

PHYSICAL ACTIVITY STANDARD 1

Students demonstrate proficiency and develop an understanding of skills necessary to enhance motor skills.

STATE STANDARD	ASSESSMENT	TANQUE VERDE ACTIVITIES	INSTRUCTIONAL LEVEL
READINESS (Kindergarten)			
Students know and are able to do the following:			
1PE-R1 Demonstrate progress toward the mature form of selected manipulative, locomotor and nonlocomotor skills	<ul style="list-style-type: none"> • Observation; report card checklist 	<ul style="list-style-type: none"> • Movement exploration & motor development, i.e. warm-ups, relays, field day activities, bean bags, clean your room game 	Mastery -- Kinder
1PE-R2 Demonstrate mature form in walking and running	<ul style="list-style-type: none"> • Observation 	<ul style="list-style-type: none"> • Movement exploration & motor development, i.e. 10 levels of safety relays &, field day activities 	Mastery -- Kinder
1PE-R3 Identify fundamental movement patterns (e.g., skip, strike)	<ul style="list-style-type: none"> • Observation 	<ul style="list-style-type: none"> • Movement exploration, i.e. rhythms; motor development, low organizational games 	Mastery -- Kinder
1PE-R4 Establish a beginning movement vocabulary (e.g., personal space, high/low levels, fast/slow speeds, light/heavy weights, balance, twist)	<ul style="list-style-type: none"> • Observation 	<ul style="list-style-type: none"> • Movement exploration, i.e. 10 levels of safety, parachute games, scoops & balls 	Mastery -- Kinder
1PE-R5 Apply appropriate concepts to performance (e.g., change direction while running)	<ul style="list-style-type: none"> • Observation 	<ul style="list-style-type: none"> • Low organizational games, i.e. tag and dodge games, parachute games, mat activities 	Mastery -- Kinder
FOUNDATIONS (Grades 1-3)			
Students know and are able to do all of the above and the following:			
1PE-F1 Demonstrate mature form in all locomotor patterns and selected manipulative and nonlocomotor skills	<ul style="list-style-type: none"> • Observation, Referral 	<ul style="list-style-type: none"> • Daily activities, fitness & movement games 	Mastery -- 1st
1PE-F2 Adapt a skill area (e.g., dribbling, passing, dance sequence) to the demands of a game-like situation	<ul style="list-style-type: none"> • Game, Observation 	<ul style="list-style-type: none"> • Ball units, lead up activities, relays 	Mastery -- 3rd
1PE-F3 Acquire beginning skills of a few specialized movement forms	<ul style="list-style-type: none"> • Observation, Repeat 	<ul style="list-style-type: none"> • Balance, motor development activities, dance & rhythmic activities 	Mastery -- 3rd
1PE-F4 Combine movement skills in applied settings	<ul style="list-style-type: none"> • Observation, Repeat 	<ul style="list-style-type: none"> • Ball Units, Daily activities, low organizational games 	Mastery -- 3rd
1PE-F5 Apply critical elements to improve personal performance in fundamental and selected specialized movement skills	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Games & activities involving motor development, i.e. eye-hand, eye-foot, and spacial awareness 	Mastery -- 3rd

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FOUNDATIONS (Grades 1-3) (cont.)			
Students know and are able to do all of the above and the following:			
1PE-F6 Use critical elements of fundamental and specialized movement skills to provide feedback to others	<ul style="list-style-type: none"> • Observation, Analysis 	<ul style="list-style-type: none"> • Ball units, movement exploration, rhythmic activities 	Mastery -- 3rd
1PE-F7 Recognize and apply concepts that impact the quality of increasingly complex movement performance (e.g., maintaining a wide base of support in a balance activity)	<ul style="list-style-type: none"> • Observation 	<ul style="list-style-type: none"> • Ball units, balance, movement exploration, rhythmic activities 	Mastery -- ??
ESSENTIALS (Grades 4-8)			
Students know and are able to do all of the above and the following:			
1PE-E1 Demonstrate competence in a variety of movement forms	<ul style="list-style-type: none"> • Observation, Repeat 	<ul style="list-style-type: none"> • Daily activities 	Mastery -- 4th, 6th
1PE-E2 Apply more advanced movement and game strategies	<ul style="list-style-type: none"> • Written and verbal assessments Skills tests 	<ul style="list-style-type: none"> • All units 	Mastery -- 7th, 8th
1PE-E3 Identify the critical elements of more advanced movement skills	<ul style="list-style-type: none"> • Written and verbal assessments Skills tests 	<ul style="list-style-type: none"> • All units 	Mastery -- 7th, 8th
1PE-E4 Identify the characteristics of highly skilled performance in a few movement forms	<ul style="list-style-type: none"> • Written and verbal assessments Skills tests 	<ul style="list-style-type: none"> • All units 	Mastery -- 7th, 8th
1PE-E5 Apply more advanced discipline-specific knowledge (e.g., conditioning and fitness in a selected sport)	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • All units 	Mastery -- 7th, 8th
PROFICIENCY (Grades 9-12)			
Students know and are able to do all of the above and the following:			
1PE-P1 Demonstrate competency in at least three different types of movement forms (e.g., aquatics, team sports, individual and dual sports, outdoor pursuits, self-defense, gymnastics, dance)	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	Mastery --

