

Benchmarks for Physical Education

December 2005

The benchmarks are educational goals that are established for the students in the district. As educators, we will do our best to provide all students with the instruction required to meet these goals.

Each set of benchmarks is divided by grade level. You'll notice the goal for students followed by a letter and number code. That code designates which Wisconsin Model Academic Performance Standard is linked with the benchmark. For more information about the WI Model Academic Standards, please visit the Department of Public Instruction's web site at <http://www.dpi.state.wi.us/dpi/oea/standrds.html>.

The Physical Education Department for the School District of Nekoosa is an integral component in the total educational program of our students. Department team members are committed to the following educational goals for those students:

1. To develop an understanding of and appreciation for lifetime activities and personal wellness.
2. To develop the ability to demonstrate a variety of game skills.
3. To express understanding of the value for physical education and a knowledge of the components of physical fitness.
4. To develop a positive attitudes and behaviors towards physical activity.

The following benchmarks are specific educational goals that have been established by grade level or course. As educators, we will do our best to provide students with the instruction required to meet these goals.

Kindergarten

1. Students will be able to demonstrate basic locomotor movements such as hopping on one foot, jumping with two feet, skipping, galloping and running. B4.2, C4.1, F4.3
2. Students will be able to demonstrate basic large motor sports skills in an isolated situation such as underhand and overhand throwing, catching and striking a stationary object. A4.1, B4.1, C4.1, C4.3
3. Students will express safety rules and expectations for class activities. D4.1, D4.3, F4.2, G4.2
4. Students will express enjoyment for fitness activities by actively participating. A4.2, B4.3, E4.1, E4.2

1st Grade

1. Students will be able to demonstrate basic locomotor movements of dodging, stopping, and starting during games and activities. B4.2, C4.1, F4.3
2. Students will be able to describe and demonstrate basic large motor sport skills independently such as underhand and overhand throwing, catching, and striking a stationary object with a manipulative. A4.1, B4.1, C4.1, E4.3
3. Students will be able express understanding of and demonstrate on a basic level the understanding of safety rules and expectations for class activities. D4.1, D4.3, F4.2, G4.2
4. Students will be able to express appreciation for fitness activities by identifying why it is important to be active. A4.2, B4.3, E4.1, E4.2

2nd Grade

1. Students will be able to demonstrate basic locomotor movements as required to safely participate in games and activities. B4.2, C4.1, F4.3
2. The students will be able to demonstrate and verbally describe large motor basic sport skills in a one on one setting such as underhand and overhand throwing, catching, and striking a moving object. A4.1, B4.1, C4.1, E4.3
3. Students will be able to demonstrate and understanding of safety rules and expectations for class activities with some guidance. D4.1, D4.3, F4.2, G4.2
4. Students will be able to express the basic meaning of the physical fitness components. A4.2, B4.3, E4.1, E4.2

3rd Grade

1. Students will be able to demonstrate the ability to combine multiple locomotor movements as required to safely participate in games and activities. B4.2, C4.1, F4.2
2. Students will be able to demonstrate, identify and provide feedback on large motor sport skills in a small-sided game setting such as overhand and underhand throwing, catching, and striking a moving object with a manipulative. A4.1, B4.1, C4.1, E4.3
3. Students will be able to express an understanding of safety rules and expectations for class activities with occasional guidance. D4.1, D4.3 F4.2, G4.2
4. Students will be able to identify and explain the components of physical fitness. A4.2, B4.3, E4.1, E4.2

4th Grade

1. Students will be able to demonstrate understanding of weight transfer and change of motion. PE B 4.2, C4.1, F4.3
2. Students will demonstrate the development of fine motor sport-related skills, such as striking or throwing/catching of a moving object in a one-on-one situation. A4.1-2, B4.1, C4.1, E4.3
3. Students will demonstrate the ability to make appropriate choices based on the safety of self and others with little guidance. D4.1, D4.3, F4.1-2, G4.2
4. Students will be able to assess their personal physical fitness scores by using the Healthy Fitness Zone criteria. A4.2, B4.3, E4.1, E4.2
5. Students will be introduced to participation to team sport games and demonstrate age-appropriate skills. C4.2, D4.2, F4.1, F4.2, F4.5
6. Students will be able to express understanding of and demonstrate the "Healthy Fitness Zone" in a series of age appropriate health-related physical fitness tests identified in the FITNESSGRAM test battery. A4.1, A4.2, D4.3, D4.4, E4.1, E4.2, and G4.2

