

**K - 5 Physical Education Pacing Guide**

Unit Title	Unit Objectives	Benchmarks	Activities	Assessment
Locomotor Skills	Students will demonstrate competency in locomotor skills, including gallop, hop, horizontal jump, leap, run, skip, slide, vertical jump and walk.	<p><b>K - 2</b> <u>Content Standard 1 - Benchmark C</u>  <u>Content Standard 2 - Benchmark E</u>  <u>Content Standard 3 - Benchmark A</u> <u>Content Standard 4 - Benchmark B, C</u>  <b>3 - 5</b>  <u>Content Standard 1 - Benchmark B</u>  <u>Content Standard 2 - Benchmark A</u>  <u>Content Standard 3 - Benchmark B</u></p>	Age appropriate distance running, Obstacle courses, Group and partner activities, Relays, Closure activities, Music and movement activities, Various games and activities.	Verbal, Observation, Rubric
Object-Control Skills	Students will demonstrate competency in object-control skills, including batting, catch fly balls, catch rolling balls, foot dribble, forehand strike, hand dribble, instep kick, lift and carry posture, overhand throw, undershand strike, and underhand throw.	<p><b>K - 2</b> <u>Content Standard 1 - Benchmark D, E</u>  <u>Content Standard 2 - Benchmark A, D</u>  <b>3 - 5</b>  <u>Content Standard 1 - Benchmark C, E, G</u>  <u>Content Standard 2 - Benchmark A, C, E</u></p>	Exercise stations, Flee and chase activities, Group and partner activities, Object control skills, Various games and activities and closure activities.	Verbal, Observation, Rubric
Knowledge	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities including the beneficial effects of physical activity, body parts/planes/actions and use of space.	<p><b>K - 2</b> <u>Content Standard 1 - Benchmark A, B, C, D, E</u>  <u>Content Standard 2 - Benchmark C</u>  <u>Content Standard 3 - Benchmark C, D</u>  <b>3 - 5</b>  <u>Content Standard 1 - Benchmark A, B, C, E, G</u>  <u>Content Standard 2 - Benchmark A, B, C, E</u>  <u>Content Standard 3 - Benchmark B, C</u></p>	Exercise stations, Flee and chase activities, Group and partner activities, Object control skills, Various games and activities and closure activities.	Verbal, Observation, Rubric
Activity	Participates regularly in physical activity, including aerobic activity and fitness.	<p><b>K - 2</b> <u>Content Standard 4 - Benchmark A</u>  <b>3 - 5</b>  <u>Content Standard 1 - Benchmark D</u>  <u>Content Standard 2 - Benchmark B</u></p>	Age appropriate distance running, Obstacle courses, Group and partner activities, Relays, Closure activities, Music and movement activities, Various games and activities.	Verbal, Observation, Rubric
Fitness	Achieves and maintains a health-enhancing level of physical fitness including abdominal/low back strength, arm/shoulder strength, hip/low back flexibility.	<p><b>K - 2</b> <u>Content Standard 2 - Benchmark F</u>  <u>Content Standard 4 - Benchmark D</u>  <b>3 - 5</b>  <u>Content Standard 4 - Benchmark E</u></p>	Exercise stations, Flee and chase activities, Group and partner activities, Object control skills, Various games and activities and closure activities.	Verbal, Observation, Rubric

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Social Skills	Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings, including compassion for others, cooperation, following directions, respect for others, responsibility and self-control.	<b><i>K - 2 Content Standard 1 - Benchmark A</i></b> <b><i>Content Standard 5 - Benchmark A, B, C</i></b> <b><i>Content Standard 6 - Benchmark E</i></b> <b><i>3 - 5 Content Standard 5 - Benchmark A, B, C</i></b> <b><i>Content Standard 6 - Benchmark C, E</i></b>	Music and movement activities, Cooperative movements, Group partner movements, Flee and chase activities, Object control skills, Closure activities, and Discussion of social skills.	Verbal, Observation, Rubric
Personal Skills	Students will value physical activity for health, enjoyment, challenge, self expression, and/or social interaction, including best effort and constructive competition.	<b><i>K - 2 Content Standard 3 - Benchmark E</i></b> <b><i>Content Standard 5 - Benchmark A, B, C, D</i></b> <b><i>3 - 5 Content Standard 1 - Benchmark H</i></b> <b><i>Content Standard 2 - Benchmark F</i></b> <b><i>Content Standard 3 - Benchmark E</i></b> <b><i>Content Standard 4 - Benchmark C</i></b> <b><i>Content Standard 5 - Benchmark A, B, C, D</i></b>	Music and movement activities, Cooperative movements, Group partner movements, Flee and chase activities, Object control skills, Closure activities, and Discussion of social skills.	Verbal, Observation, Rubric