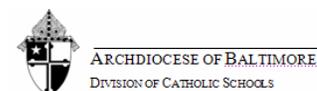


| <b>Archdiocese of Baltimore Physical Education Standards</b> |  |   |   |   |
|--|--|---|---|---|
| 1.   | Demonstrates competency in many movement forms and proficiency in a few movement forms.  |   |   |   |
| 2.   | Applies movement concepts and principles to the learning and development of motor skills.  |   |   |   |
| 3.   | Exhibits a physically active lifestyle as a moral responsibility.  |   |   |   |
| 4.   | Achieves and maintain a health-enhancing level of physical fitness as a God given responsibility for one's own body.   |   |   |   |
| 5.   | Demonstrates responsible Catholic/Christian behavior in physical activity settings.  |   |   |   |
| 6.   | Demonstrates understanding and respect for differences among people in a physically active Catholic/Christian setting.                                       |   |   |   |
| 7.   | Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.                                 |   |   |   |
| <b>PE.K-1.1 Movement forms</b>                               |  |   |   |   |
| PE.K-1.1.1   | Travels in forward and sideways directions using a variety of locomotor (non-locomotor) patterns and changes direction quickly in response to a signal.      | I | D | M |
| PE.K-1.1.2   | Assumes a variety of body shapes and body positions while working in personal and general space to participate safely and creatively in physical activities. | I | D |   |
| PE.K-1.1.3   | Demonstrates clear contrasts between slow and fast movement while traveling.   | I | D |   |
| PE.K-1.1.4   | Walks and runs using mature form.  | I | D | M |
| PE.K-1.1.5   | Rolls sideways without hesitating or stopping.   | I |   |   |
| PE.K-1.1.6   | Tosses a ball and catches it before it bounces twice.  | I | D |   |
| PE.K-1.1.7   | Kicks a stationary ball using a smooth continuous running step.  | I | D |   |
| PE.K-1.1.8   | Maintains momentary stillness bearing weight on a variety of body parts.   | I | D |   |
| <b>PE.K-1.2 Motor skills</b>                                 |  |   |   |   |
| PE.K-1.2.1   | Walks, runs, hops, and skips, in forward and sideways directions, and changes direction quickly in response to a signal.                                     | I | D |   |
| PE.K-1.2.2   | Identifies and uses a variety of relationships with objects (e.g., over/under, behind, alongside, through).  | I | D |   |
| PE.K-1.2.3   | Identifies and begins to utilize the technique employed (leg flexion) to soften the landing in jumping   | I |   |   |
| <b>PE.K-1.3 Active lifestyle</b>                             |  |   |   |   |
| PE.K-1.3.1   | Participates regularly in vigorous physical activity.  | I |   |   |
| PE.K-1.3.2   | Recognizes that physical activity is good for personal well-being.   | I | D |   |
| PE.K-1.3.3   | Identifies feelings that result from participation in physical activities.   | I |   |   |
| <b>PE.K-1.4 Health-enhancing level of physical fitness</b>   |  |   |   |   |
| PE.K-1.4.1   | Sustains moderate to vigorous physical activity.   | I |   |   |
| PE.K-1.4.2   | Is aware of his or her heart beating fast during physical activity.  | I |   |   |

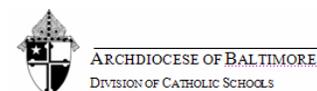
| <b>PE.K-1.5 Responsible Catholic /Christian behavior in physical activity settings</b> |  |   |   |   |
|--|--|---|---|---|
| PE.K-1.5.1   | Knows the rules for participating in the gymnasium and on the playground.  | I | D |   |
| PE.K-1.5.2   | Works in a group setting without interfering with others.  | I | D |   |
| PE.K-1.5.3   | Responds to teacher signals for attention.   | I | D | M |
| PE.K-1.5.4   | Responds to rule infractions when reminded once.   | I | D |   |
| PE.K-1.5.5   | Follows directions given to the class for an all-class activity.   | I | D |   |
| PE.K-1.5.6   | Handles equipment safely by putting it away when not in use.   | I | D |   |
| PE.K-1.5.7   | Takes turns using a piece of equipment.  | I |   |   |
| PE.K-1.5.8   | Transfers rules of the gym to "rules of the playground."   | I |   |   |
| <b>PE.K-1.6 Respect for differences</b>  |  |   |   |   |
| PE.K-1.6.1   | Enjoys participation alone and with others.  | I | D |   |
| PE.K-1.6.2   | Chooses playmates without regard to personal differences (e.g., race, gender, disability)  | I | D |   |
