

Physical Education Essential Targets - Lifetime Behavior

Kindergarten	First Grade	Second Grade	Third Grade	Fourth Grade	Fifth Grade	Sixth Grade	Seventh Grade	Eighth Grade
___ I can move my body through space without touching others.	___ I can stay in my own personal space.	___ I can work cooperatively in a game or group situation.	___ I can identify the importance of being physically active.	___ I can explain why rules are fair to all participants, allowing for a safe and enjoyable game or activity.	___ I can participate, compete and cooperate in team activities.	___ I can identify and utilize the skill of compromise, help to resolve conflict and problems during games or activities.	___ I can participate, compete and cooperate in team activities to achieve a common goal.	___ I can assess my fitness level using a nationally normed fitness battery (Fitnessgram).
___ I can participate and play fair with other students in my class.	___ I can play in game situations fairly without cheating.	___ I can be honest during game or group activities.	___ I can explain why rules are fair to all participants and allow for a safe and enjoyable game or activity.	___ I can wait for my turn patiently.	___ I can honestly report results of my work.	___ I can suggest modifications in rules, procedures, and etiquette to make an activity safer.	___ I can use only positive comments and encouragement while participating in a 'teamwork' setting.	___ I can improve my motor fitness through a training and conditioning program.
___ I can work cooperatively with a partner.	___ I can work cooperatively with other classmates.	___ I can take turns appropriately.	___ I can cooperatively work with a small group to complete assigned tasks.	___ I can work cooperatively in teams, with partners and/or individual game situations.	___ I can identify the skill of compromise, help to resolve conflict and problems during games or activities.		___ I can identify personal emotions experienced during an activity.	___ I can identify and explain an activity that allows me to self-express.
		___ I can follow rules and procedures of game/activity play.	___ I can take turns appropriately.				___ I can list the social benefits of participation in physical activity.	