

Lake Washington School District
Teaching and Learning Framework

Grades K - 6

Physical Education

Essential Understandings | August 2007

Grades K - 6 | Physical Education

Kindergarten

Essential Understandings

- Students will demonstrate rudimentary locomotive and non-locomotive skills.
- Students will demonstrate rudimentary form of a variety of manipulative skills.
- Students will demonstrate and understand rules and safety procedures.
- Students will understand the basic concepts of physical fitness.
- Students will understand the basic connection between nutrition and being healthy.

First Grade

Essential Understandings

- Students will demonstrate functional locomotive and non-locomotive skills.
- Students will demonstrate functional forms of a variety of manipulative skills.
- Students will demonstrate and understand rules and safety procedures.
- Students will demonstrate and understand the basic vocabulary and concepts of physical fitness.
- Students will identify the basic food groups that promote physical well being.

Second Grade

Essential Understandings

- Students will be able to demonstrate mature locomotor and non-locomotor skills.
- Students will be able to demonstrate mature forms of a variety of manipulative skills.
- Students will be able to demonstrate, understand, and apply grade appropriate rules and safety procedures.
- Students will be able to understand, demonstrate/relate, and define components of physical fitness in different types of physical activities.
- Students will be able to describe appropriate serving and portion size and how it impacts good health.

Third Grade

Essential Understandings

- Students will be able to demonstrate mature locomotor and non-locomotor patterns in combination.
- Students will be able to demonstrate mature forms of a variety of manipulative skills in game situations.
- Students will be able to demonstrate, understand, and apply grade appropriate rules & safety procedures while participating in games and activities.
- Students will be able to understand, demonstrate/relate, and define components of physical fitness in different types of physical activities and in daily activities outside of PE.
- Students will be able to understand and relate how nutrients in each food group provide nutritional content and energy.

Fourth Grade

Essential Understandings

- Students will be able to demonstrate mature locomotor and non-locomotor patterns in combination with smooth transitions.
- Students will be able to demonstrate control with mature forms of a variety of manipulative skills in a game situation.
- Students will be able to understand, demonstrate and apply grade appropriate rules and safety procedures while participating in games and activities.
- Students will be able to understand and define components of physical fitness and monitor self progress in activities outside of Physical Education classes.
- Students will be able to describe appropriate serving and portion size and how it effects good health.
- Students will be able to identify the various components of fitness and relate them to the activity pyramid.

Fifth Grade

Essential Understandings

- Students will be able to demonstrate locomotor and non-locomotor patterns in combination with smooth transitions while incorporating static and dynamic balance.
- Students will be able to demonstrate mature forms of a variety of manipulative skills while showing control and proficiency in game situations.
- Students will be able to understand, demonstrate and apply grade appropriate rules and safety procedures while participating in games and activities.
- Students will be able to understand and define the components of physical fitness and monitor self progress and incorporate goal setting in activities outside of Physical Education classes.
- Students will be able to understand and relate how nutrients in each food group provide nutritional content and energy and explain the impact healthy eating has on physical and academic performance.
- Students will be able to understand and illustrate the activity pyramid and how it relates to the components of physical fitness.

Sixth Grade

Essential Understandings

- Students will be able to demonstrate proficient movement combinations in rhythmic activities as well as demonstrating fundamental and complex skills in team, individual and lifetime sports.
- Students will be able to demonstrate and apply selected advanced movement skills based on personal interest with control and proficiency in a variety of game and sport situations.
- Students will be able to identify and practice behaviors that are supportive, inclusive and positive in a variety of physical activity settings.
- Student will be able to understand, define and apply the components of health and skill related fitness to the Activity guide pyramid and their own personal fitness.
- Students will be able to understand and apply goal setting strategies in regards to their own health to attain or maintain personal fitness.