

Physical Education

Adams County/Ohio Valley  
Course of Study

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

**Benchmark: None**

**Content Organizer: K-2 Grade Range**

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
1. Skips (or hops, gallops, slides, etc.) using mature form (e.g., step-hops, swings arm, swings knee, shows smooth and continuous motion, shows rhythmical weight transfer and use of arms.			

Physical Education

Adams County/Ohio Valley  
Course of Study

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

**Benchmark: None**

**Content Organizer: K-2 Grade Range**

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
2. Performs a simple dance step in keeping with a specific tempo (e.g., slow-slow fast-fast-fast).			

Physical Education

Adams County/Ohio Valley  
Course of Study

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

**Benchmark: None**

**Content Organizer: K-2 Grade Range**

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
3. Demonstrates clear contrasts between slow and fast movement when skipping (or hopping, galloping, sliding, etc.).			

Physical Education

Adams County/Ohio Valley  
Course of Study

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

**Benchmark: None**

**Content Organizer: K-2 Grade Range**

<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
4. Travels forward and sideways, changing directions quickly in response to a signal or obstacle using a variety of locomotor skills.			

Physical Education

Adams County/Ohio Valley  
Course of Study

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

**Benchmark: None**

**Content Organizer: K-2 Grade Range**

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
5. Demonstrates a smooth transition between locomotor skills in time to music.			

Physical Education

Adams County/Ohio Valley  
Course of Study

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

**Benchmark: None**

**Content Organizer: K-2 Grade Range**

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
<p>6. Taps the ball from foot to foot, shifting weight and balancing the body on the non-dribbling foot, while in one location (i.e., not moving). (Developmentally, this is more difficult than tapping the soccer ball forward using the big-toe area of the inside of the foot. This describes what is called a “juggle” back and forth between the feet, basically a very small side-to-side leap while “pushing” the ball back and forth; it is a coordination task and serves to develop footwork in soccer.)</p>			

Physical Education

Adams County/Ohio Valley  
Course of Study

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

**Benchmark: None**

**Content Organizer: K-2 Grade Range**

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
7. Drops a ball and catches it at the peak of the bounce.			

Physical Education

Adams County/Ohio Valley  
Course of Study

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

**Benchmark: None**

**Content Organizer: K-2 Grade Range**

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
8. Throws a ball underhand using mature form (e.g., places feet together and shoulders square to target, swings throwing arm straight back, shifts weight forward by stepping forward onto opposite foot, rolls ball off fingers, and finishes with throwing arm outstretched toward target).			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
9. Discovers how to balance on different body parts, at different levels, becoming “like” a statue while making symmetrical and nonsymmetrical shapes.			

Physical Education

Adams County/Ohio Valley  
Course of Study

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

**Benchmark: None**

**Content Organizer: K-2 Grade Range**

<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
1. Identifies correctly body planes (i.e., front, back, side).			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
2. Identifies correctly various body parts (e.g., knee, foot, arm, and palm).			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
3. Explains that warm-up prepares the body for physical activity.			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
4. Recognizes appropriate safety practices in general space by throwing balls only when others are not in the direct line of the throw.			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
5. States that best effort is shown by trying new or hard tasks.			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
6. Repeats cue words for jumping vertically (crouch, straighten, land on both feet and bend knees) and demonstrates/explains what is meant by each.			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
7. Corrects movement errors in response to corrective feedback (e.g., remember to twist your tummy when throwing the ball).			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
8. States the short-term effects of physical activity on the heart and lungs.			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
9. Explains that appropriate practice improves performance.			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 3: Participates regularly in physical activity.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
1. Engages in moderate to vigorous physical activity on an intermittent basis.			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 3: Participates regularly in physical activity.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
2. Engages in a variety of locomotor activities (e.g., hopping, walking, jumping, galloping, and running) during leisure time.			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 3: Participates regularly in physical activity.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
3. Participates in chasing and fleeing activities outside of school.			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 3: Participates regularly in physical activity.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
4. Participates in a variety of activities that involve manipulation of objects in and outside of physical education class (e.g., tossing ball, juggling).			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 3: Participates regularly in physical activity.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
5. Participates regularly in a variety of nonstructured and Minimally organized physical activities outside of physical education class (e.g., tag, hide-and-seek.			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
1. Demonstrates sufficient muscular strength to be able to bear body weight for climbing, hanging, and momentary body support on the hands.			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
2. Engages in a series of locomotor activities (e.g., timed segments of hopping, walking, jumping, galloping, and running) without tiring easily.			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
3. Participates in a variety of games that increase breathing and heart rate.			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
4. Increases arm and shoulder strength by traveling hand-over-hand along a horizontal ladder (i.e., monkey bars).			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
5. Sustains activity for increasingly longer periods of time while participating in various activities in physical education.			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
6. Recognizes that health-related physical fitness consists of several different components.			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
1. Practices specific skills as assigned until the teacher signals the end of practice.			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
2. Follows directions given to the class for an all-class activity.			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
3. Shows compassion for others by helping them.			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
4. Handles equipment safety by putting it away when not in use.			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
5. Uses equipment and space safely and properly.			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
6. Honestly reports the results of work.			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
7. Works in a diverse group setting without interfering with others.			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
8. Invites a peer to take his or her turn at a piece of apparatus before repeating a turn.			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
9. Assists a partner by sharing observations about skill performance during practice.			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
10. Enjoys participating alone while exploring movement tasks.			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
11. Accepts all playmates without regard to personal differences (e.g., ethnicity, gender, disability).			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
12. During class closure, identifies sharing with a partner as a way to cooperate.			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
13. Displays considerations of others while participating on the playground.			

Physical Education

Adams County/Ohio Valley  
Course of Study

<b>Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</b>			
<b>Benchmark: None</b>			
<b>Content Organizer: K-2 Grade Range</b>			
<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
14. Demonstrates the elements of socially acceptable conflict resolution during class activity.			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
1. Exhibits both verbal and nonverbal indicators of enjoyment.			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
2. Willingly tries new movements and skills.			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

<b>Performance Outcome</b>	<b>Instructional Activities/Strategies</b>	<b>Resources</b>	<b>Assessment</b>
3. Continues to participate when not successful on the first try.			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
4. Identifies several activities that are enjoyable.			

Physical Education

Adams County/Ohio Valley  
Course of Study

**Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**  
**Benchmark: None**  
**Content Organizer: K-2 Grade Range**

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
5. Expresses personal feelings on progress made while learning a new skill.			