

**SAU 50
Grades K to 5
Physical Education
Physical Activity and Fitness**

Physical Activity--knowledge of the benefits of physical activity and the importance of participating throughout life.

Fitness--knowledge and skills of how to get and maintain fitness.

SAU 50 District Competency:

Students will independently use their learning to...

Be actively participating in a variety of activities in multiple settings every day.

Essential Questions

Why is it important to be physically active?

Acquisition

- I can chart and analyze my physical activity outside of school. (math)
- I am physically active every day.
- I do warmups and cool downs during physical activity.
- I can identify the five parts of fitness.
- I can design and follow a fitness plan.
- I can analyze food choices. (nutrition and health)
- I can compare health benefits of different physical activities.
- I can express my enjoyment or challenge of participating in physical activities.
- I can analyze why an activity was enjoyable or challenging.
- I can describe social benefits of activities.

Standards

Society of Health and Physical Educators Standards

Key to Standard Notation:

S3.E1.5: **S3** (*number of standard*) **E1** (*Elementary and domain*) **5** (*grade level*)

3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

S3.E1.5: Charts and analyzes physical activity outside physical education class for fitness benefits of activities.

S3.E2.5: Actively engages in all the activities of physical education.

S3.E3.5: Differentiates between skill-related and health-related fitness.

S3.E4.5: Identifies the need for warmup and cool-down relative to various physical activities.

S3.E5.5a: Analyzes results of fitness assessment (pre- and post-), comparing results to fitness components for good health.

S3.E5.5b: Designs a fitness plan to address ways to use physical activity to enhance fitness.

S3.E6.5: Analyzes the impact of food choices relative to physical activity, youth sports, and personal health.

5. Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

S5.E1.5: Compares the health benefits of participating in selected physical activities.

S5.E2.5: Expresses (via written essay, visual art, creative dance) the enjoyment and/or challenge of participating in a favorite physical activity.

S5.E3.5: Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.

S5.E4.5: Describes the social benefits gained from participating in physical activity.

[Society of Health and Physical Educators Standards](#)

References:

American Alliance for Health, Physical Education, Recreation, and Dance. (2013). *Grade-level outcomes for K-12 physical education*. Reston, VA: Author.