

PE & HEALTH			
PK3 & PK4			
DOMAIN	CODE	ARCHDIOCESAN EXPECTATIONS	PRIORITY EXPECTATION
Movement & Manipulative Skills	peh.mms.pk3-4.1	Demonstrate gross motor skills with purpose	<input checked="" type="checkbox"/>
	peh.mms.pk3-4.2	Demonstrate fine motor skills with purpose	<input checked="" type="checkbox"/>
Strategy & Applying Skills	peh.sas.pk3-4.1	Respond to sensory input to function in the environment (i.e. body awareness, spatial awareness)	<input checked="" type="checkbox"/>
Health & Fitness	peh.hf.pk3-4.1	Practice healthy behaviors (i.e. finish healthy food before eating treats, demonstrate self-care and independence in restroom, use kleenex, etc.)	<input checked="" type="checkbox"/>
Attitude & Behavior	peh.ab.pk3-4.1	Practice safe behaviors while playing with peers (i.e. follow playground rules, be gentle, stay with class when moving through the building/campus, etc.)	<input checked="" type="checkbox"/>
	peh.ab.pk3-4.2	Follow classroom rules and procedures	<input checked="" type="checkbox"/>
Kindergarten			
DOMAIN	CODE	ARCHDIOCESAN EXPECTATIONS	PRIORITY EXPECTATION
Movement & Manipulative Skills	peh.mms.k.1	Demonstrate manipulative skills in a stationary position (i.e. rolling, throwing, catching, kicking)	<input checked="" type="checkbox"/>
	peh.mms.k.2	Demonstrate ways to balance on different body parts at different levels	<input checked="" type="checkbox"/>
	peh.mms.k.3	Demonstrate introductory individual stunts (i.e. crab walk, bear walk, inch worm)	
	peh.mms.k.4	Demonstrate selected non-locomotor skills (i.e. push, pull, bend, twist, stretch, turn)	<input checked="" type="checkbox"/>
	peh.mms.k.5	Demonstrate the ability to use one object to manipulate another object	
Strategy & Applying Skills	peh.sas.k.1	Demonstrate simple movements to music (i.e. march to beat)	<input checked="" type="checkbox"/>

	peh.sas.k.2	Demonstrate safe use of general and personal space	✓
Health & Fitness	peh.hf.k.1	Identify major body parts and their relationship with one another (i.e. head, neck, arm, shoulders, elbow, legs, knee, hip, feet, back, fingers, toes)	✓
	peh.hf.k.2	Explain that food provides fuel and energy for the body and that healthy foods provide the best energy	✓
	peh.hf.k.3	Explain that being active is important for good health and that people are healthy when they are not sick	✓
Attitude & Behavior	peh.ab.k.1	Demonstrate the ability to share, be cooperative, and safe with others	✓
	peh.ab.k.2	Follow directions in a group setting in a timely and safe manner	✓
	peh.ab.k.3	Acknowledge the challenges and enjoyment of physical activities	

1st Grade

DOMAIN	CODE	ARCHDIOCESAN EXPECTATIONS	PRIORITY EXPECTATION
Movement & Manipulative Skills	peh.mms.1.1	Demonstrate fine motor skills while manipulating small objects (i.e. juggling scarves, small bean bags)	✓
	peh.mms.1.2	Demonstrate static and dynamic balance activities (i.e. stork stand, lame dog)	✓
	peh.mms.1.3	Demonstrate a variety of manipulative skills while stationary and moving	
	peh.mms.1.4	Demonstrate introductory stunts and tumbling skills (i.e. log, forward, egg rolls)	
	peh.mms.1.5	Demonstrate non-locomotor skills in a variety of activities	✓
	peh.mms.1.6	Demonstrate locomotor skills using a variety of speeds and pathways	✓
Strategy & Applying Skills	peh.sas.1.1	Explain, recognize, and demonstrate the difference between general space awareness and personal space awareness	✓
	peh.sas.1.2	Demonstrate motor skills while participating in low organized games	✓
	peh.sas.1.3	Identify and demonstrate all locomotor skills at a variety of pathways, speeds, directions, force, and levels	
Health & Fitness	peh.hf.1.1	Identify a variety of physical activities that promote wellness or ways to stay fit (i.e. walking, jogging)	✓

