

Physical Education	
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 their lifestyles. LO 3, 6, 7, 8, 9
Knowledge of principals and practices of physical and mental health (such as personal health habits, nutrition, stress management)	
	<ul style="list-style-type: none"> • Understand various options exercising the cardiovascular system: <ul style="list-style-type: none"> ○ Movement in free play. ○ Organized games. ○ Fitness-designed activities. LO 4
Knowledge of principles of movement and physical fitness	
	<ul style="list-style-type: none"> • Demonstrate an understanding of levels, direction, speed, and pathways in activities. LO 1, 2 • Demonstrate proficiency in movement, knowledge, and social skills in low-organized and lead-up activities. LO 1, 2, 4 • Demonstrate knowledge and skills in locomotor, nonlocomotor, and manipulative activities. LO 1, 2
	<ul style="list-style-type: none"> • Demonstrate knowledge, safety, and fundamental performance skills required in movement activities. LO 1, 2, 3
	<ul style="list-style-type: none"> • Demonstrate knowledge, understanding, and performance skills required for basic rhythm and dance used in cooperation with others. LO 1, 2, 5, 10
	<ul style="list-style-type: none"> • Gain skills, strength, muscular coordination, and understanding of objects and rules for future participation in recreational games such as soccer, volleyball, basketball and softball. LO 1, 2, 3, 4, 5,

Third Grade

	7
	<ul style="list-style-type: none">• Learn to throw, pass, and catch various kinds of balls, such as playground balls, tennis balls, whiffle balls, softballs, baseballs, and footballs with correct balance, posture and movement. LO 1, 2, 4, 5, 9
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