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STATE STANDARD	ASSESSMENT	TANQUE VERDE ACTIVITIES	INSTRUCTIONAL LEVEL
PROFICIENCY (Grades 9-12) (cont.)			
Students know and are able to do all of the above and the following:			
1PE-P2 Use specialized knowledge to develop movement competence/proficiency	•	•	Mastery --
1PE-P3 Identify and apply critical elements to enable the development of movement competence/proficiency	•	•	Mastery --
1PE-P4 Identify and apply characteristics of highly skilled performance to enable the development of movement competence/proficiency	•	•	Mastery --
1PE-P5 Apply discipline-specific information to individual performance	•	•	Mastery -- 7th, 8th

PHYSICAL ACTIVITY STANDARD 2

Students comprehend basic physical activity principles and concepts that enable them to make decisions, to solve problems and to become self-directed learners who are informed physical activity participants.

STATE STANDARD	ASSESSMENT	TANQUE VERDE ACTIVITIES	INSTRUCTIONAL LEVEL
READINESS (Kindergarten)			
Students know and are able to do the following:			
2PE-R1 Identify that there are different parts of physical fitness	•	• Fitness activities, fitness testing	Mastery --Kinder
2PE-R2 Identify the different parts of physical fitness	•	• Fitness activities, fitness testing	Mastery --Kinder
FOUNDATIONS (Grades 1-3)			
Students know and are able to do all of the above and the following:			
2PE-F1 Identify several activities related to each component of physical fitness	• Observation	• Running, jumping rope, dancing, strengthening skills, warm-ups, 4 corners fitness, dice fitness	Mastery -- 1st
2PE-F2 Understand that muscles produce movement and begin to identify muscles	• Observation	• Movement exploration, stretching and fitness activities	Mastery -- 1st
2PE-F3 Demonstrate how to perform physical fitness tests school health helpers	• Formal battery of school designed tests	• Pre- and Post-tests	Mastery -- 3rd
ESSENTIALS (Grades 4-8)			
Students know and are able to do all of the above and the following:			
2PE-E1 Describe the relationship between a healthy lifestyle and feeling good	• Written tests	• Health units reinforced in P.E.	Mastery -- 5th - 8th
2PE-E2 Apply basic principles of training to improve physical fitness	• Skills testing	• Health units reinforced in P.E.	Mastery -- 6th - 8th
2PE-E3 Assess physiological indicators of exercise during and after physical activity	• Observation, demonstration	• Health units reinforced in P.E.	Mastery -- 6th - 8th
2PE-E4 Explain the concept of target zones for health-related physical fitness	• Fitness units	• Health units reinforced in P.E.	Mastery -- 6th - 8th

PHYSICAL ACTIVITY STANDARD 2

Students comprehend basic physical activity principles and concepts that enable them to make decisions, to solve problems and to become self-directed learners who are informed physical activity participants.

STATE STANDARD	ASSESSMENT	TANQUE VERDE ACTIVITIES	INSTRUCTIONAL LEVEL
PROFICIENCY (Grades 9-12)			
Students know and are able to do all of the above and the following:			
2PE-P1 Differentiate between facts and myths (e.g., the validity of marketing claims promoting fitness products and services) related to physical activity	•	•	Mastery --
2PE-P2 Identify consumer issues related to selection, purchase, care and maintenance of personal fitness equipment	•	•	Mastery --
2PE-P3 Determine appropriate individual requirements for physical activity prescription concerning the mode, intensity, duration, frequency and progression	• Observation, modeling	• Sports Conditioning, stretching, strength, cardio-respiratory, aerobic, anaerobic	Mastery -- 9th
2PE-P4 Demonstrate ability to self-assess each area of health-related physical fitness and interpret test scores	•	•	Mastery --
2PE-P5 Analyze different sports and activities and their contributions to specific health-related physical fitness components	•	•	Mastery --
2PE-P6 Demonstrate a knowledge of physiological changes that result from physical activity participation	•	•	Mastery --
2PE-P7 Identify safety principles associated with physical fitness development	• Observations, modeling	• Appropriate stretching, warm-ups, cool-down	Mastery -- 9th
2PE-P8 Design a personal fitness program that 1) will lead to or maintain an acceptable level of health-related fitness and 2) is based on an understanding of training principles, individual skill levels and availability of resources	•	•	Mastery --

