

Prekindergarten	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
Strand 1: Movement						
IX.A.2 Coordinates sequence of movements to perform tasks.	PE.K.1A Move in different ways in a large group within and around boundaries without bumping into others or falling.	PE.1.1A Demonstrate an awareness of personal and general space while moving at different directions (e.g. forward, backward, sideways, up, down, diagonal) and levels (e.g., high, medium, low).	PE.2.1A Travel independently in a large group while safely and quickly changing speed and direction without bumping or falling into others.	PE.3.1A Travel in forward, sideways, and backwards and change direction quickly and safely in dynamic situations.	PE.4.1A Demonstrate changes in speed during straight, curved, and zig zag pathways in dynamic situations such as chasing, fleeing, and dodging games.	PE.5.1A Demonstrate appropriate use of levels in dynamic movement situations such as jumping high for a rebound and bending knees and lowering center of gravity when guarding an opponent.
	PE.K.1B Demonstrate clear contrasts between slow and fast movement when traveling.		PE.2.1C Create and combine body shapes (e.g., straight, curved, twisted, angular, symmetrical, asymmetrical) levels (e.g., low, medium, high) and pathways (e.g., straight, curved, zigzag, circular, geometric shapes) into simple sequences such as performing a variety of animal movements and simple stunts.	PE.3.1I Demonstrate various step patterns and combinations of movement in repeatable sequences.	PE.4.1C Demonstrate the ability to combine shapes (e.g., straight, curved, twisted, angular, symmetrical, asymmetrical), levels (e.g., low, medium, high), pathways (e.g., straight, curved, zigzag, circular, geometric shapes), and locomotor patterns smoothly into repeatable sequences.	
IX.A.1 Demonstrates coordination and balance in isolation (may not yet coordinate consistently with a partner).		PE.1.1B Demonstrate the correct foot patterns mechanics in hopping, jumping, skipping, leaping, galloping, and sliding.	PE.2.1D Demonstrate correct body mechanics in walking, hopping, and skipping.	PE.3.1B Demonstrate proper form and smooth transitions during combinations of fundamental locomotor skills and body control skills such as running and jumping safely in dynamic situations. PE.3.1C Demonstrate the correct body mechanics in jogging, running, and leaping.		PE.5.1B Demonstrate smooth combinations of fundamental locomotor skills such as running and dodging and hop-step-jump.
	PE.K.1C Perform non-locomotor (axial) movements such as twisting, bending, stretching, pulling, and pushing.					
IX.A.2 Coordinates sequence of movements to perform tasks.		PE.1.1E Clap hands to keep time with a simple rhythmic beat.	PE.2.1K Demonstrate the ability to walk in time to a 4/4 underlying beat.	PE.3.1H Demonstrate the ability to clap echoes in a variety of one measure rhythmical patterns.	PE.4.1I Perform basic folk dance steps such as grapevine, schottische, and step-together-step.	PE.5.1I Perform selected folk dances.



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Strand 1: Movement						
		PE.1.1F Create and imitate movement in response to selected rhythms such as tap hands on thighs, and shoulders, tap feet on floor, and move head, shoulders, elbows, fingers to the beat.	PE.2.1L Perform rhythmical sequences such as simple folk, creative, and ribbon routines.			
		PE.1.1D Demonstrate the ability to work with a partner such as leading and following.	PE.2.1J Demonstrate the ability to mirror a partner such as following the leader and partner copy activity. PE.2.1B Demonstrate skills of chasing, fleeing, and dodging to avoid or catch others such as follow the leader and partner dodging.			PE.5.1H Demonstrate the ability to contrast a partner's movement.
IX.B.2 Show increasing control of tasks that require eye-hand coordination.	PE.K.1H Toss a ball and catch it before it bounces twice.	PE.1.1H Demonstrate on cue key elements in overhand throw, underhand throw, and catch.	PE.2.1N Demonstrate on cue key elements of hand dribble, foot dribble, kick, and strike such as striking balloon or ball with hand.	PE.3.1J Demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick such as position your side to the target.	PE.4.1B Catch an object while traveling such as catch a football pass on the run.	PE.5.1K Demonstrate competence in manipulative skills in dynamic situations such as overhand throw, catch, shooting, hand dribble, foot dribble, kick, and striking activities such as hitting a softball.
					PE.4.1K Demonstrate key elements in manipulative skills such as volleying, hand dribble, foot dribble, punt, striking with body part, racquet, or bat.	PE.5.1L Demonstrate combinations of locomotor and manipulative skills in complex and/or game-like situations such as pivoting and throwing, twisting, and striking, and running and catching.

