

HEALTH & PHYSICAL EDUCATION GRADING BENCHMARK STATEMENTS

Physical Education Grade K: Statement #1:

Benchmark Statement: Demonstrates age appropriate body control, listens to and follows the directions, and transitions quickly between activities.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1 & 2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in the units of: Semester 1: movement, jump rope, soccer, throwing and catching, basketball and bowling Semester 2: jump rope, volleyball, hockey, gymnastics, lacrosse, golf and paddles		

Physical Education Grade K: Statement #2:

Benchmark Statement: Challenges him/herself to improve on the physical skills introduced in class.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1 & 2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in the units of: Semester 1: movement, jump rope, soccer, throwing and catching, basketball and bowling Semester 2: jump rope, volleyball, hockey, gymnastics, lacrosse, golf and paddles		

Health Grade 1: Statement #1:

Benchmark Statement: Develops and uses personal and interpersonal skills to support a healthy, active lifestyle.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>2</u>	N/A	N/A	N/A
<u>Evidence</u>	As evidenced through formal and informal observations in the lessons on playground and bus safety, head lice, allergies and skeletal system		

Health Grade 1: Statement #2:

Benchmark Statement: Demonstrates an understanding of core health concepts to make better life choices.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	N/A	N/A	N/A
<u>2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in the lessons on dental health, Nutrition, ,benefits of raising the heart rate, bicycle safety		

Physical Education Grade 1: Statement #1:

Benchmark Statement: Demonstrates age appropriate body control, listens and follow directions, and transitions quickly between activities.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1 & 2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in the units of: Semester 1: movement, soccer, throwing and catching, basketball and bowling Semester 2:volleyball, hockey, gymnastics, lacrosse, golf and paddles		

Physical Education Grade 1: Statement #2:

Benchmark Statement: Uses the proper form while manipulating an object with his/her hands/feet.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>2</u>	N/A	N/A	N/A
<u>Evidence</u>	As evidenced through formal and informal observations in the units of: movement, soccer, throwing and catching, basketball and bowling		

Physical Education Grade 1: Statement #3:

Benchmark Statement: Uses proper form while manipulating an object while using equipment such as hockey sticks, lacrosse sticks, paddles and miniature golf clubs.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	N/A	N/A	N/A
<u>2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in the units of: hockey, lacrosse, paddles and miniature golf		

Physical Education Grade 1: Statement #4:

Benchmark Statement: Understands basic team concepts such as solving conflicts peacefully, playing by the rules and displaying sportsmanship before, during and after a game.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1 & 2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in all sports units.		

Health Grade 2: Statement #1:

Benchmark Statement: Develops and uses personal and interpersonal skills to support a healthy, active lifestyle.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>2</u>	N/A	N/A	N/A
<u>Evidence</u>	As evidenced through formal and informal observations in the lessons on playground and bus safety, head lice, allergies and skeletal system		

Health Grade 2: Statement #2:

Benchmark Statement: Demonstrates an understanding of core health concepts (hygiene, nutrition, safety) to make better life choices.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	N/A	N/A	N/A
<u>2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in the lessons on dental health, Nutrition, benefits of raising the heart rate, bicycle safety		

Physical Education Grade 2: Statement #1:

Benchmark Statement: Demonstrates age appropriate body control, listens and follow directions, and transitions quickly between activities.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1 & 2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in the units of: Semester 1: movement, soccer, throwing and catching, basketball and bowling Semester 2: volleyball, hockey, gymnastics, lacrosse, golf and paddles		

Physical Education Grade 2: Statement #2:

Benchmark Statement: Uses proper form while manipulating an object with his/her hands/feet.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>2</u>	N/A	N/A	N/A
<u>Evidence</u>	As evidenced through formal and informal observations in the units of: movement, soccer, throwing and catching, basketball and bowling		

Physical Education Grade 2: Statement #3:

