

NORTH CAROLINA STANDARD COURSE OF STUDY
Physical Education K-9

MS = Motor Skills, MC = Movement Concepts, HF = Health-Related Fitness, PR = Personal/Social Responsibility

Note: These standards and objectives are not intended to be the curriculum, nor do they indicate the whole of a curriculum which will be written by a local public-school unit (PSU) or school. The standards for this course have been developed to serve as the framework which will guide each PSU in the development of the curriculum for K-9 Physical Education.

Motor Skills	
Standard	Objectives
K.MS.1 Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.	PE.K.MS.1.1 Demonstrate recognizable forms of the locomotor skills (walk, run, jump, hop, skip, gallop, leap, slide).
	PE.K.MS.1.2 Demonstrate recognizable forms of manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking).
	PE.K.MS.1.3 Demonstrate transitions between locomotor skills with recognizable forms.
	PE.K.MS.1.4 Demonstrate rhythmic locomotor and non-locomotor movements to a beat.

Movement Concepts	
Standard	Objectives
K.MC.2 Demonstrate understanding of concepts that apply to the learning and performance of movement.	PE.K.MC.2.1 Demonstrate understanding of the movement concepts of space, pathways, and speed through movement.
	PE.K.MC.2.2 Identify one or more of the critical elements for fundamental manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking).
	PE.K.MC.2.3 Use teacher feedback to improve basic motor performance.



Health-Related Fitness	
Standard	Objectives
K.HF.3 Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.	PE.K.HF.3.1 Identify one or more of the five health-related fitness components of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, or body composition and their associated exercises. PE.K.HF.3.2 Identify opportunities for increased physical activity. PE.K.HF.3.3 Actively participate in physical education class.

Personal/Social Responsibility	
Standard	Objectives
K.PR.4 Demonstrate responsible personal and social behavior that respects self and others.	PE.K.PR.4.1 Demonstrate cooperation by following directions in group settings. PE.K.PR.4.2 Demonstrate understanding of physical activities that are enjoyable. PE.K.PR.4.3 Demonstrate safe practices when engaging in physical activities with minimal teacher reminders.

Motor Skills	
Standard	Objectives
1.MS.1 Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.	PE.1.MS.1.1 Demonstrate recognizable forms of all eight basic locomotor skills (walk, run, jump, hop, skip, gallop, leap, slide) in different pathways, levels, or directions. PE.1.MS.1.2 Demonstrate recognizable forms of manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking). PE.1.MS.1.3 Demonstrate transitions between sequential locomotor skills. PE.1.MS.1.4 Demonstrate a combination of rhythmic locomotor and non-locomotor movements to a beat.

Movement Concepts	
Standard	Objectives
1.MC.2 Demonstrate understanding of concepts that apply to the learning and performance of movement.	PE.1.MC.2.1 Demonstrate understanding of the movement concepts of space, pathways, and speed through movement. PE.1.MC.2.2 Identify two or more of the critical elements for fundamental manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking). PE.1.MC.2.3 Use teacher and peer feedback to improve basic motor performance.

Health-Related Fitness	
Standard	Objectives
1.HF.3 Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.	PE.1.HF.3.1 Identify two or more of the five health-related fitness components of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, or body composition and their associated exercises. PE.1.HF.3.2 Identify benefits of being physically active. PE.1.HF.3.3 Actively engage in physical education class.

Personal/Social Responsibility	
Standard	Objectives
1.PR.4 Demonstrate responsible personal and social behavior that respects self and others.	PE.1.PR.4.1 Demonstrate cooperation by following directions and accepting responsibility in group settings. PE.1.PR.4.2 Demonstrate understanding of positive feelings that result from participation in physical activity. PE.1.PR.4.3 Demonstrate safe practices when engaging in physical activities with no teacher reminders.

Motor Skills	
Standard	Objectives
2.MS.1 Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.	<p>PE.2.MS.1.1 Demonstrate mature form of 6 or more locomotor skills (walk, run, jump, hop, skip, gallop, leap, slide) using different pathways, levels, or directions.</p> <p>PE.2.MS.1.2 Demonstrate emerging forms of a variety of manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking).</p> <p>PE.2.MS.1.3 Demonstrate combinations of locomotor skills with emerging form.</p> <p>PE.2.MS.1.4 Perform a teacher and/or student designed rhythmic activity with correct response to simple rhythms.</p>

Movement Concepts	
Standard	Objectives
2.MC.2 Demonstrate understanding of concepts that apply to the learning and performance of movement.	<p>PE.2.MC.2.1 Demonstrate understanding of the movement concepts of space, pathways, levels, speed, and force through combined movement skills.</p> <p>PE.2.MC.2.2 Identify three or more of the critical elements for fundamental manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking).</p> <p>PE.2.MC.2.3 Explain the value of feedback in improving motor performance.</p>

Health-Related Fitness	
Standard	Objectives
2.HF.3 Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.	<p>PE.2.HF.3.1 Identify three or more of the five health-related fitness components of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, or body composition and their associated exercises.</p> <p>PE.2.HF.3.2 Identify ways to be physically active outside of physical education class.</p> <p>PE.2.HF.3.3 Actively engage in physical education class in response to instruction and practice.</p>



Personal/Social Responsibility	
Standard	Objectives
2.PR.4 Demonstrate responsible personal and social behavior that respects self and others.	PE.2.PR.4.1 Demonstrate ability to work independently and cooperatively with others in a variety of class environments. PE.2.PR.4.2 Demonstrate understanding of physical activities that provide opportunities for self-expression. PE.2.PR.4.3 Demonstrate the ability to work independently and safely in Physical Education.

