

Farragut Physical Education Standards

Standard 1 Movement; Demonstrate competency in many different movement forms and proficiency in a few forms of physical activity, by applying concepts and principles of human movement.

K-4 Benchmarks

1. While traveling, avoid or catch an individual or object
2. Develop patterns and combination of movements into repeatable
3. Throw, catch, and kick using appropriate motor patterns
4. Describe or demonstrate essential elements of appropriate movement patterns

5-8 Benchmarks

1. While traveling, avoid or catch an individual or object

9-12 Benchmarks

1. Demonstrate intermediate or advanced competence in at least one activity from three of the following categories: dance, outdoor pursuits, individual, dual, or team sports
2. Apply scientific principles to learning and improving skills
3. Maintain and improve physical fitness, motor skills, and knowledge about physical activity
4. Describe or demonstrate essential elements of appropriate movement patterns
5. Understand five components of physical fitness

Standard 2 Fitness: design a personal fitness program to achieve and maintain physical fitness throughout life, with the knowledge to identify the benefits and costs of participation

K-4 Benchmarks

1. Maintain continuous aerobic activity for a specific time.
2. Regularly participate in physical activity for the purpose of improving skills and physical fitness.
3. Describe health benefits that result from regular and appropriate participation in physical activity.
4. Analyze potential risks associated with physical activities.

5-8 Benchmarks

1. Demonstrate introductory outdoor pursuit skills.
2. Complete an individual fitness program.
3. Participate in games, sports, dance, and outdoor activities, both in and outside of school, based on individual interest and capabilities.

9-12 Benchmarks

1. Maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility, and body composition necessary for a healthy lifestyle.
2. Use the results of fitness assessments to guide changes in their personal program of physical activity.
3. Monitor exercise and other behaviors related to a healthful lifestyle.
4. Analyze time, cost, and accessibility factors related to regular participation in physical activities.

Standard 3; demonstrate responsible personal and social behavior in physical settings, promoting inclusion and understanding of differences among people

K-4 Benchmarks

1. Distinguish between compliance and non-compliance with game rules and fair play.
2. Appreciate differences and similarities in others' physical activity.
3. Describe different backgrounds and the cultural significance they attribute to various games, dances, and physical activities.

5-8 Benchmarks

1. Accept the decision of officials without displaying negative reaction to others.
2. Willingly participate in physical activity and encourage others to participate.
3. Seek out, participate with, and show respect for persons of like and different skill levels.

9-12 Benchmarks

1. Identify the effects of age, gender, race, ethnicity, socioeconomic standing, and culture upon physical activity preferences and participation.
2. Accept differences between personal characteristics and the idealized body images and elite performing levels portrayed by the media.
3. Show respect and sensitivity toward others participating in an activity.

Standard 4; participate regularly in health-enhancing activities, understanding that it provides the opportunity for enjoyment, challenge self-expression, and communication

K-4 Benchmarks

1. Identify activities that contribute to personal feelings of joy.
2. Design games, gymnastics, and dance sequences that are personally interesting.
3. Respect persons from different backgrounds and the significance they attribute to various games, dances, and physical activities.
4. Enjoy feelings resulting from involvement in physical activity.
5. Celebrate personal successes and achievements and those of others.

5-8 Benchmarks

1. Choose to participate in physical activity both in and out of school settings.
2. Describe feelings of well being associated with physical activity.
3. Use physical activity to demonstrate creativity and self-expression.

9-12 Benchmarks

1. Willingly participate in games, sports, dance, outdoor pursuits, and other physical activities that contribute to attainment of personal goals and the maintenance of wellness.
2. Evaluate risks and safety factors that may affect personal activity preferences throughout the life cycle.
3. Accept the ways in which personal characteristics, performance styles, and activity preferences will change over the life cycle.
4. Make commitment to physical activity as an important part of one's lifestyle