

## Enhanced Course Descriptions for Physical Education

**Grade K** – This course will cover, at least, instruction and development of skills in human movement, physical fitness and other content at the kindergarten level as specified in NM Physical Education Content Standards with Benchmarks and Performance Standards specifically, competency in locomotor patterns, chasing/fleeing/dodging skills, momentary stillness in symmetrical and asymmetrical shapes, rope jumping, dribbling, throwing/catching, kicking/trapping, striking, volleying; travel, change speed/direction/pathway; use concepts of space awareness and relationships to others to move in a large group; use cue words and demonstrate/explain meaning; components of physical fitness; recognize personal strengths and weaknesses; use space and equipment safely; take turns; assist a variety of partners; accept all playmates; try new activities.

**Grade 1** – This course will cover, at least, instruction and development of skills in human movement, physical fitness and other content at the grade 1 level as specified in the NM Physical Education Content Standards with Benchmarks and Performance Standards specifically, competency in locomotor patterns, chasing/fleeing/dodging skills, momentary stillness in symmetrical and asymmetrical shapes, rope jumping, dribbling, throwing/catching, kicking/trapping, striking, volleying; travel, change speed/direction/pathway; use concepts of space awareness and relationships to others to move in a large group; use cue words and demonstrate/explain meaning; components of physical fitness; recognize personal strengths and weaknesses; use space and equipment safely; take turns; assist a variety of partners; accept all playmates; try new activities.

**Grade 2** – This course will cover, at least, instruction and development of skills in human movement, physical fitness and other content at the grade 2 level as specified in the NM Physical Education Content Standards with Benchmarks and Performance Standards specifically, competency in locomotor patterns, chasing/fleeing/dodging skills, momentary stillness in symmetrical and asymmetrical shapes, rope jumping, dribbling, throwing/catching, kicking/trapping, striking, volleying; travel, change speed/direction/pathway; use concepts of space awareness and relationships to others to move in a large group; use cue words and demonstrate/explain meaning; components of physical fitness; recognize personal strengths and weaknesses; use space and equipment safely; take turns; assist a variety of partners; accept all playmates; try new activities.

**Grade 3** – This course will cover, at least, instruction and development of skills in human movement, physical fitness and other content at the grade 3 level as specified in the NM Physical Education Content Standards with Benchmarks and Performance Standards specifically, demonstrate mature form in locomotor patterns; develop patterns and combinations of movements into repeatable sequences; transfer weight from feet to hands; balance with control on a variety of objects; throw/catch/kick/dribble/strike/jump using mature motor patterns; design and perform various movement sequences; adapt motor skills to changing environments; participate in out-of-school physical activity; select and participate in activities designed to improve/maintain physical fitness; follow safety principles in physical activities; demonstrate positive behavior in physical activity settings;

recognize and value the role of each individual in a group; participate in a variety of cultural and ethnic physical activities; voluntarily initiate skill practice to improve performance.

**Grade 4** – This course will cover, at least, instruction and development of skills in human movement, physical fitness and other content at the grade 4 level as specified in the NM Physical Education Content Standards with Benchmarks and Performance Standards specifically, demonstrate mature form in locomotor patterns; develop patterns and combinations of movements into repeatable sequences; transfer weight from feet to hands; balance with control on a variety of objects; throw/catch/kick/dribble/strike/jump using mature motor patterns; design and perform various movement sequences; adapt motor skills to changing environments; participate in out-of-school physical activity; select and participate in activities designed to improve/maintain physical fitness; follow safety principles in physical activities; demonstrate positive behavior in physical activity settings; recognize and value the role of each individual in a group; participate in a variety of cultural and ethnic physical activities; voluntarily initiate skill practice to improve performance.

