

Physical Education

Five Town Graduation Standards and Essential Outcomes

Physical Education Graduation Standard 1

MLR - Maine Learning Results

MOVEMENT/MOTOR SKILLS AND KNOWLEDGE: Demonstrate the fundamental and specialized motor skills and apply principles of movement for improved performance. (MLR.G)

K-5 Essential Outcomes

- A. Demonstrate a variety of movements that apply stability and force. (MLR.G.1)
- B. Demonstrate the correct technique for manipulative skills as well as the combination of manipulative and locomotor skills to change direction, level, or pathway. (MLR.G.2)
- C. Identify the skill-related fitness components of balance, coordination, agility, and speed. (MLR.G.3)
- D. Describe why practice is important to skill improvement. (MLR.G.4)

6-8 Essential Outcomes

- A. Apply the principles of stability and force to change one's motion and the motion of objects during skill practice and modified games. (MLR.G.1)
- B. Demonstrate correct technique for motor and manipulative skills and combine both skills during drills or modified games/physical activities. (MLR.G.2)
- C. Describe the skill-related fitness components of balance, coordination, agility, and speed. (MLR.G.3)

Physical Education Graduation Standard 2

PHYSICAL FITNESS ACTIVITIES AND KNOWLEDGE: Demonstrate and apply fitness concepts. (MLR.H)

K-5 Essential Outcomes

- A. Participate in multiple health-related fitness assessments, including cardiovascular fitness, and reassess to observe changes over time. (MLR.H.1)

6-8 Essential Outcomes

- A. Participate in a health-related fitness assessment that addresses a variety of health-related fitness components to establish personal fitness goals. (MLR.H.1)

- B. Participate in, and give examples of, physical activities that address each of the five health-related fitness components including flexibility, cardiovascular endurance, muscular endurance, muscular strength, and body composition. (MLR.H.3)
- C. Identify physical and mental benefits and bodily responses related to regular participation in physical activity. (MLR.H.4)

- B. Design a fitness program from established goals that address the five health-related fitness components and apply the frequency, intensity, time, and type (FITT) guidelines. (MLR.H.2)
- C. Participate in physical activities that address the five health-related fitness components. (MLR.H.3)
- D. Describe physical, mental/intellectual, emotional and social benefits related to regular participation in physical activity. (MLR.H.4)

Physical Education Graduation Standard 3

PERSONAL AND SOCIAL SKILLS AND KNOWLEDGE: Demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings. (MLR.I)

K-5 Essential Outcomes

- A. Demonstrate the following cooperative skills while participating in physical activities: active listening, getting along with others, accepting responsibility for personal behavior, taking turns, and sharing. (MLR.I.1)
- B. Demonstrate safe behaviors and appropriate equipment use while participating in physical activities. (MLR.I.2)
- C. Demonstrate and describe safety rules and rules of play for games/physical activities. (MLR.I.3)

6-8 Essential Outcomes

- A. Demonstrate the following cooperative and inclusive skills while participating in physical activities: sportsmanship; teamwork; managing conflict; and respectful engagement of peers in activities. (MLR.I.1)
- B. Demonstrate responsible personal behaviors while participating in physical activities. (MLR.I.2)
- C. Demonstrate game/physical activity rules and safety rules, describe reasons for modifying those rules, and possible risks associated with specific games/physical activities. (MLR.I.3)