

## HEALTH & PHYSICAL EDUCATION GRADING BENCHMARK STATEMENTS

### **Physical Education Grade K: Statement #1:**

**Benchmark Statement:** Demonstrates age appropriate body control, listens to and follows the directions, and transitions quickly between activities.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1 &amp; 2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in the units of: Semester 1: movement, jump rope, soccer, throwing and catching, basketball and bowling Semester 2: jump rope, volleyball, hockey, gymnastics, lacrosse, golf and paddles		

### **Physical Education Grade K: Statement #2:**

**Benchmark Statement:** Challenges him/herself to improve on the physical skills introduced in class.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1 &amp; 2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in the units of: Semester 1: movement, jump rope, soccer, throwing and catching, basketball and bowling Semester 2: jump rope, volleyball, hockey, gymnastics, lacrosse, golf and paddles		

### **Health Grade 1: Statement #1:**

**Benchmark Statement:** Develops and uses personal and interpersonal skills to support a healthy, active lifestyle.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>2</u>	N/A	N/A	N/A
<u>Evidence</u>	As evidenced through formal and informal observations in the lessons on playground and bus safety, head lice, allergies and skeletal system		

**Health Grade 1: Statement #2:**

**Benchmark Statement:** Demonstrates an understanding of core health concepts to make better life choices.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	N/A	N/A	N/A
<u>2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in the lessons on dental health, Nutrition, ,benefits of raising the heart rate, bicycle safety		

**Physical Education Grade 1: Statement #1:**

**Benchmark Statement:** Demonstrates age appropriate body control, listens and follow directions, and transitions quickly between activities.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1 &amp; 2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in the units of: Semester 1: movement, soccer, throwing and catching, basketball and bowling Semester 2:volleyball, hockey, gymnastics, lacrosse, golf and paddles		

**Physical Education Grade 1: Statement #2:**

**Benchmark Statement:** Uses the proper form while manipulating an object with his/her hands/feet.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>2</u>	N/A	N/A	N/A
<u>Evidence</u>	As evidenced through formal and informal observations in the units of: movement, soccer, throwing and catching, basketball and bowling		

**Physical Education Grade 1: Statement #3:**

**Benchmark Statement:** Uses proper form while manipulating an object while using equipment such as hockey sticks, lacrosse sticks, paddles and miniature golf clubs.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	N/A	N/A	N/A
<u>2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in the units of: hockey, lacrosse, paddles and miniature golf		

**Physical Education Grade 1: Statement #4:**

**Benchmark Statement:** Understands basic team concepts such as solving conflicts peacefully, playing by the rules and displaying sportsmanship before, during and after a game.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1 &amp; 2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in all sports units.		

**Health Grade 2: Statement #1:**

**Benchmark Statement:** Develops and uses personal and interpersonal skills to support a healthy, active lifestyle.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>2</u>	N/A	N/A	N/A
<u>Evidence</u>	As evidenced through formal and informal observations in the lessons on playground and bus safety, head lice, allergies and skeletal system		

**Health Grade 2: Statement #2:**

**Benchmark Statement:** Demonstrates an understanding of core health concepts (hygiene, nutrition, safety) to make better life choices.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	N/A	N/A	N/A
<u>2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in the lessons on dental health, Nutrition, benefits of raising the heart rate, bicycle safety		

**Physical Education Grade 2: Statement #1:**

**Benchmark Statement:** Demonstrates age appropriate body control, listens and follow directions, and transitions quickly between activities.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1 &amp; 2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in the units of: Semester 1: movement, soccer, throwing and catching, basketball and bowling Semester 2: volleyball, hockey, gymnastics, lacrosse, golf and paddles		

**Physical Education Grade 2: Statement #2:**

**Benchmark Statement:** Uses proper form while manipulating an object with his/her hands/feet.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>2</u>	N/A	N/A	N/A
<u>Evidence</u>	As evidenced through formal and informal observations in the units of: movement, soccer, throwing and catching, basketball and bowling		

