

Physical Education Learning Targets 2015-2016 REGIONAL SCHOOL UNIT #22

RSU #22 is committed to the optimal learning of all students. As RSU #22 continues to move towards meeting 2018 graduation expectations, we have elected to look at proficiency learning targets K-12. Rather than only the high school being responsible to report student proficiency, we have created some initial targets at each grade level. We know that some children may be able to meet standards beyond the targets listed at the grade level. We also know that some students will need more time to meet the expectations.

Standards Scored on the Report Card:

K-5

Locomotor Skills

- Is skilled at using locomotor skills within a dynamic setting responding to various circumstances

Throwing

- Is skilled at throwing an object using an overhand pattern with accuracy

Catching

- Is skilled at catching an object thrown at different levels by a skilled thrower

Kicking

- Is skilled at kicking a moving object at a designated target

Striking

- Is skilled at striking a moving object using an implement to hit a designated target

6-8

Soccer

- Is skilled at kicking in a dynamic situation

Striking

- Is skilled at striking a moving object using an implement to hit a designated target, while the body is moving
- Is skilled at striking in a dynamic situation with an implement

Fitness

- Understand the difference between static and dynamic stretching

- Understands that there are different types of exercise that focus on cardiovascular endurance
- Understands muscular strength and muscular endurance
- Understands how body composition relates to overall health

9-12

Fitness

- Understands how to self evaluate the effectiveness of a personal fitness plan
- Understands how to use baseline information to create a personal fitness goal

Safe Play

- Is skilled at playing within the rules and safety regulations of specific activities

Movement Skills

- Understands how to use baseline information to create a personal fitness goal