

Physical Education: K-2

National Standards	Enduring Understanding	Essential Questions	Assessment	Resources	Connection to Common Core
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and</p>	<ul style="list-style-type: none"> • Thinking and planning allows for performance in a shorter time period with less effort. (Strategies) NS: 1 and 2 • Working together as a team, greater success can happen as opposed to working as individuals. (Competition/Teamwork) NS: 2 and 5 	<ul style="list-style-type: none"> • What are motor skills? • How can I improve my motor skills? 	<ul style="list-style-type: none"> • Demonstrates locomotor skills, non-locomotor skills, and manipulatives. • Demonstrates cognitive understanding of skills and how to improve performance. 	<ul style="list-style-type: none"> • SPARKS K-2 • Wisconsin Standards in Physical Education. 	

<p>performance of physical activities.</p> <p>Standard 3: Participates regularly in physical activity.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness.</p> <p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>	<ul style="list-style-type: none"> • People who are fit engage in physical activity on a regular basis. (Fitness) NS: 2, 3, and 4 • Participation in physical activities and/or sports will provide an opportunity for developing an understanding and respect for differences among people. (Sportsmanship) NS: 5 • Leadership is best shown through 	<ul style="list-style-type: none"> • What physical activities are fun? • Why do I want to be physically active? • Why are there rules in physical education? • What is “your own space?” 	<ul style="list-style-type: none"> • Engages in a variety of physical activities. • Understands the connection between physical activity and a healthy lifestyle. • Demonstrates safe practices and adherence of rules and procedures. • Practices positive social skills in activities. 		
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<p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p>	<p>actions that encourage everyone to perform better. (Leadership) NS: 5</p> <ul style="list-style-type: none"> • Positive decision making about fitness contributes to a healthy lifestyle. (Wellness) NS: 6 • 	<ul style="list-style-type: none"> • Why is physical activity fun? 	<ul style="list-style-type: none"> • Identifies aspects of physical activities that make them enjoyable. 		