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| <u>Physical Education</u> | |
| Knowledge of structures of, functions of, and relationships among human body systems | |
| | <ul style="list-style-type: none"> • Demonstrate knowledge of basic physiological principles related to physical fitness and application of these principles to fitness test results and a healthy lifestyle. LO 3, 6, 7 |
| Knowledge of principals and practices of physical and mental health (such as personal health habits, nutrition, stress management) | |
| | <ul style="list-style-type: none"> • Demonstrate ability to work cooperatively and productively with others to achieve group goals. LO 4, 5, 8, 10 |
| | <ul style="list-style-type: none"> • Display good Christian sportsmanship and serve as positive role models for each other. LO 2, 3 |
| | <ul style="list-style-type: none"> • Understand the importance of developing skills and fitness components as a road toward well-being. LO 1 |
| | <ul style="list-style-type: none"> • Demonstrate courtesy, self-control, loyalty, truthfulness and Christian conduct. LO 3 |
| Knowledge of principles of movement and physical fitness | |
| | <ul style="list-style-type: none"> • Demonstrate proficiency in movement, knowledge, and social skills in team sports, individual sports, dual sports, and organized lead-in games. LO 1, 2 |
| | <ul style="list-style-type: none"> • Demonstrate knowledge, safety, and fundamental performance skills required in the movements associated with balance and spatial awareness, turning, and other forms of movement. LO 1, 2, 5 |
| | <ul style="list-style-type: none"> • Demonstrate knowledge of rules in organized games of employment and recognize safety principles and etiquette in activity situations between self and others. LO 4, 5, 10 |
| | <ul style="list-style-type: none"> • Understand the importance of fair play and |

Fifth Grade

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| | <p>following the rules for all participants. LO 2, 9.</p> <ul style="list-style-type: none">• Show consideration and respect for fellow group or team members and other participants. LO 2, 3, 7 |
| | <ul style="list-style-type: none">• Seek out, participate with, and show respect for persons of similar and different skill levels. LO 2, 3 |
| Knowledge of consumer health issues (such as the effects of mass media and technologies on safety and health) | |
| | <ul style="list-style-type: none">• Participate responsibly in the care and use of physical education equipment. LO 10 |