| <b>PE.K-1.7 Activity provides opportunities</b>  |  |   |   |   |
| PE.K-1.7.1   | Enjoys participation alone and with others.  | I | D |   |
| PE.K-1.7.2   | Identifies feelings that result from participation in physical activities.   | I | D |   |
| PE.K-1.7.3   | Looks forward to physical education classes.   | I | D | M |
| <b>PW.2-3.1 Movement forms</b>   |  |   |   |   |
| PE.2-3.1.1   | Demonstrates skills of chasing, fleeing, and dodging to avoid others.  | I | D | M |
| PE.2-3.1.2   | Combines locomotor patterns in time to music.  | I | D | M |
| PE.2-3.1.3   | Balances, demonstrating momentary stillness, in symmetrical and nonsymmetrical shapes on a variety of body parts.                                      | I | D | M |
| PE.2-3.1.4   | Receives and sends an object in a continuous motion.   | I | D |   |
| PE.2-3.1.5   | Strikes a ball repeatedly with a paddle.   | I | D |   |
| <b>PW.2-3.2 Motor skills</b>   |  |   |   |   |
| PE.2-3.2.1   | Identifies four characteristics of a mature throw.   | I | D |   |
| PE.2-3.2.2   | Uses concepts of space awareness and movement control to run, hop, and skip in different ways in a large group without bumping into others or falling. | I | D | M |
| PE.2-3.2.3   | Identifies and demonstrates the major characteristics of mature walking, running, hopping, and skipping  | I | D | M |
| <b>PW.2-3.3 Active lifestyle</b>   |  |   |   |   |
| PE.2-3.3.1   | Seeks participation in gross motor activity of a moderate to vigorous nature.  | I | D |   |

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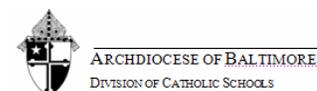
|  |  |   |   |   |
|--|--|---|---|---|
| PE.2-3.3.2   | Participates in a wide variety of activities that involve locomotion, non-locomotion, and manipulation of objects outside of physical education class.         | I | D |   |
| PE.2-3.3.3   | Completes willingly physical education activity "homework" assignments.  | I | D |   |
| <b>PE.2-3.4 Health-enhancing level of physical fitness</b>                             |  |   |   |   |
| PE.2-3.4.1   | Sustains activity for longer periods of time while participating in chasing, or fleeing, traveling activities in physical education, and/or on the playground. | I | D |   |
| PE.2-3.4.2   | Identifies changes in the body during vigorous physical activity.  | I | D |   |
| PE.2-3.4.3   | Supports body weight for climbing, hanging, and momentarily taking weight on hands.  | I | D |   |
| PE.2-3.4.4   | Moves each joint through a full range of motion.   | I | D | M |
| PE.2-3.4.5   | Participates in a physical fitness test.   | I |   |   |
| <b>PE.2-3.5 Responsible Catholic /Christian behavior in physical activity settings</b> |  |   |   |   |
| PE.2-3.5.1   | Uses equipment and space safely and properly.  | I | D |   |
| PE.2-3.5.2   | Responds positively to an occasional reminder about a rule infraction.   | I | D | M |
| PE.2-3.5.3   | Practices specific skills as assigned until the teacher signals the end of practice.   | I | D |   |
| PE.2-3.5.4   | Stops activity immediately at the signal to do so.   | I | D |   |
| PE.2-3.5.5   | Reports honestly the results of work.  | I | D |   |
| PE.2-3.5.6   | Invites a peer to take his or her turn at a piece of apparatus before repeating a turn.  | I | D |   |
| PE.2-3.5.7   | Assists partner by sharing observations about skill performance during practice.   |   | D |   |
| PE.2-3.5.8   | Explains appropriate and inappropriate behavior as a player and a spectator.   | I | D |   |
| <b>PE.2-3.6 Respect for differences</b>  |  |   |   |   |
| PE.2-3.6.1   | Gains the benefits that accompany cooperation and sharing.   | I | D |   |
| PE.2-3.6.2   | Displays consideration of others in physical activity settings.  | I | D |   |
| PE.2-3.6.3   | Demonstrates the elements of socially acceptable conflict resolution.  | I | D |   |
| <b>PE.2-3.7 Activity provides opportunities</b>  |  |   |   |   |
| PE.2-3.7.1   | Gains the benefits that accompany cooperation and sharing.   | I | D |   |
| PE.2-3.7.2   | Accepts the feelings resulting from challenges, successes, and failures in physical activity.  | I | D |   |
| PE.2-3.7.3   | Tries willingly new activities.  | I | D |   |
| <b>PE.4-5.1 Movement forms</b>   |  |   |   |   |
| PE.4-5.1.1   | Throws, catches and kicks using mature form.   |   | D | M |