	peh.hf.1.2	Explain the importance of muscles and bones for movement	<input checked="" type="checkbox"/>
	peh.hf.1.3	Identify the effects of physical activity on one's body (i.e. fast heart rate, heavy breathing, perspiration)	<input checked="" type="checkbox"/>
	peh.hf.1.4	Identify examples of healthy and unhealthy foods and explain why they are healthy/unhealthy	<input checked="" type="checkbox"/>
Attitude & Behavior	peh.ab.1.1	Demonstrate appropriate social skills (i.e. responding to a partner in a positive manner)	<input checked="" type="checkbox"/>
	peh.ab.1.2	Respond appropriately to general feedback from the teacher	<input checked="" type="checkbox"/>
	peh.ab.1.3	Follow classroom procedures for safe participation and proper use of equipment	
	peh.ab.1.4	Recognize that challenge in physical activities can lead to success	
	peh.ab.1.5	Describe positive feelings and enjoyment that result from participating in physical activities	
		2nd Grade	
DOMAIN	CODE	ARCHDIOCESAN EXPECTATIONS	PRIORITY EXPECTATION
Movement & Manipulative Skills	peh.mms.2.1	Demonstrate locomotor skills in combinations	<input checked="" type="checkbox"/>
	peh.mms.2.2	Demonstrate proper techniques for a variety of fundamental manipulative skills	<input checked="" type="checkbox"/>
	peh.mms.2.3	Distinguish between static and dynamic balance	
	peh.mms.2.4	Demonstrate individually and with a partner manipulative skills both in a stationary position and while moving (i.e. throwing, catching, kicking, striking, volleying, and dribbling)	<input checked="" type="checkbox"/>
Strategy & Applying Skills	peh.sas.2.1	Demonstrate a simple dance step in keeping with tempo and following cues	
	peh.sas.2.2	Demonstrate non-locomotor skills in a variety of activities using different levels and speeds individually and with a partner	<input checked="" type="checkbox"/>
	peh.sas.2.3	Demonstrate motor skills and knowledge of rules while participating in organized games	<input checked="" type="checkbox"/>

	peh.sas.2.4	Demonstrate locomotor skills in organized games using patterns, levels, tempo, directions, force, and pathways	✓
Health & Fitness	peh.hf.2.1	Identify the parts of the circulatory and respiratory systems of the body (circulatory - heart, blood, veins, arteries; respiratory - lungs, mouth, nose, bronchial tubes, trachea)	✓
	peh.hf.2.2	Describe and perform appropriate warm-up and cool-down activities	✓
	peh.hf.2.3	Identify activities that contribute to improving fitness	✓
Attitude & Behavior	peh.ab.2.1	Work effectively alone, with a partner, and as part of a team toward a goal	✓
	peh.ab.2.2	Demonstrate respect for all students, rules, and equipment	✓
	peh.ab.2.3	Respond appropriately to and implement feedback	✓

3rd Grade

DOMAIN	CODE	ARCHDIOCESAN EXPECTATIONS	PRIORITY EXPECTATION
Movement & Manipulative Skills	peh.mms.3.1	Demonstrate a combination of movement concepts while performing various skills (i.e. skipping while dribbling a ball in a curved pathway in general space)	✓
	peh.mms.3.2	Demonstrate proper techniques for a variety of fundamental skills while practicing with a partner (i.e. realize there was too much force when a ball was overthrown)	✓
	peh.mms.3.3	Demonstrate critical elements for manipulative skills (i.e. step forward opposite foot, arm position, step and follow through)	✓
Strategy & Applying Skills	peh.sas.3.1	Demonstrate simple step patterns (i.e. step-together- step-touch and scattered formations) in dance	
	peh.sas.3.2	Demonstrate locomotor skills and static and dynamic balances in combination to create a small routine	✓
	peh.sas.3.3	Apply fundamental and specialized skills in lead-up activities (i.e. basketball without dribbling, small-sided soccer)	✓
	peh.sas.3.4	Identify simple offensive and defensive strategies and analyze which would work best based on opponent's strategies	✓