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Strand 1: Movement						
	PE.K.1D Maintain balance while bearing weight on a variety of body parts.	PE.1.1C Demonstrate the ability to maintain body control in balancing and traveling activities.	PE.2.1E Demonstrate balance in symmetrical (e.g., V-seat) and non-symmetrical (e.g., balancing on one leg) body shapes from different basis of support.	PE.3.1D Demonstrate moving in and out of a balanced position with control.	PE.4.1E Perform sequences that include traveling, showing good body control combined with stationary balances on various body parts such as juggling, stations, tumbling and obstacle courses activities.	PE.5.1D Demonstrate controlled balance on a variety of objects such as balance board, stilts, scooters, and skates.
	PE.K.1E Walk forward and sideways the length of a beam without falling.	PE.1.2B Demonstrate a base of support and explain how it affects balance.		PE.3.1G Demonstrate the ability to transfer on and off equipment with good body control such as boxes, benches, stacked mats, horizontal bar, and balance beam.		
IX.C.2 Practices good habits of personal health and hygiene.	PE.K.2A Identify selected body parts such as head, back, chest, waist, hips, arms, elbows, wrists, hands, fingers, legs, knees, ankles, feet, and toes.		PE.2.1F Demonstrate a variety of relationships in dynamic movement situations such as under, over, behind, next to, through, right, left, up, or down.			
	PE.K.1F Demonstrate variety relationships such as high, low, under, over, behind, next to, through, right, left, up, down, forward, backward, in front of, and between an object and the body.					
	PE.K.2B Demonstrate movement forms of various body parts such as head flexion, extension, and rotation.					



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Strand 1: Movement						
	PE.K.1G Roll sideways (right or left) without hesitating.		PE.2.1H Demonstrate smooth transition from one body part to the next in rolling activities such as side roll, log roll, balance/curl, and roll/balance in a new position.	PE.3.1F Demonstrate control and appropriate form such as curled position and protection of neck in rolling activities such as forward roll, shoulder roll, and safety rolls.	PE.4.1H Create a movement sequence with a beginning, middle, and end such as forward and backward rolls.	PE.5.1F Demonstrate the ability to combine traveling and rolling with smooth transitions such as forward and backward rolls.
		PE.1.1G Jump a long rope placed on the floor side to side, forward and backward.	PE.2.1M Demonstrate the ability to jump a self-turned rope repeatedly.		PE.4.1J Demonstrate the ability to travel into and out of a rope turned by others without hesitating.	PE.5.1J Demonstrate the ability to jump a rope using various rhythms and foot patterns repeatedly such as walk and jump, side swing, double side swing and jump, and alternate-foot basic step.
		PE.1.2A Recognize that motor skill development requires correct practice and effort.	PE.2.2A Recognize that attention to the feeling of movement is important in motor skill development.	PE.3.2B Recognize that practice, attention, and effort are required to improve skills.	PE.4.2B Identify ways movement concepts such as time, space, effort, and relationships can be used to refine movement skills.	PE.5.1C Demonstrate attention to form, power, accuracy, and follow-through in performing movement skills.
					PE.4.2C Demonstrate the ability to make appropriate changes in performance based on feedback.	PE.5.2B Identify the importance of various elements of performance for different stages during skill learning such as form, power, accuracy, and consistency. PE.5.2C Choose appropriate drills/activities to enhance the learning of a specific skill.
			PE.2.1I Demonstrate control weight transfers such as feet to hands with controlled landing and feet to back.		PE.4.1D Jump and land for height and distance using key elements for creating and absorbing force such as bending knees, swinging arms, and extending. PE.4.1F Demonstrate body control in jumping and landing such as land on feet, bend knees, and absorb force.	



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Strand 1: Movement						
			PE.2.2B Identify similar movement concepts and terms in a variety of skills such as straddle position, ready position, and bending knees to absorb force.	PE.3.2A Identify similar positions in a variety of movements such as straddle positions, ready position, and bending knees to absorb force.	PE.4.2A Identify similar movement elements in sports skills such as underhand throwing and underhand volleyball serving. PE.4.2D Describe key elements of mature movement patterns of throw for distance or speed such as catch, kick, strike, and jump.	PE.5.2A Identify common phases such as preparation, movement, follow through, or recovery in a variety of movement skills such as tennis serve, handstand, and free throw.
			PE.2.1G Demonstrate simple stunts such as leapfrogs, and heel click that exhibit personal agility such as jumping one- and two-foot takeoffs and landing with good control.			PE.5.1E Demonstrate simple stunts that exhibit agility such as jumping challenges with proper landings.
IX.B.1 Shows control of tasks that require small-muscle strength and control.						