**Grade 5** – This course will cover, at least, instruction and development of skills in human movement, physical fitness and other content at the grade 5 level as specified in the NM Physical Education Content Standards with Benchmarks and Performance Standards specifically, using basic team sport skills, reproduce sequences of combined skills in practice situations and modified games; using basic individual activity skills, reproduce sequences of combined skills in practice situations and modified games; how changing effort affects the outcome of a sport skill; analyze a movement pattern; describe the benefits of setting personal fitness goals; choose physical activities to improve/maintain physical fitness; differences between aerobic and anaerobic fitness activities; benefits of a healthy body composition; choose appropriate physical activities to maintain/improve strengths/weaknesses; apply components of fitness to an individual fitness plan; follow classroom rules and procedures; respond appropriately to situations of bullying and sexual harassment; work cooperatively; identify the role of games, sports and dance in various cultures; media influence regarding physical activity; benefits of life-long participation in physical activity; identify the basic ideals of fair play, competition .

**Grade 6** – This course will cover, at least, instruction and development of skills in human movement, physical fitness and other content at the grade 6 level as specified in the NM Physical Education Content Standards with Benchmarks and Performance Standards specifically, using basic team sport skills, reproduce sequences of combined skills in practice situations and modified games; using basic individual activity skills, reproduce sequences of combined skills in practice situations and modified games; how changing effort affects the outcome of a sport skill; analyze a movement pattern; describe the benefits of setting personal fitness goals; choose physical activities to improve/maintain physical fitness; differences between aerobic and anaerobic fitness activities; benefits of a healthy body composition; choose appropriate physical activities to maintain/improve strengths/weaknesses; apply components of fitness to an individual fitness plan; follow classroom rules and procedures; respond appropriately to situations of bullying and sexual harassment; work cooperatively; identify the role of games, sports and dance in various cultures; media influence regarding physical activity; benefits of life-long participation in physical activity; identify the basic ideals of fair play, competition .

**Grade 7** – This course will cover, at least, instruction and development of skills in human movement, physical fitness and other content at the grade 7 level as specified in the NM Physical Education Content Standards with Benchmarks and Performance Standards specifically, display a combination of skills in response to a variety of game situations in team sports and individual sports; spatial relationships with other players and the effect on outcomes of games; detect and correct personal errors; analyze a task to identify sequence, and how they are applied to produce a desired outcome; ability to analyze a movement pattern; analyze and interpret personal fitness data; choose and record levels of participation in physical activities; outline the health risk factors associated with an inactive lifestyle; generate an appropriate physical fitness plan to maintain/improve personal fitness; exhibit appropriate conduct while engaging in physical activities; peer pressure and decision making; explain the role of games, sports, dance in various cultures; acknowledge all people - gender, culture, ethnicity, disability – and seek to learn more about similarities and differences; media influence on physical activity; demonstrate willingness to try an unfamiliar position; participation in lifetime physical activity.

**Grade 8** – This course will cover, at least, instruction and development of skills in human movement, physical fitness and other content at the grade 8 level as specified in the NM Physical Education Content Standards with Benchmarks and Performance Standards specifically, display a combination of skills in response to a variety of game situations in team sports and individual sports; spatial relationships with other players and the effect on outcomes of games; detect and correct personal errors; analyze a task to identify sequence, and how they are applied to produce a desired outcome; ability to analyze a movement pattern; analyze and interpret personal fitness data; choose and record levels of participation in physical activities; outline the health risk factors associated with an inactive lifestyle; generate an appropriate physical fitness plan to maintain/improve personal fitness; exhibit appropriate conduct while engaging in physical activities; peer pressure and decision making; explain the role of games, sports, dance in various cultures; acknowledge all people - gender, culture, ethnicity, disability – and seek to learn more about similarities and differences; media influence on physical activity; demonstrate willingness to try an unfamiliar position; participation in lifetime physical activity.

**Grades 9-12** - This course will cover, at least, instruction and development of skills in human movement, physical fitness and other content at the grade 9-12 level as specified in the NM Physical Education Content Standards with Benchmarks and Performance Standards. Specifically, demonstrate proficiency in at least one activity from three of six categories of activities; apply movement concepts and principles to the learning and development of motor skills; exhibit knowledge and ability to participate in a physically active lifestyle; achieve and maintain a health-enhancing level of physical fitness; demonstrate responsible personal and social behavior in physical activity settings; demonstrate understanding and respect for differences among people in physical activity settings; understand that physical activity provides opportunities for enjoyment challenge, self-expression and social interaction. This course, STARS # 2305, is the course required for graduation.