

Adrian Elementary K-5 Physical Education

'I Can' Statements

Kindergarten

NASPE Standard 1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

- I will be able to perform locomotor skills.

NASPE Standard 2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities

- I can tag safely and I know the difference between dribbling with my feet and my hands.

NASPE Standard 3. Participates regularly in physical activity.

- I am able to perform different locomotor skills for up to five minutes.

NASPE Standard 4. Achieves and maintains a health-enhancing level of fitness.

- I am able to participate safely in different tag activities in physical education class.

NASPE Standard 5. Exhibits responsible personal and social behavior in physical activity settings.

- I can move safely during different self-discovery activities.

NASPE Standard 6. Values physical activity for health, enjoyment, challenge, self-expression, and social interaction.

- I can accept being tagged and tagging others safely.

1st Grade

NASPE Standard 1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

- I will be able to travel and change direction quickly.

NASPE Standard 2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

- I will be able to recognize curved, straight and zig zag patterns during class.

NASPE Standard 3. Participates regularly in physical activity.

- I can participate in activities that involve various equipment (balls, scoops, etc.)

NASPE Standard 4. Achieves and maintains a health-enhancing level of fitness.

- I can participate in never ending tag games.

NASPE Standard 5. Exhibits responsible personal and social behavior in physical activity settings.

- I can use equipment safely and without interfering with others.

NASPE Standard 6. Values physical activity for health, enjoyment, challenge, self- expression, and social interaction.

- I am able to participate with full effort in class.

2nd Grade

NASPE Standard 1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. 1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

- I am able to dribble a ball with alternating hands.

NASPE Standard 2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

- I am able to absorb stress on my body by bending my knees when landing after I jump.

NASPE Standard 3. Participates regularly in physical activity.

- I am able to walk/jog/speed walk up to 12 minutes.

NASPE Standard 4. Achieves and maintains a health-enhancing level of fitness.

- I can play catch with a partner without getting mad.

NASPE Standard 5. Exhibits responsible personal and social behavior in physical activity settings.

- I can use equipment in space safely and properly.

NASPE Standard 6. Values physical activity for health, enjoyment, challenge, self- expression, and social interaction.

- I can run without colliding with another person.

3rd Grade

NASPE Standard #1— 1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

- I can hop, skip and jump to create a movement pattern.

NASPE Standard #2—Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- I will be able to perform a simple dance in class.

NASPE Standard #3—Participates regularly in physical activity.

- I will be able to recognize physical activity opportunities outside of school.

NASPE Standard #4—Achieves and maintains a health-enhancing level of fitness.

- I will be able to participate in moderate to vigorous physical activity.

NASPE Standard #5—Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- I will be able to work well with a partner or small group.

NASPE Standard #6—Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- I will be able to work successfully with other students regardless of our personal differences.

4th Grade

NASPE Standard #1— 1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

- I will be able to throw many objects at a target successfully.

NASPE Standard #2—Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- I will be able to explain why a step towards my target is need when throwing an object.

NASPE Standard #3—Participates regularly in physical activity.

- I will be able to explain why it is important to be physically active.

NASPE Standard #4—Achieves and maintains a health-enhancing level of fitness.

- I will be able to explain what physical activity benefits its physical activity component.

NASPE Standard #5—Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- I will be able to work well with a partner or small group and have a positive experience while working with those students.

NASPE Standard #6—Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- I will be able to participate in different physical activities to express myself.

5th Grade

NASPE Standard #1— 1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

- I will be able to throw objects with appropriate accuracy and speed.

NASPE Standard #2—Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- I will be able to explain modified movements in different physical activities.

NASPE Standard #3—Participates regularly in physical activity.

- I will be able to explain why it is important to be physically active.

NASPE Standard #4—Achieves and maintains a health-enhancing level of fitness.

- I will be able to participate in vigorous physical activity in many different physical activity settings.

NASPE Standard #5—Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- I will be able to choose a student to work with productively.

NASPE Standard #6—Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- I will be able to support peer successes and my personal successes in physical activity settings.