

# 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
<b>Standard 1</b>	<b>18</b>	<b>19</b>	<b>21</b>	<b>24</b>	<b>26</b>	<b>25</b>	<b>133</b>
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
<b>Standard 2</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>27</b>
Movement, Concepts, Principles, Strategies	3	3	3	6	6	6	27
<b>Standard 3</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>33</b>
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
<b>Standard 4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>27</b>
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
<b>Standard 5</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>18</b>
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
<b>TOTAL BENCHMARKS</b>	<b>33</b>	<b>34</b>	<b>36</b>	<b>44</b>	<b>46</b>	<b>45</b>	<b>238</b>

## 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
<b>Standard 1</b>	<b>21</b>	<b>21</b>	<b>21</b>	<b>63</b>
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
<b>Standard 2</b>	<b>11</b>	<b>11</b>	<b>11</b>	<b>33</b>
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
<b>Standard 3</b>	<b>13</b>	<b>13</b>	<b>13</b>	<b>39</b>
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
<b>Standard 4</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>21</b>
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
<b>Standard 5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>15</b>
Health	2	2	2	6
Challenge	1	1	1	3
Self-Expression and Enjoyment	2	2	2	6
<b>TOTAL BENCHMARKS</b>	<b>57</b>	<b>57</b>	<b>57</b>	<b>171</b>

## 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
<b>Standard 1</b>		<b>4</b>
Lifetime Activities	2	
Dance and Rhythms	1	
Fitness Activities	1	
<b>Standard 2</b>		<b>4</b>
Movement Concepts, Principles and Knowledge	4	
<b>Standard 3</b>		<b>17</b>
Physical Activity Knowledge	6	
Engages in Physical Activity	2	
Fitness Knowledge	5	
Assessment and Planning	2	
Nutrition	1	
Stress Management	1	
<b>Standard 4</b>		<b>5</b>
Personal Responsibility	1	
Rules and Etiquette	1	
Working With Others	2	
Safety	1	
<b>Standard 5</b>		<b>4</b>
Health	1	
Challenge	1	
Self-Expression and Enjoyment	1	
Social Interaction	1	
<b>TOTAL BENCHMARKS</b>		<b>34</b>

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)
<b>Total Benchmarks K-12</b>	<b>443</b>	<b>(National – 542)</b>

## Number of Benchmarks by Standard/Grade Level

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