

Physical Education K-12

Physical Education Core Competencies

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Fitness	Think PE	Sportsmanship
Students will be active participants during class by engaging in a variety of physical activities during class time to enhance overall fitness.	Students will understand the age appropriate rules, skills and strategies for a variety of sports and games. They will also make connections through knowledge and skills to achieve and maintain a health-enhancing lifestyle.	Students will demonstrate responsible personal and social behavior: respecting self and others while enjoying the challenge and social interaction of physical activity. PLAY HARD. PLAY FAIR. PLAY SAFE. BE A GOOD TEAMMATE.
Grades K-12		
Consistent daily effort, good level of participation, displays quality movement during game play, stays on task, maintains personal fitness.	Good knowledge of fitness concepts, safety and game rules, boundaries, scoring, game concepts and strategies.	Supportive of all students in class, follows directions, active listener, follows safety rules, treats equipment with care, stays on task during activity.
Good attendance, almost always on time, prepared for daily PE activity; ie: appropriate footwear and clothing.	Can apply fitness concepts to personal health and goal setting.	Consistently follows rules, good attitude, displays cooperation, works hard for self and others.
Demonstrates basic skills and strategies with ease, shows good skill/strategy improvement.		

Draft Competency Alignment: April 2018

(Grades K-8)

Analyzing Influences	Assessing Valid Health Information	Communication	Goal Setting	Decision Making	Advocacy
<p>Students will understand the concept of analyzing personal health influences.</p> <p>Students will recognize influences, but may not include both internal and external as they affect self, peers, family and community.</p> <p>Students will provide a general explanation of how the impacts technology, family, friends, and the perception of social norms make on personal health behaviors.</p> <p>Students will choose positive and negative influences and explain how they impact their health.</p>	<p>Students will locate general sources that may enhance health behaviors in a given situation.</p> <p>Students will evaluate the source for validity and appropriateness.</p> <p>Students will identify general sources of health information.</p>	<p>Students will attempt to use verbal/nonverbal communication techniques, strategies to prevent, manage, or resolve interpersonal conflicts, and other skills to enhance the health of self and others.</p>	<p>Students will assemble a goal statement with limited references to health benefits.</p> <p>The students' goal setting plan may be incomplete or difficult to implement but it does include all important steps, and follows a sequential process for assessing progress.</p> <p>Students will monitor actions, is open to feedback and self-assessment.</p>	<p>Students decision making process is still developing. Students are able to identify a situation that poses a health risk but may not fully examine alternative courses of action; or effectively evaluate the positive and negative health consequences of their actions.</p>	<p>Students have a generally clear health enhancing position on an issue but may need further guidance to support a position.</p>