	peh.sas.3.5	Demonstrate ability to interpret and move to a variety of music (i.e. fluid and smooth movements, strong and intense movements)	
Health & Fitness	peh.hf.3.1	Develop realistic personal fitness goals	☑
	peh.hf.3.2	*Identify and explain health related fitness components (cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition) (*Body composition should be taught through the lens of Catholicism)	
	peh.hf.3.3	Identify nutritional habits (hydration and food choices) that are beneficial for physical activities	☑
Attitude & Behavior	peh.ab.3.1	Demonstrate appropriate cooperative, social, and teamwork skills while participating in game activities	☑
	peh.ab.3.2	Respond appropriately to successes and failures and implement teacher feedback	☑
		4th Grade	
DOMAIN	CODE	ARCHDIOCESAN EXPECTATIONS	PRIORITY EXPECTATION
Movement & Manipulative Skills	peh.mms.4.1	Use various locomotor skills in a variety of lead-up activities	☑
	peh.mms.4.2	Run for distance with appropriate control and balance	☑
	peh.mms.4.3	Combine traveling with manipulative skills in teacher or student-designed practice activities (i.e. dribbling, throwing, catching, and striking)	☑
	peh.mms.4.4	Demonstrate balance on different bases of support on apparatus, demonstrating levels and shapes	☑
	peh.mms.4.5	Move into and out of balances on apparatus with curling, twisting, & stretching actions	☑
	peh.mms.4.6	Demonstrate underhand throwing using proper technique with different sizes and types of objects	
	peh.mms.4.7	Demonstrate overhand throw with accuracy to a partner (or at a target) at a reasonable distance	
	peh.mms.4.8	Catch a thrown ball at all levels in a non-dynamic environment	

	peh.mms.4.9	Dribble in self-space with both the preferred and nonpreferred hands or feet using proper technique	
	peh.mms.4.10	Dribble safely in general space with control of ball and body while increasing and decreasing speed	
	peh.mms.4.11	Dribble with hands or feet in combination with other skills (i.e. passing, receiving, shooting)	
	peh.mms.4.12	Kick a ground ball, a lofted ball, and punt using proper technique	
	peh.mms.4.13	Strike/volley underhand using a mature pattern in a dynamic environment (i.e. 2 square, 4 square, handball)	
	peh.mms.4.14	Strike an object with a long-handled implement (i.e. hockey stick, bat, racket), while demonstrating three of the five critical elements of a mature pattern for the implement (grip, stance, body orientation, swing plane, and follow-through)	
Strategy & Applying Skills	peh.sas.4.1	Create jump rope routine with either a long or short rope	
	peh.sas.4.2	Apply simple offensive and defensive strategies and analyze which would work best based on opponent's strategies	☑
Health & Fitness	peh.hf.4.1	Identify opportunities for participating in physical activity outside physical education class	
	peh.hf.4.2	Identify the basic benefits of physical activity	☑
	peh.hf.4.3	Identify the components of health-related fitness and activities that contribute to the development of each component	☑
Attitude & Behavior	peh.ab.4.1	Exhibit responsible behavior in independent and group activities	☑
	peh.ab.4.2	Listen respectfully to corrective feedback from others (i.e. peers, adults)	☑
	peh.ab.4.3	Accept players of all skill levels into the physical activity	
		5th Grade	
DOMAIN	CODE	ARCHDIOCESAN EXPECTATIONS	PRIORITY EXPECTATION

