

Physical Education Essential Targets - Movement Knowledge

Kindergarten	First Grade	Second Grade	Third Grade	Fourth Grade	Fifth Grade	Sixth Grade	Seventh Grade	Eighth Grade
___ I can name and locate various body parts.	___ I can name and locate various bones.	___ I can locate and correctly count my heartbeats.	___ I can locate and count my heart beats after exercise.	___ I can list the components of health-related fitness.	___ I can locate and calculate my resting heart rate as well as my exercise heart rate.	___ I can calculate my target heart rate by using the THR formula.	___ I can explain each of the FITT training principles.	___ I can observe a volleyball game and identify skills that are used.
___ I can locate my heart and count my heart beats.	___ I can name and locate various muscles.	___ I can explain why I sweat when exercising.	___ I can explain components of physical fitness, cardio-respiratory, endurance, muscular endurance, muscular strength, body composition and flexibility.	___ I can list and explain rules, regulation, strategies, offensive and defensive positions in games or activities.	___ I can calculate my target heart rate by using the THR formula.	___ I can identify what FITT stands for.	___ I can list three activities that can elevate my heart rate into my target zone.	___ I can observe a basketball game and identify what strategies would be best to use against the opponent.
___ I can follow the rules and guidelines of tag.	___ I can count the loud part of my heart beat.	___ I can explain activities that focus on flexibility, strength, muscles, cardio-respiratory endurance and body composition.	___ I can explain and identify rules of games or activities.	___ I can explain and identify major body functions in its relation to exercise.	___ I can list and identify the components of health-related fitness.	___ I can identify parts of a skill and correct errors of self or another student on this skill.	___ I can compare and contrast running and walking.	___ I can effectively officiate a game of soccer, basketball, volleyball and/or badminton.
___ I can understand and explain general space and personal space.	___ I can explain what happens inside my body when I make my heart beat.	___ I can explain what healthy food choices are.	___ I can explain and identify major muscle groups.		___ I can list and identify the components of skill-related fitness.		___ I can teach a skill to another student.	
			___ I can explain and identify major bones in the body.		___ I can list and explain rules, regulations, procedures and proper etiquette for game/activity play.		___ I can choose an activity that I would like to improve and create a plan for improvement.	