

## Minnesota K-12 Academic Standards Physical Education 2018

Standard 1: Motor Skills & Movement Patterns	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
Hop	E	M	→	→	A	→	→	→	→	→
Gallop	E	M	→	→	A	→	→	→	→	→
Slide	E	M	→	→	A	→	→	→	→	→
Skip	E	→	M	→	A	→	→	→	→	→
Run	E	→	M	→	A	→	→	→	→	→
Leap				M	A	→	→	→	→	→
Jump/land-horizontal plane	E	→	→	M	A	→	→	→	→	→
Jump/land-vertical plane	E	→	→	M	A	→	→	→	→	→
Static balance	E	→	→	→	→	A	→	→	→	→
Weight transfer		E	→	→	→	A	→	→	→	→
Rolling	E	→	→	→	A	→	→	→	→	→
Non-locomotor skills	E	→	→	→	→	A	→	→	→	→
Underhand roll	E	→	M	→	A	→	→	→	→	→
Throw-underhand	E	→	M	→	A	→	→	→	→	→
Throw-overhand	E	→	→	→	→	M/A	→	→	→	→
Catch	E	→	→	→	A	→	→	→	→	→
Catching w/ implement									A	
Dribble-hand	E	→	M	→	A	→	→	→	→	
Dribble-foot	E	→	→	→	A	→	→	→	→	
Dribble w/ implement						A	→	→	→	
Kick	E	→	→	M	A	→	→	→	→	
Punt				E	→	A	→	→	→	→
Volley	E	→	→	→	A	→	→	→	→	→
Volley-two-hand overhead				E	A	→	→	→	→	→
Volley-two hand underhand							A	→	→	→
Strike-underhand serve							A	→	→	→
Strike-overhand pattern							A	→	→	→
Strike w/ short-handled implement		E	→	→	A	→	→	→	→	→
Strike-forehand/backhand stroke							A	→	→	→
Strike w/ long-handled implement			E	→	A	→	→	→	→	→
Short jump rope	E	→	→	→	A	→	→	→	→	
Long jump rope	E	→	→	→	A	→	→	→	→	
Combine balances, non-locomotor & locomotor			A	→	→	→	→	→	→	→

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Combine balance & weight transfers						A	—————→	—————→	—————→	—————→
Combine rolling w/ traveling & non-locomotor						A	—————→	—————→	—————→	—————→
Combine balances, non-locomotor, locomotor skills & movement concepts				A	—————→	—————→	—————→	—————→	—————→	—————→
Combine traveling w/ manipulative skills (dribbling, throwing, catching, striking)					A	—————→	—————→	—————→	—————→	—————→
Correct rhythm & pattern (educational dance/dance)			E	—————→	—————→		A	—————→	—————→	—————→
Pass/Receive										
*Hands							A	—————→	—————→	—————→
*Feet	E	—————→	—————→	—————→	A	—————→	—————→	—————→	—————→	—————→
*With implement						A	—————→	—————→	—————→	—————→
Dribble (hands or feet) in combination w/ other skills					A	—————→	—————→	—————→	—————→	—————→
Offensive skills										
*Pivots, fakes, jab steps, give & go							E/A	—————→	—————→	—————→
*Screens									E/A	—————→
Defensive ready position							A	—————→	—————→	—————→
Shoot on goal							A	—————→	—————→	—————→
Individual performance activities							E	—————→	—————→	—————→
Outdoor pursuits							E	—————→	—————→	—————→
Standard 2: Apply knowledge of concepts, principles, strategies & tactics to movement performance	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
Movement concepts, principles & knowledge	E	—————→	—————→	—————→	A	—————→	—————→	—————→	—————→	—————→
Tactics in chasing/fleeing games				E	A	—————→	—————→	—————→	—————→	—————→
Tactics in invasion games						A	—————→	—————→	—————→	—————→
*Transition (offense/defense or def/off)						A	—————→	—————→	—————→	—————→
Tactics in net/wall games				E	A	—————→	—————→	—————→	—————→	—————→
Tactics in target games				E	A	—————→	—————→	—————→	—————→	—————→
Tactics in fielding/striking games							E	—————→	A	—————→

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<b>Standard 3: Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness</b>	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School	
Physical activity knowledge	E									E/A	
Engages in physical activity	E				A						
Fitness knowledge	E					A	E			E/A	
Assessment & program planning				E			E/A				
Nutrition	E									A	
Stress Management							E				
<b>Standard 4: Exhibit responsible personal and social behavior that respects self and others.</b>	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School	
Personal responsibility	E	A									
Accepting feedback	E			A							
Working with others	E			A							
Rules and etiquette				E	A						
Safety	E				A						
<b>Standard 5: Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</b>	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School	
Health	E										
Challenge	E								A		
Self-expression & enjoyment	E								A		
Social interaction										E	

**Emerging (E)** – Learners are in the beginning stages of developing movement skills and knowledge. Skill competency emerges through participation in deliberately planned educational games, educational dance, education gymnastics, and/or practice tasks.

**Maturing Pattern (M)** – Consistently, efficiently and effectively performing the critical elements of the fundamental movement skills.

**Applying (A)** – Learners can perform skills or apply the knowledge components of the grade-level benchmarks in a variety of physical activity environments. Apply is the ability to take what was learned in one environment, context or situation, and use it in a new yet similar environment, which requires an ability to adapt the skill or knowledge to the specific characteristics of the new environment.