5th Grade

1. Students will be able to incorporate locomotor/nonlocomotor skills into game situations. B8.3, C8.2, C8.4
2. Students will be able to demonstrate the development of fine motor sport-related skills, such as striking or throwing/catching of a moving object in an unpredictable game situation. B8.3, C8.2, C8.4
3. Students will demonstrate the ability to make appropriate choices based on the safety of self and others with minimal guidance. F8.3, F8.6, G8.4
4. Students will be able to identify the personal fitness component concept related to an activity and express its value. A8.4, E8.1, and E8.3
5. Students will be able to demonstrate the development of sport-related skills through practice and lead-up games that will lead to participation in team-sport games. B8.2, B8.3, C8.2
6. Students will be able to express understanding of and demonstrate the "Healthy Fitness Zone" in a series of age appropriate health-related physical fitness tests identified in the FITNESSGRAM test battery. A8.1, A8.2, A8.4, D8.1, E8.4, E8.5, and G8.4.2

6th Grade

1. Students will be able to evaluate pulse before, during, and after exercise and express the importance of the resulting information. E8.2, E8.3, and E8.4
2. Students will be able to compare and assess personal fitness scores. D8.1, E8.4, and G8.4
3. Students will be able to demonstrate the correct techniques for locomotor, non-loco-motor, and manipulative skills in a variety of activities. B8.1, B8.3, B8.4, and G8.4
4. Students will be able to demonstrate basic rhythmic steps, such as the grapevine, in a simple line dance or creative dance routine. B8.1, B8.3, D8.1, and G8.1
5. Students will be able to demonstrate cooperation with peers of different gender, race, and ethnicity in physical activity settings. D8.2, F8.6, G8.2, and G8.3
6. Students will be able to express understanding of and demonstrate the "Healthy Fitness Zone" in a series of age appropriate health-related physical fitness tests identified in the FITNESSGRAM test battery. A8.1, A8.2, A8.4, D8.1, E8.4, E8.5, and G8.4

7th Grade

1. Students will be able to assess personal heart rate and calculate target heart rate to lead to development of a one-day workout plan. C8.3, D8.1, E8.2, and E8.4
2. Students will be able to apply training principles to develop a one-day workout plan, including target heart rate. E8.1, E8.2, and E8.3
3. Students will be able to demonstrate cooperation and unselfishness when engaging in physical activities, team, and lifetime sports. F8.1, F8.2, F8.3, F8.4, F8.5, F8.6, G8.2, G8.3, and G8.4
4. Students will be able to give appropriate feedback to a partner based on the critical elements of skill while developing or improving sport-related skills. B8.1, C8.2, and C8.4
5. Students will be able to express understanding of and demonstrate the "Healthy Fitness Zone" in a series of age appropriate health-related physical fitness tests identified in the FITNESSGRAM test battery. A8.1, A8.2, A8.4, D8.1, E8.4, E8.5, and G8.4.

8th Grade

1. Students will be able to demonstrate knowledge of offensive and defensive strategies for a variety of sports. C8.1, D8.3, F8.2, F8.6, and G8.4
2. Students will be able to refine physical skills to demonstrate control and accuracy. B8.1, B8.3, and D8.1
3. Students will be able to demonstrate understanding of game rules for a variety of games and sports. C8.1, F8.6, H7
4. Students will be able to demonstrate knowledge of training principles to lead to the development of a personal fitness plan with specific fitness goals. A8.1, C8.3, E8.3, E8.5
5. Students will be able to express understanding of and demonstrate the "Healthy Fitness Zone" in a series of age appropriate health-related physical fitness tests identified in the FITNESSGRAM test battery. A8.1, A8.2, A8.4, D8.1, E8.4, E8.5, and G8.4.

High School

Fundamentals of Physical Fitness

1. Students will demonstrate a basic knowledge of physical fitness components, including muscular strength, endurance, cardiovascular endurance, flexibility and body composition. PE A.12.3 and PE C.12.1
2. Students will demonstrate the ability to apply their knowledge of the physical fitness components to a variety of lifetime physical activities. PE A12.3, PE E.12.1 and PE E.12.3
3. Students will demonstrate good sportsmanship, proper game etiquette, and cooperation with peers of all ability levels. PE F.12.1, PE D.12.3 and HE F.12.1
4. Students will demonstrate an appreciation for a wide variety of activities, involving various cultures and group sizes such as individual, partners and large teams. PE A.12.2, PE D.12.2 and PE G.12.1
5. Students will demonstrate an expressed interest in continuing to develop their physical fitness, health and wellness. PE A.12.2, PE A.12.3 and HE B.12.4
6. Students will demonstrate a basic knowledge of overall game rules, variations, strategy, and the breakdown of skills. PE B.12.1 and PE B.12.2
7. Students will demonstrate proper skill technique in appropriate settings and game situations. PE A.12.1, PE B.12.1 and PE B.12.2

