

Allamakee Community Schools Standards and Benchmarks for K-12 physical education

Content Standard: Motor Skills

Standard 1: The student demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Benchmark 1: The student will demonstrate mature movement patterns of locomotion, manipulation of objects, and rhythmic concepts.

Content Standard: Learning Concepts

Standard 2: The student demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Benchmark 2: The student will apply knowledge to improve skill development.

Content Standard: Active Participation

Standard 3: The student participates regularly in physical activity.

Benchmark 3: The student will participate in a wide variety of physical activities at moderate to vigorous levels both in school and in the community.

Content Standard: Physical Fitness

Standard 4: The student achieves and maintains a health-enhancing level of physical fitness.

Benchmark 4: The student will understand the components of physical fitness and work to achieve increased levels of fitness.

Content Standard: Personal and Social Behavior

Standard 5: The student exhibits responsible personal and social behavior that respects self and others in physical activity setting.

Benchmark 5: The student will exhibit responsible personal and social behavior while working in diverse groups.

Content Standard: Activity Appreciation

Standard 6: The student values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Benchmark 6: The student will value physical activity and recognize its impact on skill-improvement and health.