

Sparks Physical Education

Early Education-Nursery, Preschool, Kindergarten

Benchmark Code – Subject: Language Arts = LA

Strand 1 = Motor Skills and Movement Patterns

Strand 2 = Movement Concepts

Strand 3 = Physical Activity and Fitness

Strand 4 = Personal and Social Behavior

Strand 5 = Benefits of Physical Activity

Code: Subject.Grade.Strand#.Standard#.Benchmark#.

Example:PE.ECH.2.3.1– Physical Education, Early Childhood, Strand 2, Standard 3, Benchmark 1

Strand 1: Motor Skills and Movement Patterns. The student demonstrates competency in a variety of motor skills and movement patterns.

Standard 1: Locomoter.

Benchmark Code	Benchmark
PE.ECH.1.1.1	The student will perform locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance.
PE.ECH.1.1.2	The student will perform jumping and landing actions with balance.
PE.ECH.1.1.3	The student will perform locomotor skills in response to teacher-led creative dance.

Standard 2: Nonlocomotor stability

Benchmark Code	Benchmark
PE.ECH.1.2.1	The student will maintain momentary stillness on different bases of support.
PE.ECH.1.2.2	The student will form wide, narrow, curled and twisted body shapes.
PE.ECH.1.2.3	The student will roll sideways in a narrow body shape.
PE.ECH.1.2.4	The student will contrast the actions of curling and stretching.

Standard 3: Manipulative

Benchmark Code	Benchmark
PE.ECH.1.3.1	The student will throw underhand with opposite foot forward.
PE.ECH.1.3.2	The student will drop a ball and catch it before it bounces twice.
PE.ECH.1.3.3	The student will catch a large ball tossed by a skilled thrower.

PE.ECH.1.3.4	The student will dribble a ball with one hand, attempting the second contact.
PE.ECH.1.3.5	The student will tap a ball using the inside of the foot, sending it forward.
PE.ECH.1.3.6	The student will kick a stationary ball from a stationary position.
PE.ECH.1.3.7	The student will volley a light-weight object (balloon), sending it upward.
PE.ECH.1.3.8	The student will strike a lightweight object with a paddle or short-handled racket.
PE.ECH.1.3.9	The student will execute a single jump with self-turned rope.
PE.ECH.1.3.10	The student will jump a long rope with teacher-assisted turning.

Strand 2: Movement Concepts. The student applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 1: Movement Concepts

Benchmark Code	Benchmark
PE.ECH.2.1.1	The student will differentiate between movement in personal (self-space) and general space.
PE.ECH.2.1.2	The student will move in personal space to a rhythm.
PE.ECH.2.1.3	The student will travel in 3 different pathways.
PE.ECH.2.1.4	The student will travel in general space with different speeds.

Strand 3: Physical Activity and Fitness. The student will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 1: Physical Activity Knowledge

Benchmark Code	Benchmark
PE.ECH.3.1.1	The student will identify active-play opportunities outside physical education class.

Standard 2: Engages in Physical Activity

Benchmark Code	Benchmark
PE.ECH.3.2.2	The student will actively participate in physical education class.

Standard 3: Fitness Knowledge

Benchmark Code	Benchmark
PE.ECH.3.3.1	The student will recognize that when you move fast, your heart beats faster and you breathe faster.

Standard 4: Nutrition

Benchmark Code	Benchmark
PE.ECH.3.4.1	The student will recognize that food provides energy for physical activity

Strand 4: Personal and Social Behavior. The student exhibits responsible personal and social behavior that respects self and others.

Standard 1: Personal Responsibility	
Benchmark Code	Benchmark
PE.ECH.4.1.1	The student will follow directions in group setting (e.g., safe behaviors, following rules, taking turns).
PE.ECH.4.1.2	The student will acknowledge responsibility for behavior when prompted.
Standard 2: Accepting Feedback	
Benchmark Code	Benchmark
PE.ECH.4.2.1	The student will follow instruction/directions when prompted and given feedback.
Standard 3: Working with Others	
Benchmark Code	Benchmark
PE.ECH.4.3.1	The student will share equipment and space with others.
Standard 4: Rules and Etiquette	
Benchmark Code	Benchmark
PE.ECH.4.4.1	The student will recognize the established protocol for class activities.
Standard 5: Safety	
Benchmark Code	Benchmark
PE.ECH.4.5.1	The student will follow directions for safe participation and proper use of equipment with minimal reminders.

Strand 5: Benefits of Physical Activity. The student recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Standard 1: Health	
Benchmark Code	Benchmark
PE.ECH.5.1.1	The student will recognize that physical activity is important for good health.
Standard 2: Challenge	
Benchmark Code	Benchmark
PE.ECH.5.2.1	The student will acknowledge that some physical activities are challenging/difficult..
Standard 3: Self-Expression & Enjoyment	
Benchmark Code	Benchmark
PE.ECH.5.3.1	The student will identify physical activities that are enjoyable.
PE.ECH.5.3.2	The student will discuss the enjoyment of playing with friends.