| PE.4-5.1.2   | Dribbles and passes a basketball to a moving receiver.   | I | D |   |
| PE.4-5.1.3   | Balances with control on a variety of objects (balance board, large apparatus, skates).  | I | D | M |
| PE.4-5.1.4   | Develops and refines a gymnastics sequence demonstrating smooth transitions.   | I | D | M |

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| PE.4-5.1.5   | Develops and refines a creative dance sequence into a repeatable pattern.   | I | D | M |
| PE.4-5.1.6   | Jumps and lands for height/distance using mature form.  |   | D | M |
| <b>PE.4-5.2 Motor skills</b>   |   |   |   |   |
| PE.4-5.2.1   | Transfers weight from feet to hands at fast and slow speeds using large extensions (e.g., mule kick, handstand, cartwheel).         | I | D | M |
| PE.4-5.2.2   | Recognizes accurately the critical elements of a throw made by a fellow student and provides feedback to the student.               | I | D |   |
| PE.4-5.2.3   | Strikes consistently a softly thrown ball with a bat or paddle demonstrating an appropriate grip.                                   | I | D | M |
| PE.4-5.2.4   | Understands that appropriate practice improves performance.   | I | D | M |
| <b>PE.4-5.3 Active lifestyle</b>   |   |   |   |   |
| PE.4-5.3.1   | Participates regularly in physical activity for the purpose of developing a healthy lifestyle                                       | I | D | M |
| PE.4-5.3.2   | Describes healthful benefits that result from regular and appropriate participation in physical activity.                           | I | D | M |
| PE.4-5.3.3   | Identifies at least one activity that they participate in on a regular basis (formal or informal.)                                  | I | D | M |
| PE.4-5.3.4   | Uses opportunities for more formal participation in physical activities in the community.   | I | D |   |
| <b>PE.4-5.4 Health-enhancing level of physical fitness</b>                             |   |   |   |   |
| PE.4-5.4.1   | Engages in appropriate activity that results in the development of muscular strength.   | I | D |   |
| PE.4-5.4.2   | Maintains continuous aerobic activity for a specified time and/or activity.   | I | D |   |
| PE.4-5.4.3   | Supports, lifts, and controls body weight in a variety of activities.   | I | D |   |
| PE.4-5.4.4   | Participates regularly in physical activity for the purpose of improving physical fitness.  | I | D |   |
| PE.4-5.4.5   | Participates in a physical fitness test and is assessed in the five fitness components.   | I | D |   |
| <b>PE.4-5.5 Responsible Catholic /Christian behavior in physical activity settings</b> |   |   |   |   |
| PE.4-5.5.1   | Arranges gymnastics equipment safely in a manner appropriate to the task, when given the opportunity.                               | I |   |   |
| PE.4-5.5.2   | Takes seriously their role to teach an activity or skill to two other classmates.   | I | D |   |
| PE.4-5.5.3   | Works productively with a partner to improve the overhand throw pattern for distance by using the critical elements of the process. | I | D |   |
| PE.4-5.5.4   | Accepts the teacher/referee's decision regarding a personal rule infraction without displaying negative reactions toward others.    |   | D |   |
| PE.4-5.5.5   | Assesses their own performance problems without blaming others.   | I | D |   |
| PE.4-5.5.6   | Demonstrates appropriate behavior as a player and as a spectator.   | I | D |   |
| <b>PE.4-5.6 Respect for differences</b>  |   |   |   |   |
| PE.4-5.6.1   | Recognizes differences and similarities in others' physical activity.   | I | D |   |

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|  |   |   |   |   |
|--|---|---|---|---|
| PE.4-5.6.2   | Indicates respect for persons from different backgrounds and the cultural significance they attribute to various games, and physical activities.  | I | D |   |
| PE.4-5.6.3   | Demonstrates acceptance of the skills and abilities of others through verbal and nonverbal behavior.  | I | D |   |
| <b>PE.4-5.7 Activity provides opportunities</b>            |   |   |   |   |
| PE.4-5.7.1   | Experiences positive feelings as a result of involvement in physical activity.  | I | D | M |
| PE.4-5.7.2   | Designs games, gymnastics, and dance sequence that is personally interesting.   | I | D |   |