PHYSICAL ACTIVITY STANDARD 3

Students exhibit a physically active lifestyle.

STATE STANDARD	ASSESSMENT	TANQUE VERDE ACTIVITIES	INSTRUCTIONAL LEVEL
READINESS (Kindergarten)			
Students know and are able to do the following:			
3PE-R1 Engage in moderate to vigorous physical activity	•	• Warm-up fitness, tag games, jumping rope, lead-up games, locomotor skill games	Mastery -Kinder
3PE-R2 Select and participate in activities that require some physical exertion during personal choice times	•	• Stations (ball & fitness); recess activities, i.e., play games learned in PE	Mastery -- Kinder
3PE-R3 Identify likes and dislikes connected with participation in physical activity	•	• Closure at end of lessons in PE involving discussion of activities	Mastery -- Kinder
FOUNDATIONS (Grades 1-3)			
Students know and are able to do all of the above and the following:			
3PE--F1 Select and participate regularly in physical activities for the purpose of improving skill and health	•	•Through choices of games in PE as well as recess	Mastery -- 3rd
3PE-F2 Identify the benefits derived from regular physical activity	•	•Through active discussion of benefits of exercise in PE classes	Mastery -- 3rd
3PE-F3 Identify several moderate to vigorous physical activities that provide personal pleasure	•	•Discussion & survey of activities practiced in PE and student's response to their personal interests.	Mastery -- 3rd
ESSENTIALS (Grades 4-8)			
Students know and are able to do all of the above and the following:			
3PE-E1 Participate regularly in health-enhancing physical activities to accomplish personal health goals	• Written, verbal tests	• Health and P.E. -- all units	Mastery -- 7th, 8th
3PE-E2 Participate in a variety of physical activities of personal interest	• Exposure to a variety of life-time sports	• Health and P.E. -- all units	Mastery -- 7th, 8th

PHYSICAL ACTIVITY STANDARD 3

Students exhibit a physically active lifestyle.

STATE STANDARD

ASSESSMENT

TANQUE VERDE ACTIVITIES

INSTRUCTIONAL LEVEL

PROFICIENCY (Grades 9-12)

Students know and are able to do all of the above and the following:

3PE-P1 Participate regularly in health-enhancing and personally rewarding physical activity	<ul style="list-style-type: none">• Observation	<ul style="list-style-type: none">• Warm-ups, stretching	Mastery -- 9th
3PE-P2 Select physical activities from a variety of movement forms based on personal interest, meaning and fulfillment	<ul style="list-style-type: none">•	<ul style="list-style-type: none">•	Mastery --
3PE-P3 Develop a personal physical activity program meeting individual needs	<ul style="list-style-type: none">•	<ul style="list-style-type: none">•	Mastery --

PHYSICAL ACTIVITY STANDARD 4

Students achieve and maintain a health-enhancing level of physical fitness.

STATE STANDARD	ASSESSMENT	TANQUE VERDE ACTIVITIES	INSTRUCTIONAL LEVEL
READINESS (Kindergarten)			
Students know and are able to do the following:			
4PE-R1 Sustain moderate to vigorous physical activity for short periods of time •		• Tag and fitness games; activities i.e., jumping rope, movement to music, etc.	Mastery -- Kinder
4PE-R2 Identify the physiological signs (e.g., fast heart rate, heavy breathing) of moderate physical activity •		• Participation in cardio games activities, students are given opportunity to learn about body results from exercise.	Mastery -- Kinder
FOUNDATIONS (Grades 1-3)			
Students know and are able to do all of the above and the following:			
4PE-F1 Accomplish the health-related fitness standards as defined by Fitnessgram •		•	Mastery --
4PE-F2 Participate regularly in physical activity for the purpose of improving physical fitness (goal setting) •		•	Mastery --
ESSENTIALS (Grades 4-8)			
Students know and are able to do all of the above and the following:			
4PE-E1 Accomplish the health-related fitness standards as defined by Fitnessgram •	• Observation, program standards	• Daily stretching, warm-ups, "fitness days", and work-outs	Mastery -- 8th
4PE-E2 Apply basic principles of training to improve or maintain physical fitness •	• Administration of tests	• Fitness Days; daily stretching and warm-ups	Mastery -- 8th
PROFICIENCY (Grades 9-12)			
Students know and are able to do all of the above and the following:			
4PE-P1 Accomplish the health-related physical fitness standards as designed by Fitnessgram •		•	Mastery --
4PE-P2 Use principles of training for the purpose of modifying levels of fitness •	• Modeling, observation	• Sports conditioning	Mastery -- 9th