Prekindergarten	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
Strand 2: Physical Activity and Health						
	PE.K.3A Describe and select physical activities that provide opportunities for enjoyment and challenge.	PE.1.3A Describe and select physical activities that provide opportunities for enjoyment and challenge.	PE.2.3A Describe and select physical activities that provide opportunities for enjoyment and challenge.	PE.3.3A Describe and select physical activities that provide for enjoyment and challenge.	PE.4.3A Describe and select physical activities that provide for enjoyment and challenge.	
	PE.K.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.	PE.1.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.	PE.2.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.	PE.3.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.	PE.4.4B Participate in moderate to vigorous physical activities on a daily basis.	PE.5.3A Participate in moderate to vigorous physical activities on a daily basis that develop health-related fitness.
	PE.K.3C Participate in appropriate exercises for flexibility in shoulders, legs, and trunk such as roll the shoulders, arm circles, reach for the stars, dangle to the toes, twist at the trunk, lean to the side, bend, and straighten the knees.	PE.1.3C Participate in appropriate exercises for flexibility in shoulders, legs, and trunk such as roll the shoulders, arm circles, reach for the stars, dangle to the toes, twist at the trunk, lean to the side, bend, and straighten the knees.	PE.2.3C Participate in appropriate exercises for flexibility in shoulders, legs, and trunk such as roll the shoulders, arm circles, reach for the stars, dangle to the toes, twist at the trunk, lean to the side, bend, and straighten the knees.	PE.3.3C Participate in appropriate exercises for developing flexibility such as side stretch, cross-chest stretch, tricep stretch, hip stretch, quad stretch, long sit stretch, hamstring stretch, calf stretch.	PE.4.3C Identify and demonstrate a variety of exercises that promote flexibility such as side stretch, cross-chest stretch, tricep stretch, hip stretch, quad stretch, long sit stretch, hamstring stretch, calf stretch. PE.4.3D Improve flexibility in shoulders, trunk, and legs.	
	PE.K.3D Demonstrate the ability to lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.	PE.1.3D Demonstrate the ability to lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.	PE.2.3D Demonstrate the ability to lift and support his/her body weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.	PE.3.3D Lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as bear walk, crab walk, rabbit jump, push-ups, arm-circles, biceps curls, curl-ups, knee to chest curls, overhead press, calf raises, lunges, hanging, hopping, and jumping.	PE.4.3E Participate in activities that develop and maintain muscular strength and endurance such as bear walk, crab walk, rabbit jump, push-ups, arm-circles, biceps curls, curl-ups, knee to chest curls, overhead press, calf raises and lunges.	

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Strand 2: Physical Activity and Health						
				PE.3.3E Identify opportunities for participation in physical activity in the community such as little league and parks and recreation.	PE.4.3F Identify opportunities for participation in physical activity in the community such as little league and parks and recreation.	PE.5.3C Explain the value of participation in community physical activities such as little league and parks and recreation.
IX.C.3 Identifies good habits of nutrition and exercise.	PE.K.3E Recognize the benefits from involvement in daily physical activity such as feeling better, sleeping better, looking good, enjoying life, and meeting emergencies.	PE.1.4A Distinguish between active and inactive lifestyles.			PE.4.4F Explain the link between physical activity/inactivity and health such as reduce stress, burn calories, improves body image, reduces cholesterol levels, enhances self-concept, lowers heart rate, improves circulation, and lung capacity. PE.4.4G Explain the relationship between physical activity and stress relief and demonstrate stress relief activities such as brisk walking, gentle stretching, and muscle tension and release.	
			PE.2.4A Identify how regular physical activity strengthens the heart, lungs, and muscular system.	PE.3.4A Describe the long-term effects of physical activity on the heart such as strengthening one's heart and carrying more oxygen and nutrients to one's body cells.	PE.4.4A Describe the effects of exercise on heart rate through the use of manual pulse checking or heart rate monitors.	PE.5.4A Explain ways that aerobic exercise strengthens and improves the efficiency of the heart and lungs such as carrying more oxygen and nutrients to one's body cells.
	PE.K.4B Locate the lungs and explain their purpose.		PE.2.4B Describe how the blood carries oxygen and nutrients through the body.	PE.3.4B Distinguish between aerobic and anaerobic activities.		PE.5.4B Demonstrate the ability to self-monitor the heart rate during exercise such as feeling the pulse at specific checkpoints on one's body or using a heart rate monitor.



