

Minnesota Physical Education Standards/ Benchmarks/Focus Areas by the Numbers

Elementary (K-5)

Standard/Focus Area	Kindergarten Benchmarks	Grade 1 Benchmarks	Grade 2 Benchmarks	Grade 3 Benchmarks	Grade 4 Benchmarks	Grade 5 Benchmarks	Standards by all Benchmarks in each Focus Area
Standard 1	18	19	21	24	26	25	133
Locomotor	4	4	4	4	4	4	24
Non-Locomotor	3	4	5	5	5	5	27
Manipulative	11	11	12	15	17	16	82
Standard 2	3	3	3	6	6	6	27
Movement, Concepts, Principles, Strategies	3	3	3	6	6	6	27
Standard 3	5	5	5	6	6	6	33
Physical Activity Knowledge	1	1	1	1	1	1	6
Engages in Physical Activity	1	1	1	1	1	1	6
Fitness Knowledge	2	2	2	2	2	2	12
Assessment and Planning	0	0	0	1	1	1	3
Nutrition	1	1	1	1	1	1	6
Standard 4	4	4	4	5	5	5	27
Personal Responsibility	1	1	1	1	1	1	6
Accepting Feedback	1	1	1	1	1	1	6
Working With Others	1	1	1	1	1	1	6
Rules and Etiquette	0	0	0	1	1	1	3
Safety	1	1	1	1	1	1	6
Standard 5	3	3	3	3	3	3	18
Health	1	1	1	1	1	1	6
Challenge	1	1	1	1	1	1	6
Self-Expression and Enjoyment	1	1	1	1	1	1	6
TOTAL BENCHMARKS	33	34	36	44	46	45	238

Minnesota Physical Education Standards/ Benchmarks/Focus Areas by the Numbers Middle School (Grades 6-8)

Standard/Focus Area	Grade 6 Benchmarks	Grade 7 Benchmarks	Grade 8 Benchmarks	Standards by all Benchmarks in each Focus Area
Standard 1	21	21	21	63
Dance and Rhythms	1	1	1	3
Games and Sports: Invasion and Field Games	2	2	2	6
Games and Sports: Invasion Games	7	7	7	21
Games and Sports: Net and Wall Games	5	5	5	15
Games and Sports: Target Games	2	2	2	6
Games and Sports: Fielding and Striking	2	2	2	6
Outdoor Pursuits	1	1	1	3
Individual Performance Activities	1	1	1	3
Standard 2	11	11	11	33
Games and Sports: Invasion Games	4	4	4	12
Games and Sports: Net and Wall Games	2	2	2	6
Games and Sports: Target Games	1	1	1	3
Games and Sports: Fielding and Striking Games	2	2	2	6
Individual Performance Activities, Dance and Rhythms	1	1	1	3
Outdoor Pursuits	1	1	1	3
Standard 3	13	13	13	39
Physical Activity Knowledge	1	1	1	3
Engages in Physical Activity	2	2	2	6
Fitness Knowledge	6	6	6	18
Assessment and Program Planning	2	2	2	6
Nutrition	1	1	1	3
Stress Management	1	1	1	3
Standard 4	7	7	7	21
Personal Responsibility	2	2	2	6
Accepting Feedback	1	1	1	3
Working With Others	1	1	1	3
Rules and Etiquette	1	1	1	3
Safety	2	2	2	6
Standard 5	5	5	5	15
Health	2	2	2	6
Challenge	1	1	1	3
Self-Expression and Enjoyment	2	2	2	6
TOTAL BENCHMARKS	57	57	57	171

Minnesota Physical Education Standards/ Benchmarks/Focus Areas by the Numbers High School (Grades 9-12)

Standard/Focus Area	High School (Grades 9-12)	Standards by all Benchmarks in each Focus Area
Standard 1		4
Lifetime Activities	2	
Dance and Rhythms	1	
Fitness Activities	1	
Standard 2		4
Movement Concepts, Principles and Knowledge	4	
Standard 3		17
Physical Activity Knowledge	6	
Engages in Physical Activity	2	
Fitness Knowledge	5	
Assessment and Planning	2	
Nutrition	1	
Stress Management	1	
Standard 4		5
Personal Responsibility	1	
Rules and Etiquette	1	
Working With Others	2	
Safety	1	
Standard 5		4
Health	1	
Challenge	1	
Self-Expression and Enjoyment	1	
Social Interaction	1	
TOTAL BENCHMARKS		34

Total Grades K-5 Benchmarks	238	(National – 273)
Total Grades 6-8 Benchmarks	171	(National – 213)
Total High School Benchmarks	34	(National – 2 Levels – 56 Benchmarks)
Total Benchmarks K-12	443	(National – 542)

Number of Benchmarks by Standard/Grade Level

Standard	K-5 BM	6-8 BM	HS BM	Total BM
1	133	64	4	200
2	27	33	4	64
3	33	39	17	89
4	27	21	5	53
5	18	15	4	37
Total	238	171	34	443