**Physical Education Grade 2: Statement #3:**

**Benchmark Statement:** Uses proper form while manipulating an object while using equipment such as hockey sticks, lacrosse sticks, paddles and miniature golf clubs.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	N/A	N/A	N/A
<u>2</u>	Student demonstrates limited progress towards understanding and applying this skill  Evidence: Score of 1 on standards-based PE rubric utilized by teacher	Student demonstrates progress towards understanding and applying this skill  Evidence: Score of 2 on standards-based PE rubric utilized by teacher	Student demonstrates an understanding and application of this skill  Evidence: Score of 3 on standards-based PE rubric utilized by teacher
<u>Evidence</u>	As evidenced through formal and informal observations in the units of: hockey, lacrosse, paddles and miniature golf		

**Physical Education Grade 2: Statement #4:**

**Benchmark Statement:** Demonstrates basic team concepts such as solving conflicts peacefully, playing by the rules and displaying sportsmanship before, during and after a game.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>2</u>	N/A	N/A	N/A
<u>Evidence</u>	As evidenced through formal and informal observations in all sports units.		

**Physical Education Grade 2: Statement #5:**

**Benchmark Statement:** Demonstrates team concepts, strategies and communication while participating in games.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	N/A	N/A	N/A
<u>2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in all sports units.		

**Health Grade 3: Statement #1:****Benchmark Statement:** Acquires skills and concepts to support a healthy active lifestyle

<b>Semester</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>1 &amp; 2</b>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<b>Evidence</b>	As evidenced through formal and informal observations in Semester 1: Personal and Mental Health, Family Life, Safety, Stress, and Nutrition Semester 2: Disease Prevention and Growth and Development		

**Health Grade 3: Statement #2:****Benchmark Statement:** Acquire knowledge about medicines, alcohol, and tobacco to support a healthy, active lifestyle.

<b>Semester</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>1</b>	N/A	N/A	N/A
<b>2</b>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<b>Evidence</b>	As evidenced through formal and informal observations during Drug, Alcohol and Tobacco units		

**Physical Education Grade 3: Statement #1:****Benchmark Statement:** Demonstrates ability to perform movement patterns (jog, skip, jump) under control in a variety of physical activities.

<b>Semester</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>1</b>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<b>2</b>	N/A	N/A	N/A
<b>Evidence</b>	As evidenced through formal and informal observations in Cooperative games, Dance, Kicking and Throwing units		

**Physical Education Grade 3: Statement #2:****Benchmark Statement:** Demonstrates an understanding of strategies and techniques as applied to game situations.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	N/A	N/A	N/A
<u>2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in Gymnastics, and Manipulating an object		

**Physical Education Grade 3: Statement #3:****Benchmark Statement:** Uses proper technique while executing motor skills with hands and feet.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1 &amp; 2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations when manipulating an object with hands and feet		

**Health Grade 4: Statement #1:****Benchmark Statement:** Understands skills and concepts to support a healthy, active lifestyle.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1 &amp; 2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in Semester 1: Personal and Mental Health, Family Life, Safety, Stress, Nutrition Semester 2: Disease Prevention and Growth and Development Units		

**Health Grade 4: Statement #2:****Benchmark Statement:** Understands concepts about medicines, alcohol, tobacco, and other drugs to support a healthy, active lifestyle.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	N/A	N/A	N/A
<u>2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in Drug, Alcohol and Tobacco units		

**Physical Education Grade 4: Statement #1:****Benchmark Statement:** Demonstrates ability to perform movement patterns (jog, skip, jump) under control in a variety of physical activities.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>2</u>	N/A	N/A	N/A
<u>Evidence</u>	As evidenced through formal and informal observations in As evidenced through formal and informal observations in Cooperative games, Dance, Kicking and Throwing units		

**Physical Education Grade 4: Statement #2:****Benchmark Statement:** Demonstrates an understanding of strategies and techniques as applied to game situations.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	N/A	N/A	N/A
<u>2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in Gymnastics, and Manipulating an object		



**Physical Education Grade 4: Statement #3:**

**Benchmark Statement:** Uses proper technique while executing motor skills with hands and feet.

<b>Semester</b>	<b><u>1</u></b>	<b><u>2</u></b>	<b><u>3</u></b>
<b><u>1 &amp; 2</u></b>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<b><u>Evidence</u></b>	As evidenced through formal and informal observations when manipulating an object with hands and feet		