Movement & Manipulative Skills	peh.mms.5.1	Demonstrate mature patterns of locomotor skills in dynamic small-sided lead-up activities, gymnastics, and dance	✓
	peh.mms.5.2	Analyze movement situations and apply movement concepts (i.e. force, direction, speed, pathways, extensions) in activities	✓
Strategy & Applying Skills	peh.sas.5.1	Combine locomotor and manipulative skills in a variety of small-sided activities and games environments, including execution to a target	✓
	peh.sas.5.2	Combine spatial concepts with locomotor and non-locomotor movements for small groups in gymnastics, dance, and games environments	✓
	peh.sas.5.3	Apply movement concepts to strategy in game situations	✓
Health & Fitness	peh.hf.5.1	Chart physical activity outside physical education class for fitness benefit	✓
	peh.hf.5.2	Analyze the impact of physical activity choices relative to the development of each health-related component of fitness	
	peh.hf.5.3	Analyze the impact of food choices relative to physical activity, youth sports, and personal health	✓
	peh.hf.5.4	Describe the benefits of appropriate warm-up and cool-down activities	
Attitude & Behavior	peh.ab.5.1	Engages in physical activity with responsible interpersonal behavior (i.e. peer to peer, student to teacher, student to referee)	✓
	peh.ab.5.2	Reflect and analyze the behavior of self in following rules and strategies of various activities	✓
	peh.ab.5.3	Analyze different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response	✓
6th Grade			
DOMAIN	CODE	ARCHDIOCESAN EXPECTATIONS	PRIORITY EXPECTATION
Movement & Manipulative Skills	peh.mms.6.1	Demonstrate competency in a variety of motor skills and movement patterns	✓
Strategy & Applying Skills	peh.sas.6.1	Practice strategic thinking skills in a variety of team-oriented games and activities	✓

	peh.sas.6.2	Work cooperatively to apply strategic offensive and defensive strategies in team activities by analyzing which would work best based on opponent's strategies	<input checked="" type="checkbox"/>
Health & Fitness	peh.hf.6.1	Analyze the impact of physical activity choices relative to the development of each health-related component of fitness	<input checked="" type="checkbox"/>
	peh.hf.6.2	Establish, measure, and monitor a self-selected physical activity goal for health-related components of fitness	<input checked="" type="checkbox"/>
	peh.hf.6.3	Demonstrate appropriate stretching, warm-up, and cool-down activities	
	peh.hf.6.4	Identify the major muscle groups used in a variety of physical activities	<input checked="" type="checkbox"/>
	peh.hf.6.5	Identify foods in each basic food group and the importance of selecting appropriate servings and portions	<input checked="" type="checkbox"/>
	peh.hf.6.6	Explain the importance of being physically active throughout one's life span	<input checked="" type="checkbox"/>
	peh.hf.6.7	Identify positive and negative effects of stress and appropriate strategies to combat and manage/eliminate the negative effects. Implement strategies and reflect on one's progress over time	<input checked="" type="checkbox"/>
	peh.hf.6.8	Engage in aerobic physical activity in a variety of individual and team-oriented games and activities	
	peh.hf.6.9	Identify the components of skill-related fitness	<input checked="" type="checkbox"/>
Attitude & Behavior	peh.ab.6.1	Exhibit responsible personal and social behavior that respects self and others (attitude and behavior)	<input checked="" type="checkbox"/>

