

**K-12 PHYSICAL EDUCATION Standards/Benchmarks/Grade Level Expectations (GLE)**

<b>Standard 1: Uses a variety of basic and advanced movement forms.</b>	
<b>Interval Benchmark 1: Uses mature form in object control skills (e.g., underhand and overhand throw, catch, hand dribble, foot dribble, kick and strike, batting, punt, pass) (6-8)</b>	<b>Interval Benchmark 1: Uses advanced sport-specific skills in selected physical activities (e.g., aquatics, outdoor pursuits, individual, dual, and team sports and activities) (9-12)</b>
<b>Interval Benchmark 2: Uses basic sport-specific skills for a variety of physical activities (e.g., basketball chest pass, soccer dribble, fielding a softball with a glove) (6-8)</b>	<b>Interval Benchmark 2: Uses skills in complex rather than modified versions of physical activities (e.g., more players or participants, rules and strategies) (9-12)</b>
<b>Interval Benchmark 3: Uses mature form and appropriate sequence in combinations of fundamental locomotor, object control, and rhythmical skills that are components of selected modified games, sports, and dances (e.g., combining steps to perform certain dances; combining running, stopping, throwing, shooting, kicking for sideline soccer) (6-8)</b>	
<b>Interval Benchmark 4: Uses beginning strategies for net and invasion games (e.g., keeping object going with partner using striking pattern, placing ball away from opponent in a racket sport, hand and foot dribble while preventing an opponent from stealing the ball in basketball) (6-8)</b>	
<b>Interval Benchmark 5: Uses intermediate sport-specific skills for individual, dual, and team sports (6-8)</b>	
<b>Interval Benchmark 6: Uses intermediate sport-specific skills for outdoor activities (6-8)</b>	

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<b>Standard 2: Uses movement concepts and principles in the development of motor skills</b>	
<b>Interval Benchmark 1: Understands principles of practice and conditioning that improve performance (6-8)</b>	<b>Interval Benchmark 1: Understands principles of training and conditioning for specific physical activities (9-12)</b>
<b>Interval Benchmark 2: Understands proper warm-up and cool-down techniques and reasons for using them (6-8)</b>	<b>Interval Benchmark 2: Understands movement forms associated with highly skilled physical activities (e.g., moves that lead to successful serves, passes, and spikes in an elite volleyball game) (9-12)</b>
<b>Interval Benchmark 3: Uses basic offensive and defensive strategies in unstructured game environments (e.g., limited rules, modified equipment, small numbers of participants) (6-8)</b>	<b>Interval Benchmark 3: Uses offensive and defensive strategies and appropriate rules for sports and other physical activities (9-12)</b>
<b>Interval Benchmark 4: Understands principles of training and conditioning for specific physical activities (6-8)</b>	<b>Interval Benchmark 4: Understands the physiological principles governing fitness maintenance and improvement (e.g., overload principle, law of specificity) (9-12)</b>
<b>Interval Benchmark 5: Uses basic offensive and defensive strategies in a modified version of a team and individual sport (6-8)</b>	
<b>Interval Benchmark 6: Understands movement forms associated with highly skilled physical activities (e.g., moves that lead to successful serves, passes, and spikes in an elite volleyball game) (6-8)</b>	

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<b>Standard 3: Understands the benefits and costs associated with participation in physical activity</b>	
<b>Interval Benchmark 1: Knows about opportunities for participation in physical activities both in and out of school (e.g., recreational leagues, intramural sports, clubs) (6-8)</b>	<b>Interval Benchmark 1: Understands long-term physiological benefits of regular participation in physical activity (e.g., improved cardiovascular and muscular strength, improved flexibility and body composition) (9-12)</b>
<b>Interval Benchmark 2: Knows how to modify activities to be more health-enhancing (e.g. walking instead of riding, taking the stairs rather than the elevator) (6-8)</b>	<b>Interval Benchmark 2: Understands long-term psychological benefits of regular participation in physical activity (e.g., healthy self-image, stress reduction, strong mental and emotional health) (9-12)</b>
<b>Interval Benchmark 3: Understands activities that provide personal challenge (e.g., risk-taking, adventure, and competitive activities) (6-8)</b>	<b>Interval Benchmark 3: Understands how various factors (e.g., age, gender, race, ethnicity, socioeconomic status, and culture) affect physical activity preferences and participation (9-12)</b>
<b>Interval Benchmark 4: Understands long-term physiological benefits of regular participation in physical activity (e.g., improved cardiovascular and muscular strength, improved flexibility and body composition. (6-8)</b>	
<b>Interval Benchmark 5: Understands long-term psychological benefits of regular participation in physical activity (e.g., healthy self-image, stress reduction, strong mental and emotional health) (6-8)</b>	