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Strand 2: Physical Activity and Health						
	PE.K.4C State that rest and sleep are important in caring for the body.		PE.2.4F Recognize and describe the need for rest and sleep in caring for the body such as feeling better and enjoying life.		PE.4.4H Describe the need for rest and sleep in recovering from exercise such as allowing muscles time to rest and recover after a workout.	
IX.C.1 Practices good habits of personal safety.	PE.K.5A Use equipment and space properly during physical activities.	PE.1.5A Use equipment and space safely and properly during physical activities.	PE.2.5A Use equipment and space safely and properly during physical activities.	PE.3.5A Use equipment safely and properly.	PE.4.5A Use equipment safely and properly.	PE.5.5A Use equipment safely and properly.
	PE.K.5B State and apply safety practices associated with physical activity such as not pushing in line and drinking water during activity.	PE.1.5B Describe the importance of protective equipment in preventing injury such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing.	PE.2.5B Select and use appropriate protective equipment in preventing injuries such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing.	PE.3.5B Select and use proper attire that promotes participation and prevents injury such as wearing tennis shoes for physical activities and wearing helmets and protective padding when bicycling, in-line skating, and skateboarding.	PE.4.5B Select and use proper attire that promotes participation and prevents injury such as wearing tennis shoes when engaging in physical activities, and wearing helmets and protective padding when bicycling, in-line skating, and skateboarding.	PE.5.5B Select and use proper attire that promotes participation and prevents injury such as wearing tennis shoes when engaging in physical activities, and wearing helmets and protective padding when bicycling, in-line skating, and skateboarding.
	PE.K.5C State how proper shoes and clothing promotes safe play and prevent injury.					
	PE.K.5D State appropriate water safety rules such as never swim alone, never run around pools, look before you jump, enter feet first, and know the role of the lifeguard.	PE.1.5D Identify water safety rules such as do not swim alone and demonstrate simple extension rescue technique such as using an object to reach out to the victim.	PE.2.5D Identify water safety rules such as do not swim alone, stay away from the edge, and use a personal floatation device, and describe their importance.			
IX.C.1 Practices good habits of personal safety.	PE.K.5E State and demonstrate appropriate reactions during emergencies in physical activities such as asking a teacher for help and finding an adult.	PE.1.5E Describe and demonstrate appropriate reactions to emergency situations common to physical activity settings such as universal safety precautions and calling 911.	PE.2.5F Describe and demonstrate appropriate reactions to emergency situations common to physical activity settings such as universal safety precautions and dialing 911.			
		PE.1.5C Describe how to protect himself/herself from harmful effects of the sun such as using sunscreen, wearing a hat and light color attire.	PE.2.5C Identify the effects the sun has on the body and describe protective measures such as sunscreen, hat, and long sleeves.			



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Strand 2: Physical Activity and Health						
		PE.1.4C Describe how muscles and bones work together to produce movement including contributing to the production of skeletal movement, maintaining body postures and positions, and assisting in joint stability.		PE.3.4D Identify principles of good posture and its impact on physical activity such as contributing to a good appearance and preventing fatigue.	PE.4.4D Identify major muscle groups such as biceps, triceps, deltoids, pectoralis major, gluteus, abdominals, latissimus dorsi quadriceps, hamstrings and calf and the movements they cause.	PE.5.4E Describe the structure and function of the muscular and skeletal system as they relate to physical performance such as muscles pull on bones to cause movement, muscles work in pairs, and muscles work by contracting and relaxing. PE.5.4G Describe common skeletal problems and their effect on the body such as spinal curvatures.
		PE.1.4D Describe food as a source of energy.	PE.2.4C Identify and select foods that enhance a healthy heart such as vegetables and fruit. PE.2.4D Explain the need for foods as a source of nutrients that provide energy for physical activity.	PE.3.4C Identify foods that increase bodily functions such as milk products, meats, eggs, tomatoes, and potatoes or reduce bodily functions such as sodas and candies.	PE.4.4E Describe the relationship between food intake and physical activity such as calories consumed and calories expended.	PE.5.4F Identify the relationship between optimal body function and a healthy eating plan such as eating a variety of foods in moderation according to US dietary guidelines.
		PE.1.4E Explain the negative effects of smoking, lack of sleep, and poor dietary habits on physical performance and on the body.	PE.2.4E Describe the negative effects of smoking on the lungs and the ability to exercise such as reducing the amount of oxygen in the bloodstream and increasing heart rate because the heart must work harder to get oxygen to the rest of the body.			PE.5.4H Describe the changes that occur in the cardiorespiratory system as a result of smoking such as decreasing the amount of oxygen in the blood, and how these changes affect the ability to perform physical activity such as making the heart and lungs work harder. PE.5.4I Describe how movement and coordination are affected by alcohol and other drugs.

