

**TOWNSHIP OF FRANKLIN PUBLIC SCHOOLS
SEPTEMBER 2006**

PHYSICAL EDUCATION STANDARDS 1-2

STANDARD 2.5 (MOTOR SKILL DEVELOPMENT) ALL STUDENTS WILL UTILIZE SAFE, EFFICIENT, AND EFFECTIVE MOVEMENT TO DEVELOP AND MAINTAIN A HEALTHY, ACTIVE LIFESTYLE

By the end of grade 2, students will:

A. Movement Skills	MP1	MP2	MP3	MP4
1. Perform movement skills (locomotor, nonlocomotor and manipulative skills) with developmentally appropriate control in isolated (skill practice) and applied (game/sport/dance/recreational) settings.				
2. Demonstrate smooth transitions between sequential movement skills used in combination.				
3. Demonstrate control in traveling, weight bearing, and balance activities on a variety of body parts.				
4. Move in personal and general space at different levels, directions, and pathways.				
5. Respond in movement to changes in tempo, beat, rhythm, or musical style.				
6. Change the effort (force, flow, energy) or range (extension) of a movement skill or skill combination.				
7. Change a movement skill in response to a changing environment such as a dance partner, obstacle, smaller target, or larger space.				
8. Respond appropriately to verbal and visual cues during physical activity.				
9. Correct movement errors in response to feedback.				
10. Demonstrate the use of creative movement in response to music, poetry, or stories.				
B. Movement Concepts				
1. Identify body planes and parts.				
2. Explain how changes in direction, pathways and levels can alter movement.				
3. Explain how changes in rhythm, tempo, beat, and musical style can alter movement.				
4. Distinguish between personal and general space.				
5. Explain verbal and visual cues used to improve skill performance.				
6. Define and use basic movement vocabulary to describe physical activity.				
C. Strategy				
1. Differentiate between competitive and cooperative strategies.				
D. Sportsmanship, Rules and Safety				
1. Explain why good sportsmanship is important and demonstrate positive behaviors during participation.				
2. Follow basic activity and safety rules and explain why they are important.				
3. Explain that practice and being healthy contribute to safe and improved performance.				
E. Sport Psychology				
1. Explain that mental attitude influences physical performance.				

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STANDARD 2.6 (FITNESS) ALL STUDENTS WILL APPLY HEALTH-RELATED AND SKILL-RELATED FITNESS CONCEPTS AND SKILLS TO DEVELOP AND MAINTAIN A HEALTHY, ACTIVE LIFESTYLE

By the end of grade 2, students will:

A. Fitness and Physical Activity	MP1	MP2	MP3	MP4
1. Identify the components of health-related and skill-related fitness and identify activities that develop each component.				
2. Identify body responses associated with moderate to vigorous physical activity, including sweating, a fast heart rate, and heavy breathing.				
B. Training				
1. Explain that too much or not enough exercise can be harmful.				
2. Explain that participation in regular physical activity contributes to wellness.				
C. Achieving and Assessing Fitness				
1. Engage in moderate to vigorous physical activity that develops all components of fitness.				
2. Monitor heart rate and breathing before, during and after exercise.				
3. Develop a fitness goal and monitor achievement of the goal.				