PHYSICAL ACTIVITY STANDARD 4

Students achieve and maintain a health-enhancing level of physical fitness.

STATE STANDARD	ASSESSMENT	TANQUE VERDE ACTIVITIES	INSTRUCTIONAL LEVEL
PROFICIENCY (Grades 9-12) (cont.) Students know and are able to do all of the above and the following:			
4PE-P3 Design a personal health-related fitness program based on an accurately assessed fitness profile •		•	Mastery --
4PE-P4 Compare safe and risky exercises and demonstrate safe exercise alternatives •		•	Mastery --

PHYSICAL ACTIVITY STANDARD 5

Students develop self-initiated behaviors that promote effective personal and social interactions in physical activity settings.

STATE STANDARD	ASSESSMENT	TANQUE VERDE ACTIVITIES	INSTRUCTIONAL LEVEL
READINESS (Kindergarten)			
Students know and are able to do all of the above and the following:			
5PE-R1 Apply, with teacher reinforcement, classroom rules and procedures and safe practices	•	• Classroom management through participation in activities	Mastery -- Kinder
5PE-R2 Share space and equipment with others	•	• Opportunity given in every PE class through participation in games and learning responsibility and teamwork	Mastery -- Kinder
FOUNDATIONS (Grades 1-3)			
Students know and are able to do all of the above and the following:			
5PE-F1 Follow, with few reminders, activity-specific rules, procedures and etiquette	•	• Through training and activities	Mastery --
5PE-F2 Utilize safety principles in activity situations	• Daily	• Daily activities, discussion of safety, 10 levels of physical safety game	Mastery -- 3rd
5PE-F3 Work cooperatively and productively with a partner or small group	• Observation, adjustment	• Ball units, matwork, drill activities involving various equipment	Mastery -- 1st - 3rd
5PE-F4 Work independently and on-task for short periods of time	• Observation, adjustment	• Stretching, movement exploration, motor development activities with all students using one piece of equipment	Mastery -- 3rd
5PE-F5 Interact with peers while participating in group activities	• Observation, adjustment	• Daily activities	Mastery -- 1st - 3rd
ESSENTIALS (Grades 4-8)			
Students know and are able to do all of the above and the following:			
5PE-E1 Recognize the influence of peer pressure in physical activity settings	• Observation	• Daily activities	Mastery -- 4th - 8th
5PE-E2 Analyze potential consequences when confronted with a behavior choice	• Observation	• Daily activities	Mastery -- 4th - 8th
5PE-E3 Cooperate with a group to achieve group goals in competitive as well as cooperative settings	• Observation, skills and written tests	• All Units	Mastery -- 4th - 8th

PHYSICAL ACTIVITY STANDARD 5

Students develop self-initiated behaviors that promote effective personal and social interactions in physical activity settings.

STATE STANDARD

ASSESSMENT

TANQUE VERDE ACTIVITIES

INSTRUCTIONAL LEVEL

ESSENTIALS (Grades 4-8) (cont.)

Students know and are able to do all of the above and the following:

5PE-E4 Recognize the social benefits of participation in physical activity

- Observation

- All Units

Mastery -- 4th-8th

PROFICIENCY (Grades 9-12)

Students know and are able to do all of the above and the following:

5PE-P1 Apply safe practices, rules, procedures and etiquette in all physical activity settings

- Observation

- Daily activities

Mastery -- 9th

5PE-P2 Act independently of peer pressure

- Observation

- Daily activities

Mastery -- 9th

5PE-P3 Resolve conflict in appropriate ways

- Observation

- Daily activities

Mastery -- 9th

PHYSICAL ACTIVITY STANDARD 6

Students demonstrate understanding and respect for differences among people in physical activity settings.