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<b>Standard 4: Understands how to monitor and maintain a health-enhancing level of physical fitness</b>	
<b>Interval Benchmark 1: Engages in activities that develop and maintain cardio-respiratory endurance (e.g. timed or distance walk/run and other endurance activities at a specified heart rate) (6-8)</b>	<b>Interval Benchmark 1: Knows personal status of cardiorespiratory endurance (9-12)</b>
<b>Interval Benchmark 2: Engages in activities that develop and maintain muscular strength (e.g., push-ups, pull-ups, curl-ups, isometric strength activities, jump rope) (6-8)</b>	<b>Interval Benchmark 2: Knows personal status of muscular strength and endurance of the arms, shoulders, abdomen, back, and legs (9-12)</b>
<b>Interval Benchmark 3: Meets health-related fitness standards for appropriate level of a standardized physical fitness test (e.g., aerobic capacity, body composition, muscle strength, endurance, and flexibility) (6-8)</b>	<b>Interval Benchmark 3: Knows personal status of flexibility of the joints of the arms, legs, and trunk (9-12)</b>
<b>Interval Benchmark 4: Knows the characteristics of a healthy lifestyle (e.g., daily health-enhancing physical activity, proper nutrition) (6-8)</b>	<b>Interval Benchmark 4: Knows how to monitor and adjust activity levels to meet personal fitness needs (9-12)</b>
<b>Interval Benchmark 5: Engages in more advanced activities that develop and maintain cardiorespiratory endurance (e.g., timed or distance walk/run and other endurance activities at specified heart rate/heart rate recovery) (6-8)</b>	<b>Interval Benchmark 5: Understands how to maintain an active lifestyle throughout life (e.g., participate regularly in physical activities that reflect personal interests) (9-12)</b>
<b>Interval Benchmark 6: Engages in more advanced activities that develop and maintain muscular strength and endurance (e.g., calisthenics activities, resistance, and weight training) (6-8)</b>	<b>Interval Benchmark 6: Designs a personal fitness program that is based on the basic principles of training and encompasses all components of fitness (e.g., cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility, and body composition) (9-12)</b>
<b>Interval Benchmark 7: Understands the role of exercise and other factors in weight control and body composition (6-8)</b>	
<b>Interval Benchmark 8: Meets health-related fitness standards for appropriate level of a standardized physical fitness test (e.g., aerobic capacity, body) (6-8)</b>	
<b>Interval Benchmark 9: Knows how to interpret the results of physical fitness assessments and use the information to develop</b>	

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<b>individual fitness goals (6-8)</b>	
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<b>Standard 5: Understands the social and personal responsibility associated with participation in physical activity</b>	
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<b>Interval Benchmark 1: Works in a group to accomplish a set goal in both cooperative and competitive activities (6-8)</b>	<b>Interval Benchmark 1: Understands the importance of rules, procedures, and safe practice in physical activity settings (9-12)</b>
<b>Interval Benchmark 2: Understands the role of physical activities in learning more about others of like and different backgrounds (e.g., gender, culture, ethnicity, and disability) (6-8)</b>	<b>Interval Benchmark 2: Uses leadership and follower roles, when appropriate, in accomplishing group goals in physical activities (9-12)</b>
<b>Interval Benchmark 3: Understands the importance of rules, procedures, and safe practice in physical activity settings (6-8)</b>	<b>Interval Benchmark 3: Works with others in a sport activity to achieve a common goal (e.g., winning a team championship) (9-12)</b>
<b>Interval Benchmark 4: Understands proper attitudes toward both winning and losing (6-8)</b>	<b>Interval Benchmark 4: Understands the concept of "sportsmanship" and the importance of responsible behavior while participating in physical activities (9-12)</b>
<b>Interval Benchmark 5: Knows the difference between inclusive (e.g., changing rules of activity to include less skilled players) and exclusionary (e.g., failing to pass ball to less skilled players) behaviors in physical activity settings (6-8)</b>	
<b>Interval Benchmark 6: Understands physical activity as a vehicle for self-expression (e.g., various sport activities) (6-8)</b>	