed in K-5; see Personal Conditioning module
4.4 Examine results of fitness assessment and identify ways to improve	Not addressed
4.5 Explain elements of warm-up and cool-down activities	Not addressed in K-5; see Personal Conditioning module
4.6 Record water intake before, during and	Not addressed

after PA	
4.7 Describe training principles and application to components of fitness	Not addressed in K-5; see Personal Conditioning module
Aerobic Capacity	
4.8 Identify heart-rate needed to increase aerobic capacity	Not addressed in K-5; see Personal Conditioning module
4.9 Determine intensity using perceived exertion	Aerobic Activity/Fitness steps 11 and 12
4.10 Compare target heart rate to perceived exertion	Not addressed
4.11 Record heart rate before, during and after vigorous PA	Not addressed in K-5; see Personal Conditioning module
4.12 Explain how technology can help achieve fitness goals	Not addressed
Muscular Strength/Endurance	
4.13 Explain benefit of strong muscles	Beneficial Effects of Physical Activity step 7 Abdominal/Low Back Strength steps 1-9 Arm/Shoulder Strength steps 1-8
Flexibility	
4.14 Explain benefits of stretching	Hip/Low Back Flexibility steps 1-6, 8-10
Body Composition	
4.15 Explain relation of body weight to caloric consumption	Not addressed
4.16 Describe benefits of healthy weight	Not addressed

Standard 5. Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

Self-Responsibility	
5.1 Set goal to improve fitness and skill	Not addressed in K-5; see Personal Conditioning module
5.2 Record progress toward long-term PA goal	Not addressed in K-5; see Personal Conditioning module
5.3 Distinguish between courage and recklessness	Not addressed
5.4 Ignore negative peer pressure during PA	Best Effort steps 1 through 4 Miscellaneous reinforcing activities in most objectives
Social Interaction	
5.5 Work cooperatively to solve problems	Compassion steps 3 and 4 Cooperation steps 1 through 4 Respect for Others steps 2 and 4 Self-Control steps 1 through 4 Miscellaneous reinforcing activities in most objectives
5.6 State strengths of others	Compassion steps 3 and 4 Miscellaneous reinforcing activities in most

	objectives
<i>Group Dynamics</i>	
5.7 Accommodate different abilities	Compassion for Others steps 1 through 4 Cooperation steps 2 and 4 Respect for Others steps 1 through 4 Self-Control steps 1 through 4 Constructive Competition steps 1 through 4 Miscellaneous reinforcing activities in most objectives
5.8 Appreciate games from other cultures	Not addressed