| PE.4-5.7.3   | Celebrates personal successes and achievements as well as those of others.  | I | D |   |
| <b>PE.6-7.1 Movement forms</b>                             |   |   |   |   |
| PE.6-7.1.1   | Throws a variety of objects demonstrating both accuracy and force in net and invasion games.  |   | D | M |
| PE.6-7.1.2   | Hand dribbles and foot dribbles while preventing an opponent from stealing the ball.  |   | D | M |
| PE.6-7.1.3   | Designs and performs gymnastics and dance sequences that combine traveling, rolling, balancing, and weight transfer into smooth flowing sequence with intentional changes in direction, speed and flow. | I | D |   |
| PE.6-7.1.4   | Keeps an object going continuously with a partner using a striking pattern.   | I | D |   |
| PE.6-7.1.5   | Places the ball away from an opponent in a racket sport activity.   | I | D |   |
| <b>PE.6-7.2 Motor skills</b>                               |   |   |   |   |
| PE.6-7.2.1   | Detects, analyzes and corrects errors in personal movement patterns.  |   | D |   |
| PE.6-7.2.2   | Identifies proper warm-up and cool-down techniques and the reasons for using them.  |   | D | M |
| PE.6-7.2.3   | Identifies basic practice and conditioning principles that enhance performance.   | I | D |   |
| <b>PE.6-7.3 Active lifestyle</b>                           |   |   |   |   |
| PE.6-7.3.1   | Chooses daily to exercise at home for personal enjoyment and benefit.   | I | D |   |
| PE.6-7.3.2   | Participates in games, sports, dance and outdoor pursuits both in and out of school based on individual interests and capabilities.   | I | D |   |
| PE.6-7.3.3   | Identifies opportunities close to home for participation in different kinds of activities.  | I | D |   |
| <b>PE.6-7.4 Health-enhancing level of physical fitness</b> |   |   |   |   |
| PE.6-7.4.1   | Keeps a record of heart rate before, during, and after vigorous physical activity.  | I | D |   |
| PE.6-7.4.2   | Participates in fitness-enhancing organized physical activities outside of school (e.g., gymnastic clubs, community sponsored youth sports).  | I | D |   |
| PE.6-7.4.3   | Engages in physical activity at the target heart rate for a minimum of 20 minutes.  | I |   |   |
| PE.6-7.4.4   | Demonstrates correctly activities designed to improve and maintain muscular strength and endurance, flexibility.  | I | D |   |
| PE.6-7.4.5   | Participates in fitness-enhancing organized physical activities outside of school (e.g., gymnastic clubs, community sponsored youth sports).  | I | D |   |

| <b>PE.6-7.5 Responsible Catholic /Christian behavior in physical activity settings</b> |  |   |   |   |
|--|--|---|---|---|
| PE.6-7.5.1   | Makes responsible decisions about using time, applying rules, and following through with the decisions made.                                       | I | D |   |
| PE.6-7.5.2   | Uses time wisely when given the opportunity to practice and improve performance.   | I | D |   |
| PE.6-7.5.3   | Makes suggestions for modifications in a game or activity that can improve the game.   | I | D |   |
| PE.6-7.5.4   | Remains on-task in a group activity without close teacher monitoring.  |   | D |   |
| PE.6-7.5.5   | Chooses a partner that he or she can work with productively.   | I | D |   |
| PE.6-7.5.6   | Distinguishes between acts of "courage" and reckless acts.   | I | D |   |
| PE.6-7.5.7   | Includes concerns for safety in self-designed activities.  |   | D |   |
| PE.6-7.5.8   | Explains why appropriate and inappropriate behavior as a player and a spectator is a moral responsibility.   | I | D | M |
| <b>PE.6-7.6 Respect for differences</b>  |  |   |   |   |
| PE.6-7.6.1   | Recognizes the role of games, sports, and dance in getting to know and understand others of like and different backgrounds.                        | I | D |   |
| PE.6-7.6.2   | Demonstrates cooperation through verbal and nonverbal behavior with peers of different gender, race, and ethnicity in a physical activity setting. |   | D |   |
| PE.6-7.6.3   | Seeks out, participate with, and shows respect for persons of like and different skill levels.   |   | D |   |
| PE.6-7.6.4   | Recognizes the importance of one's personal heritage.  | I | D |   |
| <b>PE.6-7.7 Activity provides opportunities</b>  |  |   |   |   |
| PE.6-7.7.1   | Recognizes the role of games, sports, and dance in getting to know and understand self and others.   | I | D |   |
