

Childhood should be a journey, not a race

Kindergarten PHYSICAL EDUCATION

Progress Report

Pattonville School District

2009-2010

Peel and stick label with
school and student name

The Curriculum for K-5 Physical Education is aligned with the Missouri State “Show-Me Standards” and the National Standards for Arts Education and includes classroom experiences in the areas of: Personal Fitness, Movement Skills; and Game Skills.

Physical Education			Performance Level			
NE	Indicators of Expected Learning at the END OF KINDERGARTEN	Trimester	ND	Dev	Exp	Ext
	Personal Fitness: Examples of this would be: demonstrate cardiorespiratory (heart and lungs) endurance; jog for 2 consecutive minutes; Identify basic body parts and functions; heart -beats, brain-thinks.	1st				
		2nd				
		3rd				
	Movement Skills: Examples of this would be: basic beat coordination, perform a log roll, locomotor skills; skip, hop, gallop etc.; manipulative skills: over-hand throw, etc.; and show body/space awareness. Participate in low level recreational games.	1st				
		2nd				
		3rd				
	Personal Responsibility: listens, follows directions and rules, shows appropriate effort, cooperation, self-control, respect, and citizenship.	1st				
		2nd				
		3rd				

Performance Levels

NE	Not Evaluated	Not evaluated at this time
ND	Not Demonstrated	Student has not yet demonstrated understanding in this area.
Dev	Developing	Student is beginning to demonstrate or develop an understanding in this area.
Exp	Expected	Student can consistently achieve the standards listed in this area.
Ext	Extending	Student applies/demonstrates exceptional skills and/or exceeds the “Expected” standard in this area.

****Please Note:** In order for Kindergarten students to achieve a mark of **Expected** they will be able to achieve the standards listed below each indicator.

Childhood should be a journey, not a race

First Grade PHYSICAL EDUCATION

Progress Report

Pattonville School District

2009-2010

Peel and stick label with
school and student name

The Curriculum for K-5 Physical Education is aligned with the Missouri State “Show-Me Standards” and the National Standards for Arts Education and includes classroom experiences in the areas of: Personal Fitness, Movement Skills; and Game Skills.

Physical Education		Performance Level				
NE	Indicators of Expected Learning at the END OF FIRST GRADE	Trimester	ND	Dev	Exp	Ext
	Personal Fitness: Examples of: Improve cardiorespiratory endurance; jog for three consecutive minutes. Demonstrate muscular strength/edurance and flexibility demonstrate knowledge of warm-up and cool-down activities.	1st				
		2nd				
		3rd				
	Movement Skills: Examples of: Perform a tuck roll, walk backward on a low balance beam, locomotor (skip, hop, gallop, etc.) and non-locomotor movement skills (stretch, push, pull, etc.); manipulative skills: two-handed bounce, kick to target.	1st				
		2nd				
		3rd				
	Game Skills: developmental game skills, (simple games involving locomotor and manipulative patterns) demonstrates rope jumping basics.	1st				
		2nd				
		3rd				
	Personal Responsibility: listens, follows directions and rules, shows appropriate effort, cooperation, self-control, respect, and citizenship.	1st				
		2nd				
		3rd				

Performance Levels

NE	Not Evaluated	Not evaluated at this time
ND	Not Demonstrated	Student has not yet demonstrated understanding in this area.
Dev	Developing	Student is beginning to demonstrate or develop an understanding in this area.
Exp	Expected	Student can consistently achieve the standards listed in this area.
Ext	Extending	Student applies/demonstrates exceptional skills and/or exceeds the “Expected” standard in this area.

****Please Note:** In order for First Grade students to achieve a mark of **Expected** they will be able to achieve the standards listed below each indicator.

Childhood should be a journey, not a race

Second Grade PHYSICAL EDUCATION

Progress Report

Pattonville School District

2009-2010

Peel and stick label with
school and student name

The Curriculum for K-5 Physical Education is aligned with the Missouri State “Show-Me Standards” and the National Standards for Arts Education and includes classroom experiences in the areas of: Personal Fitness, Movement Skills; and Game Skills.