7th Grade

DOMAIN	CODE	ARCHDIOCESAN EXPECTATIONS	PRIORITY EXPECTATION
Movement & Manipulative Skills	peh.mms.7.1	Demonstrate competency in a variety of motor skills and movement patterns	<input checked="" type="checkbox"/>
Strategy & Applying Skills	peh.sas.7.1	Analyze and Communicate strategic thinking in a variety of team-oriented games and activities	<input checked="" type="checkbox"/>
	peh.sas.7.2	Work cooperatively to apply strategies in team activities	<input checked="" type="checkbox"/>
Health & Fitness	peh.hf.7.1	Engage in aerobic physical activity in a variety of individual and team-oriented games and activities	<input checked="" type="checkbox"/>

	peh.hf.7.2	Identify the components of health-related fitness and strategies/skills to improve in all areas/components. Implement strategies and reflect on one's progress over time	
	peh.hf.7.3	Establish, measure, and monitor a self-selected physical activity goal for health and skill related components of fitness (i.e. FITT formula, activity log)	✓
	peh.hf.7.4	Identify the major muscle groups used in a variety of physical activities and describe how muscles work in pairs to create movement	✓
	peh.hf.7.5	Identify healthy and unhealthy foods in each basic food group, compare and contrast their nutritional values, and cite evidence when explaining the importance of selecting appropriate servings and portions	✓
	peh.hf.7.6	Explain the importance of being physically active throughout one's life span and how an active life style can reduce the risk of chronic disease	✓
	peh.hf.7.7	Identify positive and negative effects of stress and appropriate strategies to combat and manage/eliminate the negative effects. Implement strategies and reflect on one's progress over time	✓
	peh.hf.7.8	Create an appropriate routine of stretching, warm-up, and cool-down activities	✓
Attitude & Behavior	peh.ab.7.1	Exhibit responsible personal and social behavior that respects self and others (attitude and behavior)	✓

8th Grade

DOMAIN	CODE	ARCHDIOCESAN EXPECTATIONS	PRIORITY EXPECTATION
Movement & Manipulative Skills	peh.mms.8.1	Analyze selected skills and identify strategies to improve skill technique	✓
	peh.mms.8.2	Demonstrate an increased level of competence in skill techniques, scoring, and safety practices in a variety of individual, dual, and team sports	✓
Strategy & Applying Skills	peh.sas.8.1	Analyze play of one's opponent and apply effective defensive and offensive techniques	✓
	peh.sas.8.2	Analyze the creative and aesthetic aspects of a dance pattern (e.g., direction, time, flow, level, energy)	
	peh.sas.8.3	Analyze differences and similarities in dances from various cultures	

Health & Fitness	peh.hf.8.1	Apply knowledge of basic first aid for the treatment of injury inside and outside the physical activity setting (e.g., Asthma, CPR, RICE – Rest, Ice, Compression, Elevation)	<input checked="" type="checkbox"/>
	peh.hf.8.2	Use the concepts of health-related and skill-related fitness to connect the benefits each offers to the development of total fitness	<input checked="" type="checkbox"/>
	peh.hf.8.3	Describe the cause/effect of nutrition and exercise in maintaining a healthy weight (calories in = calories out)	<input checked="" type="checkbox"/>
	peh.hf.8.4	Compare/contrast characteristics of healthy versus unhealthy personal/social relationships and analyze their effects on one's health	<input checked="" type="checkbox"/>
	peh.hf.8.5	Identify and demonstrate a variety of specific activities designed to reduce and manage stress (e.g., aerobics, Pilates, deep breathing, muscle relaxation)	<input checked="" type="checkbox"/>
	peh.hf.8.6	Identify exercise principles of overload, progression, and specificity and how they relate to exercise	
	peh.hf.8.7	Compare/contrast physical effects from a sedentary versus active lifestyle on the body's curculary, respiratory, muscular, and skeletal systems	<input checked="" type="checkbox"/>
Attitude & Behavior	peh.ab.8.1	Demonstrate the ability to solve problems by analyzing causes and potential solutions in a physical activity setting (e.g., checklist of conflict resolution skills)	<input checked="" type="checkbox"/>
	peh.ab.8.2	Exhibit responsible personal and social behavior that respects self and others (attitude and behavior)	<input checked="" type="checkbox"/>