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Strand 2: Physical Activity and Health						
			PE.2.5E Identify safe cycling and road practices such as obeying all traffic signs and signals, riding near the curb, and going in the same direction as other traffic.	PE.3.5C Identify and apply safety precautions when walking, jogging, and skating in the community such as use sidewalks, walk on the left side of street when facing traffic, wear lights/reflective clothing, and be considerate of other pedestrians.	PE.4.5C Describe and apply safety precautions such as wearing helmets and protective padding, stopping at stop signs and red lights, and using hand and arm signals when cycling and skating.	PE.5.5C Describe the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing injuries during physical activity such as following the rules, checking the equipment, and performing correct movement technique.
				PE.3.5D Identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cool-down activities.	PE.4.5D Identify potential risks associated with physical activities such as sprains and overuse injuries.	PE.5.5D Identify potentially dangerous exercises such as the hurdle stretch and their adverse effects on the body such as putting abnormal stress on knee joint.
					PE.4.3B Identify the components of health-related fitness including aerobic capacity, muscular strength, muscular endurance, body composition and flexibility.	PE.5.4C Match different types of physical activity with health-related fitness components.
					PE.4.4C Identify methods for measuring cardiovascular endurance, muscular strength and endurance, and flexibility such as one-mile run, the PACER test, curl-up, push-up, pull-up, back-saver sit and reach, shoulder stretch.	PE.5.3B Identify appropriate personal fitness goals in each of the components of health-related fitness. PE.5.4D Define the principle of frequency, intensity, and time and describe how to incorporate these principles to improve fitness.
					PE.4.4I Identify sources of information on skill improvement, fitness, and health such as books and technology.	



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Strand 3: Social Development						
	PE.K.6A Respond appropriately to starting and stopping signals.	PE.1.6A Demonstrate starting and stopping signals.		PE.3.6B Explain the importance of basic rules in games and activities.	PE.4.6A Distinguish between compliance and noncompliance with rules and regulations.	PE.5.7A Demonstrate the ability to follow rules, procedures, and etiquette during physical activity.
	PE.K.6B Demonstrate the ability to play within boundaries during games and activities.	PE.1.6B Identify and explain boundaries and rules for simple games.			PE.4.6B Analyze potential risks associated with unsafe movement and improper use of equipment.	
	PE.K.7A Demonstrate the ability to follow rules, procedures, and safe practices such as starting and stopping signals during physical activities.	PE.1.7A Demonstrate the ability to follow directions and apply safe movement practices.			PE.4.7A Demonstrate the ability to follow rules, procedures, and etiquette during physical activity.	
			PE.2.6A Identify goals to be accomplished during simple games such as not getting tagged.	PE.3.6A Identify components of games that can be modified to make the games and participants more successful such as lowering the height of the volleyball net or basketball goal and decreasing the size of the playing area.		PE.5.6A Describe fundamental components and strategies used in net/wall, invasion, target, and fielding games such as basic positions-goalie, offense, or defense.
			PE.2.6B Identify strategies in simple games and activities such as dodging to avoid being tagged.			
	PE.K.7B Demonstrate the ability to work in a group setting in cooperation with others.	PE.1.7B Interact, cooperate, and respect others during physical activities.	PE.2.7A Display good sportsmanship in physical activities such as encouraging a teammate, playing fair and acknowledging good plays made by others.		PE.4.7D Demonstrate effective communication, consideration, and respect for the feelings of others during physical activities such as encourage others, allow others equal turns, and invite others to participate.	PE.5.6B Explain the concept and importance of team work.
	PE.K.7C Demonstrate the ability to share space and equipment with others during physical activities.			PE.5.7C Describe how physical activity with a partner or partners can increase motivation and enhance safety.		





Elementary Curriculum and Development

INSPIRING TEACHING, IGNITING LITERACY & LEARNING.

2021-2022 Vertical Alignment Matrix

Physical Education – Prekindergarten-Grade 5

Prekindergarten	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
Strand 3: Social Development						
			PE.2.7B Show respect for the worth and dignity of others during play and physical activities such as taking turns.	PE.3.7C Demonstrate the ability to accept and respect differences and similarities in physical abilities of self and others.		
		PE.1.7C Resolve conflicts in socially acceptable ways such as talking and asking the teacher for help.				PE.5.7B Use sportsmanship skills for settling disagreements in socially acceptable ways such as remaining calm, identifying the problem, listening to others, generating solutions, or choosing a solution that is acceptable to all.
				PE.3.7B Demonstrate the ability to persevere when not successful on the first try in learning movement skills.	PE.4.7B Demonstrate the ability to respond to winning and losing with dignity and understanding.	

