

DeRuyter Central School District

Physical Education

Grade K-2

15 benchmarks

►Standard 1: Uses a variety of basic and advanced movement skills

PEK2.1.1 Uses a variety of basic loco and non-loco motor movement

- walking
- running
- skipping
- hopping
- galloping
- sliding
- leaping
- bending
- twisting
- stretching
- turning
- lifting
- rolling
- creeping
- stopping
- jumping
- crawling
- animal movements
- animations
- dodging
- pivoting
- curling
- balancing
- climbing
- swinging
- relaxing
- falling

PEK2.1.2 Uses a variety of basic object control skills

- underhand and overhand throwing
- catching
- hand dribbling
- foot dribbling
- kicking

- striking
- trapping
- carrying
- lifting
- pushing
- pulling
- grasping
- rope jumping

PEK2.1.3 Uses simple combinations of fundamental movement skills in rhythmical patterns

- locomotor
- non-locomotor
- object control
- body control/spatial awareness
- rhythmical skills
- even/uneven
- fast/slow

PEK2.1.4 Uses control in balance and travel activities on a variety of body parts

- one foot, both feet
- toes, heels
- one hand and one foot
- hands and knees
- changes speeds, directions and levels

►Standard 2: Uses movement concepts and principles in the development of motor skills

PEK2.2.1 Understands a vocabulary of basic movement concepts, spatial awareness and movement control

- personal space
- high/low levels
- fast/slow speeds
- balance
- twist
- safety

PEK2.2.2 Understands terms that describes a variety of relationships with objects

- over/under
- behind
- through
- in front
- beside

- around
- to the right, to the left
- in/out of

PEK2.2.3 Understands the elements of a variety of basic movement patterns

- the ready position
- arm preparation
- step with leg opposite the throwing arm
- follow-through
- accuracy of throw
- object tracking

►Standard 3: Understands the benefits and costs associated with participation in physical activity

PEK2.3.1 Understands the health benefits of physical activity

- apply health and wellness strategies
- physical endurance
- qualities of self control

►Standard 4: Understands how to monitor and maintain a health-enhancing level of physical fitness

PEK2.4.1 Engages in basic activities that cause cardio vascular exertion

- running
- galloping
- skipping
- hopping
- jumping
- leaping

PEK2.4.2 Engages in activities that develop muscular strength, core strength and endurance

- climbing
- hanging
- weight bearing activities
- lifting
- balancing

PEK2.4.3 Engages in activities that require flexibility

- stretching toward the toes while in the sit-and-reach position

- moving each joint through its full range of motion

►Standard 5: Understands the social and personal responsibility associated with participation in physical activity

PEK2.5.1 Follows rules and procedures with monitoring and guidance

- playground
- classroom
- gymnasium rules

PEK2.5.2 Uses equipment and space safely and properly

- takes turns using equipment
- puts equipment away when not in use
- does not touch equipment without permission

PEK2.5.3 Works cooperatively with another to complete an assigned task

- takes turns
- is supportive
- assists partner

PEK2.5.4 Understands the importance of playing, cooperating, and respecting others regardless of personal differences during physical activity

- gender
- ethnicity
- disability
- athletic ability
- size and age difference

PEK2.5.5 Understands and demonstrates safety

- responsibility for self and others
- respects equipment
- self control