Adaptive Physical Education

1. Students will demonstrate a basic knowledge of physical fitness components, including muscular strength, endurance, cardiovascular endurance, flexibility and body composition. PE A.12.3 and PE C.12.1
2. Students will demonstrate good sportsmanship, proper game etiquette, and cooperation with peers of all ability levels. PE F.12.1, PE D.12.3 and HE F.12.1
3. Students will demonstrate an appreciation for a wide variety of activities, involving various cultures and settings. PE A.12.2, PE D.12.2 and PE G.12.1
4. Students will demonstrate an expressed interest in continuing to develop their physical fitness, health and wellness. PE A.12.2, PE A.12.3 and HE B.12.4

5. Students will demonstrate a basic knowledge of overall game rules and the breakdown of skills. PE B.12.1 and PE B.12.2
6. Students will demonstrate basic skill technique in appropriate settings and game situations. PE A.12.1, PE B.12.1 and PE B.12.2

Introduction to Weight training

1. Students will demonstrate a basic knowledge of physical fitness components, including muscular strength, endurance, flexibility and body composition. PE A.12.3 and PE C.12.1
2. Students will demonstrate the ability to apply their knowledge of the physical fitness components to their personal fitness by setting goals and self-evaluating progress. PE F.12.7, PE A.12.3, PE E.12.1 and PE E.12.3
3. Students will demonstrate positive attitudes and encouragement as well as cooperate with peers of all ability levels. PE F.12.2, PE F.12.1, PE D.12.3 and HE F.12.1
4. Students will demonstrate an expressed interest in continuing to develop their physical fitness, health and wellness by creating future plans and programs for weight training. They will express the logic the plans are based upon. PE A.12.2, PE A.12.3 and HE B.12.4
5. Students will demonstrate proper lifting and spotting technique while in the weight room. PE A.12.1, PE B.12.1 and PE B.12.2
6. Students will develop individualized personal training programs based on personal goals and interests. PE A.12.5 and PE A.12.3

Team Sports 1

1. Students will demonstrate knowledge of physical fitness components including, muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. PE A 12.3 and PE C 12.1.
2. Students will demonstrate their knowledge of the physical fitness components to a variety of team sports. PE A 12.3, PE E 12.1, and HE D 12.3.
3. Students will demonstrate an express interest in continuing to develop their physical fitness, health, and wellness through learned skills, knowledge, and given resources. PE A 12.2, PE A 12.3, and HE B 12.4.
4. Students will demonstrate good sportsmanship, proper game etiquette, and cooperation with peers of all ability levels during all activities and game like situations. PE F 12.1, HE F 12.1, and HE F 12.3.
5. Students will demonstrate an appreciation for a wide variety of team activities involving various cultures, settings and group sizes (partners, small groups, and large teams. PE A 12.2, PE D 12.2, and PE G 12.1.
6. Students will demonstrate knowledge of overall game rules, appropriate variations, and strategies used in various team sports. PE B 12.1 and PE B 12.2.
7. Students will demonstrate proper skills and skill performance in appropriate settings and game like situations. PE A 12.1, PE B 12.1, and PE B 12.2.

Team Sports 2

1. Students will demonstrate knowledge of physical fitness components including, muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. PE A 12.3 and PE C 12.1.
2. Students will demonstrate their knowledge of the physical fitness components to a variety of team sports. PE A 12.3, PE E 12.1, and HE D 12.3.
3. Students will demonstrate good sportsmanship, proper game etiquette, and cooperation with peers of all ability levels during all activities and game like situations. PE F 12.1, HE F 12.1, and HE F 12.3.
4. Students will demonstrate an appreciation for a wide variety of team activities including various cultures. PE A 12.2, PE D 12.2, and PE G 12.1.
5. Students will demonstrate knowledge of overall game rules, appropriate variations, and strategies used in various team sports. PE B 12.1 and PE B 12.2.
6. Students will demonstrate proper skills and skill performance in appropriate settings and game-like situations. PE A 12.1, PE B 12.1, and PE B 12.2.

Lifetime Fitness

1. Students will demonstrate knowledge of physical fitness components including, muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. (PE A 12.3 and PE C 12.1).
2. Students will demonstrate their knowledge of the physical fitness components to a variety of lifetime physical activities. (PE A 12.3, PE E 12.1, and HE D 12.3).
3. Students will demonstrate good sportsmanship, proper game etiquette, and cooperation with peers of all ability levels. (PE F 12.1, HE F 12.1, and HE F 12.3).
4. Students will demonstrate an appreciation for lifetime activities, recreational activities, and family oriented activities. (PE A 12.2, PE D 12.2, and PE G 12.1).
5. Students will demonstrate an express interest in continuing to develop their physical fitness, health, and wellness through learned skills, knowledge, and given resources. (PE A 12.2, PE A 12.3, and HE B 12.4).
6. Students will demonstrate knowledge of overall game rules and appropriate variations for settings and participants and demonstration of proper techniques for learned skills. (PE B 12.1 and PE B 12.2).