STATE STANDARD	ASSESSMENT	TANQUE VERDE ACTIVITIES	INSTRUCTIONAL LEVEL
READINESS (Kindergarten)			
Students know and are able to do all of the above and the following:			
6PE-R1 Interact positively with students in class regardless of personal differences (e.g., race, gender, disability)	<ul style="list-style-type: none"> • Observation 	<ul style="list-style-type: none"> • Cooperative learning games and activities 	Mastery -- Kinder
6PE-R2 Demonstrate cooperation with others in group tasks	<ul style="list-style-type: none"> • Observation 	<ul style="list-style-type: none"> • Low organizational games and activities; motor development opportunities 	Mastery -- Kinder
FOUNDATIONS (Grades 1-3)			
Students know and are able to do all of the above and the following:			
6PE-F1 Participate in multicultural physical activities	<ul style="list-style-type: none"> • Observation 	<ul style="list-style-type: none"> • Team world-wide games, i.e. cricket, dance 	Mastery -- 1st - 3rd
6PE-F2 Recognize the attributes that individuals with differences can bring to group activities	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Cooperative learning activities; end of PE class nominations for various positive attributes (students recognize others for positive contributions) 	Mastery --
6PE-F3 Describe differences and similarities among the activities of a variety of national, cultural and ethnic backgrounds	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Through participation in various games followed with discussion 	Mastery --
ESSENTIALS (Grades 4-8)			
Students know and are able to do all of the above and the following:			
6PE-E1 Recognize the role of sport, games and dance in modern culture	<ul style="list-style-type: none"> • Sports, cross-curricular activities 	<ul style="list-style-type: none"> • Outside class activities 	Mastery -- 4th-8th
6PE-E2 Identify behaviors that are supportive and inclusive in physical activity settings	<ul style="list-style-type: none"> • Observation 	<ul style="list-style-type: none"> • Daily activities 	Mastery -- 4th-8th
6PE-E3 Participate in physical activities with others regardless of diversity and ability	<ul style="list-style-type: none"> • Observation 	<ul style="list-style-type: none"> • Daily activities 	Mastery -- 4th-8th

PHYSICAL ACTIVITY STANDARD 6

Students demonstrate understanding and respect for differences among people in physical activity settings.

STATE STANDARD

ASSESSMENT

TANQUE VERDE ACTIVITIES

INSTRUCTIONAL LEVEL

PROFICIENCY (Grades 9-12)

Students know and are able to do all of the above and the following:

- 6PE-P1 Recognize the value of sport and physical activity in understanding multiculturalism •
- 6PE-P2 Invite others with differences to join in personally enjoyable physical activity •

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Mastery --

Mastery --

PHYSICAL ACTIVITY STANDARD 7

Students develop behavioral skills (self-management skills) essential to maintaining a physically active lifestyle.

STATE STANDARD	ASSESSMENT	TANQUE VERDE ACTIVITIES	INSTRUCTIONAL LEVEL
READINESS (Kindergarten)			
Students know and are able to do all of the above and the following:			
7PE-R1 Engage in physical activities	• Observation	• Fitness & lead-up games, movement exploration	Mastery -- Kinder
7PE-R2 Try new movement activities and skills	• Observation	• Movement exploration, dance, mat work, low organizational games	Mastery -- Kinder
FOUNDATIONS (Grades 1-3)			
Students know and are able to do all of the above and the following:			
7PE-F1 Practice activities to increase skill and fitness competence (goal setting)	• Observation	• Fitness activities, motor development opportunities, drills and games	Mastery --
7PE-F2 Associate results of fitness testing to personal health status and ability to perform various activities	•	•	Mastery --
ESSENTIALS (Grades 4-8)			
Students know and are able to do all of the above and the following:			
7PE-E1 Establish personal physical activity goals	• Observation	• Daily activities	Mastery -- 4th - 8th
7PE-E2 Explore a variety of new physical activities for personal interest	• Observation	• Recreational units (5/yr.) with annual changes	Mastery -- 4th - 8th
7PE-E3 Participate in new and challenging activities	• Observation	• Recreational units (5/yr.) with annual changes	Mastery -- 4th - 8th
PROFICIENCY (Grades 9-12)			
Students know and are able to do all of the above and the following:			
7PE-P1 Demonstrate knowledge of goal setting and the ability to apply this knowledge to personal physical fitness and activity goals	•	•	Mastery --
7PE-P2 Identify attitudes associated with regular participation in physical activity and/or fitness development activities	•	•	Mastery --
7PE-P3 Organize time management skills associated with regular physical activity participation	•	•	Mastery --