Physical Education		Performance Level				
NE	Indicators of Expected Learning at the END OF SECOND GRADE	Trimester	ND	Dev	Exp	Ext
	Personal Fitness: Examples of: Improve cardiorespiratory endurance; jog for four consecutive minutes. Demonstrate muscular strength/endurance and flexibility. Demonstrate knowledge of warm up and cool down activities; perform proper stretching techniques; identify heart rate increases during varied activities.	1st				
		2nd				
		3rd				
	Movement Skills: Examples of: show body/space awareness in multiple directions (forward, backward, sideways, etc.); manipulative skills: accurate overhand throw and two-hand catch.	1st				
		2nd				
		3rd				
	Game Skills: Examples of: demonstrate developmental game skills involving locomotor and manipulative patterns, demonstrate turning and jumping patterns with an individual & long rope.	1st				
		2nd				
		3rd				
	Personal Responsibility: listens, follows directions and rules, shows appropriate effort, cooperation, self-control, respect, and citizenship.	1st				
		2nd				
		3rd				

Performance Levels

NE	Not Evaluated	Not evaluated at this time
ND	Not Demonstrated	Student has not yet demonstrated understanding in this area.
Dev	Developing	Student is beginning to demonstrate or develop an understanding in this area.
Exp	Expected	Student can consistently achieve the standards listed in this area.
Ext	Extending	Student applies/demonstrates exceptional skills and/or exceeds the “Expected” standard in this area.

****Please Note:** In order for Second Grade students to achieve a mark of **Expected** they will be able to achieve the standards listed below each indicator.

Childhood should be a journey, not a race

Third Grade PHYSICAL EDUCATION

Progress Report

Pattonville School District

2009-2010

Peel and stick label with
school and student name

The Curriculum for K-5 Physical Education is aligned with the Missouri State “Show-Me Standards” and the National Standards for Arts Education and includes classroom experiences in the areas of: Personal Fitness, Movement Skills; and Game Skills.

Physical Education		Performance Level				
NE	Indicators of Expected Learning at the END OF THIRD GRADE	Trimester	ND	Dev	Exp	Ext
	Personal Fitness: Examples of: Improve cardiorespiratory endurance; jog for five consecutive minutes; demonstrate muscular strength/endurance and flexibility; demonstrate knowledge of warm up and cool down activities; perform proper stretching techniques; demonstrate heart rate monitoring.	1st				
		2nd				
		3rd				
	Movement Skills: Examples of: perform a backward roll; demonstrate proper kicking skills; manipulative skills: one hand dribble, foot dribble and proper catch of rolling ball; move through stations performing specified activity in a small group.	1st				
		2nd				
		3rd				
	Game Skills: Examples of: continue to develop and demonstrate game skills; demonstrate knowledge of rules and motor skills in games involving locomotor, manipulative and dodging skills; demonstrate “running in” and jumping a long rope; and various ways of jumping an individual rope.	1st				
		2nd				
		3rd				
	Personal Responsibility: listens, follows directions and rules, shows appropriate effort, cooperation, self-control, respect, and citizenship.	1st				
		2nd				
		3rd				

Performance Levels

NE	Not Evaluated	Not evaluated at this time
ND	Not Demonstrated	Student has not yet demonstrated understanding in this area.
Dev	Developing	Student is beginning to demonstrate or develop an understanding in this area.
Exp	Expected	Student can consistently achieve the standards listed in this area.
Ext	Extending	Student applies/demonstrates exceptional skills and/or exceeds the “Expected” standard in this area.

****Please Note:** In order for Third Grade students to achieve a mark of **Expected** they will be able to achieve the standards listed below each indicator. These indicators build upon those identified from 2nd grade.