Benchmark Statement: Uses proper form while manipulating an object while using equipment such as hockey sticks, lacrosse sticks, paddles and miniature golf clubs.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	N/A	N/A	N/A
<u>2</u>	Student demonstrates limited progress towards understanding and applying this skill Evidence: Score of 1 on standards-based PE rubric utilized by teacher	Student demonstrates progress towards understanding and applying this skill Evidence: Score of 2 on standards-based PE rubric utilized by teacher	Student demonstrates an understanding and application of this skill Evidence: Score of 3 on standards-based PE rubric utilized by teacher
<u>Evidence</u>	As evidenced through formal and informal observations in the units of: hockey, lacrosse, paddles and miniature golf		

Physical Education Grade 2: Statement #4:

Benchmark Statement: Demonstrates basic team concepts such as solving conflicts peacefully, playing by the rules and displaying sportsmanship before, during and after a game.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>2</u>	N/A	N/A	N/A
<u>Evidence</u>	As evidenced through formal and informal observations in all sports units.		

Physical Education Grade 2: Statement #5:

Benchmark Statement: Demonstrates team concepts, strategies and communication while participating in games.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	N/A	N/A	N/A
<u>2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in all sports units.		

Health Grade 3: Statement #1:**Benchmark Statement:** Acquires skills and concepts to support a healthy active lifestyle

Semester	1	2	3
1 & 2	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
Evidence	As evidenced through formal and informal observations in Semester 1: Personal and Mental Health, Family Life, Safety, Stress, and Nutrition Semester 2: Disease Prevention and Growth and Development		

Health Grade 3: Statement #2:**Benchmark Statement:** Acquire knowledge about medicines, alcohol, and tobacco to support a healthy, active lifestyle.

Semester	1	2	3
1	N/A	N/A	N/A
2	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
Evidence	As evidenced through formal and informal observations during Drug, Alcohol and Tobacco units		

Physical Education Grade 3: Statement #1:**Benchmark Statement:** Demonstrates ability to perform movement patterns (jog, skip, jump) under control in a variety of physical activities.

Semester	1	2	3
1	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
2	N/A	N/A	N/A
Evidence	As evidenced through formal and informal observations in Cooperative games, Dance, Kicking and Throwing units		

Physical Education Grade 3: Statement #2:**Benchmark Statement:** Demonstrates an understanding of strategies and techniques as applied to game situations.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	N/A	N/A	N/A
<u>2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in Gymnastics, and Manipulating an object		

Physical Education Grade 3: Statement #3:**Benchmark Statement:** Uses proper technique while executing motor skills with hands and feet.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1 & 2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations when manipulating an object with hands and feet		

Health Grade 4: Statement #1:**Benchmark Statement:** Understands skills and concepts to support a healthy, active lifestyle.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1 & 2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in Semester 1: Personal and Mental Health, Family Life, Safety, Stress, Nutrition Semester 2: Disease Prevention and Growth and Development Units		

Health Grade 4: Statement #2:

Benchmark Statement: Understands concepts about medicines, alcohol, tobacco, and other drugs to support a healthy, active lifestyle.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	N/A	N/A	N/A
<u>2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in Drug, Alcohol and Tobacco units		

Physical Education Grade 4: Statement #1:

Benchmark Statement: Demonstrates ability to perform movement patterns (jog, skip, jump) under control in a variety of physical activities.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>2</u>	N/A	N/A	N/A
<u>Evidence</u>	As evidenced through formal and informal observations in As evidenced through formal and informal observations in Cooperative games, Dance, Kicking and Throwing units		

Physical Education Grade 4: Statement #2:

Benchmark Statement: Demonstrates an understanding of strategies and techniques as applied to game situations.

<u>Semester</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u>1</u>	N/A	N/A	N/A
<u>2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations in Gymnastics, and Manipulating an object		

Physical Education Grade 4: Statement #3:

Benchmark Statement: Uses proper technique while executing motor skills with hands and feet.

Semester	<u>1</u>	<u>2</u>	<u>3</u>
<u>1 & 2</u>	Student demonstrates limited progress towards understanding and applying this skill	Student demonstrates progress towards understanding and applying this skill	Student demonstrates an understanding and application of this skill
<u>Evidence</u>	As evidenced through formal and informal observations when manipulating an object with hands and feet		