| PE.6-7.7.2   | Identifies benefits resulting from participation in different forms of physical activities.  |   | D |   |
| PE.6-7.7.3   | Describes ways to use the body and movement activities to communicate ideas and feelings.  | I | D |   |
| PE.6-7.7.4   | Seeks physical activity in informal settings that utilize skills and knowledge gained in physical education classes.                               | I | D |   |
| <b>PE.8.1 Movement forms</b>   |  |   |   |   |
| PE.8.1.1   | Uses basic offensive and defensive strategies in a modified version of a team sport and individual sport.  | I | D |   |
| PE.8.1.2   | Performs a variety of simple folk and square dances.   | I | D |   |
| PE.8.1.3   | Displays the basic skills and safety procedures to participate in an outdoor pursuit.  |   | D |   |
| <b>PE.8.2 Motor skills</b>   |  |   |   |   |
| PE.8.2   | Explains and demonstrates some advanced game strategies such as playing tennis doubles etc.  | I | D |   |
| PE.8.2.2   | Identifies the critical elements of more advanced movement skills.   | I | D |   |
| PE.8.2.3   | Describes principles of training and conditioning for specific physical activities.  | I | D |   |
| <b>PE.8.3 Active lifestyle</b>   |  |   |   |   |
| PE.8.3.1   | Participates in an individualized physical activity program designed with the help of the teacher  | I | D |   |

|  |  |   |   |   |
|--|--|---|---|---|
| PE.8.3.2   | Lists long-term physiological, psychological, spiritual and cultural benefits that may result from regular participation in physical activity. |   | D |   |
| <b>PE.8.4 Health-enhancing level of physical fitness</b>                             |  |   |   |   |
| PE.8.4.1   | Maintains a record of moderate to vigorous physical activity.  |   | D |   |
| PE.8.4.2   | Correctly demonstrates various weight-training techniques.   | I | D |   |
| PE.8.4.3   | Plans a circuit weight-training program designed to meet physical fitness goals.   | I | D |   |
| PE.8.4.4   | Participates in fitness-enhancing physical activities outside of school (e.g., gymnastic clubs, community sponsored youth sports).             | I | D |   |
| PE.8.4.5   | Engages in physical activity at the target heart rate for a minimum of 20 minutes.   | I |   |   |
| PE.8.4.6   | Participates in a physical fitness test and is assessed in the five fitness components   | D |   |   |
| <b>PE.8.5 Responsible Catholic /Christian behavior in physical activity settings</b> |  |   |   |   |
| PE.8.5.1   | Identifies positive and negative peer influence..  | I | D |   |
| PE.8.5.2   | Plays within the rules of a game or activity.  |   | D |   |
| PE.8.5.3   | Analyzes the consequences when confronted with a behavior choice.  |   | D |   |
| PE.8.5.4   | Resolves interpersonal conflicts with a sensitivity to rights and feelings of others.  |   | D |   |
| PE.8.5.5   | Handles conflicts that arise with others without confrontation.  |   | D |   |
| PE.8.5.6   | Finds positive ways to exert independence.   |   | D |   |
| PE.8.5.7   | Tempers the desire to “belong” to a peer group with a growing awareness of independent thought.  |   | D |   |
| PE.8.5.8   | Makes choices based on the safety of self and others.  |   | D | M |
| PE.8.5.9   | Accepts a controversial decision of an teacher/referee.  |   | D | M |
| PE.8.5.10  | Explains why appropriate and inappropriate behavior as a player and a spectator is a moral responsibility.                                     |   | D | M |
| <b>PE.8.6 Respect for differences</b>  |  |   |   |   |
| PE.8.6.1   | Demonstrates an understanding of the ways sport and dance influence American culture.  |   | D |   |
| PE.8.6.2   | Displays sensitivity to the feeling of others during interpersonal interactions.   |   | D |   |
| PE.8.6.3   | Respects the physical and performance limitations of self and others.  |   | D |   |
| <b>PE.8.7 Activity provides opportunities</b>  |  |   |   |   |
| PE.8.7.1   | Feels satisfaction when engaging in physical activity.   |   | D | M |
| PE.8.7.2   | Enjoys the aesthetic and creative aspects of performance.  |   | D | M |
| PE.8.7.3   | Enjoys learning new activities.  |   | D |   |
| PE.8.7.4   | Becomes more skilled (e.g., learning strategy, additional skills) in a favorite activity.  |   | D |   |