Childhood should be a journey, not a race

Fourth Grade PHYSICAL EDUCATION

Progress Report

Pattonville School District

2009-2010

Peel and stick label with
school and student name

The Curriculum for K-5 Physical Education is aligned with the Missouri State “Show-Me Standards” and the National Standards for Arts Education and includes classroom experiences in the areas of: Personal Fitness, Movement Skills; and Game Skills.

Physical Education		Performance Level				
NE	Indicators of Expected Learning at the END OF FOURTH GRADE	Trimester	ND	Dev	Exp	Ext
	Personal Fitness: Improve cardiorespiratory endurance; jog for six consecutive minutes; demonstrate muscular strength/endurance and flexibility; demonstrate knowledge of warm-up and cool-down activities; perform proper stretching techniques; monitor own heart rate.	1st				
		2nd				
		3rd				
	Movement Skills: Perform stunts, tumbling and gymnastic skills; demonstrate proper kicking, catching and striking skills; perform a variety of manipulative skills; demonstrate a variety of rhythms/dance.	1st				
		2nd				
		3rd				
	Game Skills: Demonstrate knowledge of rules and motor skills in games involving locomotor, manipulative and dodging skills; perform skills necessary in a variety of team sports and show understanding of the strategies involved.	1st				
		2nd				
		3rd				
	Personal Responsibility: Demonstrate listening, cooperating, sportsmanship, following directions and rules, show appropriate effort, self-control, respect for self, others and equipment.	1st				
		2nd				
		3rd				

Performance Levels

NE	Not Evaluated	Not evaluated at this time
ND	Not Demonstrated	Student has not yet demonstrated understanding in this area.
Dev	Developing	Student is beginning to demonstrate or develop an understanding in this area.
Exp	Expected	Student can consistently achieve the standards listed in this area.
Ext	Extending	Student applies/demonstrates exceptional skills and/or exceeds the “Expected” standard in this area.

****Please Note:** In order for Fourth Grade students to achieve a mark of **Expected** they will be able to achieve the standards listed below each indicator. These indicators build upon those identified from 3rd grade.

Childhood should be a journey, not a race

Fifth Grade PHYSICAL EDUCATION

Progress Report

Pattonville School District

2009-2010

Peel and stick label with
school and student name

The Curriculum for K-5 Physical Education is aligned with the Missouri State “Show-Me Standards” and the National Standards for Arts Education and includes classroom experiences in the areas of: Personal Fitness, Movement Skills; and Game Skills.

Physical Education		Performance Level				
NE	Indicators of Expected Learning at the END OF FIFTH GRADE	Trimester	ND	Dev	Exp	Ext
	Personal Fitness: Improve cardiorespiratory endurance; jog for seven consecutive minutes; demonstrate muscular strength/endurance and flexibility; demonstrate knowledge of warm-up and cool-down activities; perform proper stretching techniques; monitor own heart rate.	1st				
		2nd				
		3rd				
	Movement Skills: Perform stunts, tumbling and gymnastic skills; demonstrate proper kicking, catching and striking skills; perform a variety of manipulative skills; demonstrate a variety of rhythms/dance.	1st				
		2nd				
		3rd				
	Game Skills: Demonstrate knowledge of rules and motor skills in games involving locomotor, manipulative and dodging skills; perform skills necessary in a variety of team sports and show understanding of the strategies involved.	1st				
		2nd				
		3rd				
	Personal Responsibility: Demonstrate listening, cooperating, sportsmanship, following directions and rules, show appropriate effort, self-control, respect for self, others and equipment.	1st				
		2nd				
		3rd				

Performance Levels

NE	Not Evaluated	Not evaluated at this time
ND	Not Demonstrated	Student has not yet demonstrated understanding in this area.
Dev	Developing	Student is beginning to demonstrate or develop an understanding in this area.
Exp	Expected	Student can consistently achieve the standards listed in this area.
Ext	Extending	Student applies/demonstrates exceptional skills and/or exceeds the “Expected” standard in this area.

****Please Note:** In order for Fifth Grade students to achieve a mark of **Expected** they will be able to achieve the standards listed below each indicator. These indicators build upon those identified from 3rd grade.