Motor Skills	
Standard	Objectives
3.MS.1 Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.	PE.3.MS.1.1 Demonstrate combinations of locomotor skills (walk, run, jump, hop, skip, gallop, leap, slide) with maturing form and smooth transitions. PE.3.MS.1.2 Demonstrate maturing form of a variety of manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking) using different pathways, levels, or directions. PE.3.MS.1.3 Demonstrate combinations of locomotor and manipulative skills with emerging form. PE.3.MS.1.4 Demonstrate rhythmic sequences with smooth transitions.

Movement Concepts	
Standard	Objectives
3.MC.2 Demonstrate understanding of concepts that apply to the learning and performance of movement.	PE.3.MC.2.1 Demonstrate combinations of the movement concepts of direction, levels, force, time with skills as directed by the teacher. PE.3.MC.2.2 Demonstrate understanding of the critical elements of manipulative skills through successful performance. PE.3.MC.2.3 Use evaluative tools to demonstrate understanding of successful skill performance.



Health-Related Fitness	
Standard	Objectives
3.HF.3 Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.	PE.3.HF.3.1 Identify four or more of the five health-related fitness components of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition and their associated exercises. PE.3.HF.3.2 Demonstrate understanding of physical activity as a way to become healthier. PE.3.HF.3.3 Develop personal goals to improve one or more of the health-related fitness components.

Personal/Social Responsibility	
Standard	Objectives
3.PR.4 Demonstrate responsible personal and social behavior that respects self and others.	PE.3.PR.4.1 Demonstrate personal and social responsibility in a variety of class environments. PE.3.PR.4.2 Demonstrate understanding of the positive social interactions that come when engaged with others in physical activity. PE.3.PR.4.3 Demonstrate independent and safe practices when engaging in various physical activities.

Motor Skills	
Standard	Objectives
4.MS.1 Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.	PE.4.MS.1.1 Demonstrate mature form of locomotor skills required in a variety of physical activity settings. PE.4.MS.1.2 Demonstrate mature form of a variety of manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking) in varied physical activity settings. PE.4.MS.1.3 Demonstrate combinations of locomotor and manipulative skills in a variety of physical activity settings. PE.4.MS.1.4 Demonstrate combinations of movement patterns and/or dance steps in an original sequence.

Movement Concepts	
Standard	Objectives
4.MC.2 Demonstrate understanding of concepts that apply to the learning and performance of movement.	PE.4.MC.2.1 Demonstrate understanding of manipulative skill combinations in small-sided practice tasks. PE.4.MC.2.2 Demonstrate understanding of simple offensive and defensive strategies and tactics. PE.4.MC.2.3 Use evaluative tools to improve skill performance of self and others.

Health-Related Fitness	
Standard	Objectives
4.HF.3 Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.	PE.4.HF.3.1 Identify each of the five health-related fitness components of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition and their associated exercises. PE.4.HF.3.2 Evaluate personal opportunities for physical activity outside of physical education class. PE.4.HF.3.3 Develop personal goals to improve two or more of the health-related fitness components.

Personal/Social Responsibility	
Standard	Objectives
4.PR.4 Demonstrate responsible personal and social behavior that respects self and others.	PE.4.PR.4.1 Demonstrate personal and social responsibility in independent group situations. PE.4.PR.4.2 Demonstrate understanding of how positive social interactions help achieve common goals when engaged with others in a variety of physical activities. PE.4.PR.4.3 Demonstrate independent and safe practices when working with peers and equipment in various physical activities.

Motor Skills	
Standard	Objectives
5.MS.1 Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.	PE.5.MS.1.1 Demonstrate mature form in locomotor skills required in a variety of small-sided practice tasks. PE.5.MS.1.2 Demonstrate critical elements in a variety of manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking) in small-sided practice tasks. PE.5.MS.1.3 Demonstrate combinations of locomotor and manipulative skills in a small-sided practice tasks. PE.5.MS.1.4 Demonstrate combinations of rhythmic movement patterns and/or dance steps with smooth transitions.

Movement Concepts	
Standard	Objectives
5.MC.2 Demonstrate understanding of concepts that apply to the learning and performance of movement.	PE.5.MC.2.1 Apply combinations of movement concepts with skills to improve performance. PE.5.MC.2.2 Explain basic offensive and defensive strategies used in small-sided practice tasks. PE.5.MC.2.3 Demonstrate understanding of manipulative skill through successful evaluation of performance.

Health-Related Fitness	
Standard	Objectives
5.HF.3 Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.	PE.5.HF.3.1 Identify differences between health-related and skill-related fitness components. PE.5.HF.3.2 Identify differences in aerobic and anaerobic activities. PE.5.HF.3.3 Develop personal goals to improve three or more of the health-related fitness components.

Personal/Social Responsibility	
Standard	Objectives
5.PR.4 Demonstrate responsible personal and social behavior that respects self and others.	PE.5.PR.4.1 Demonstrate engagement in physical activity with responsible interpersonal behavior. PE.5.PR.4.2 Demonstrate understanding of the social benefits gained from participating in physical activities to achieve common goals. PE.5.PR.4.3 Demonstrate age-appropriate safety principles independently when engaging in various physical activities.

6 – 8 Grade Band Motor Skills	
Standard	Objectives
By the end of grade 8 6-8.MS.1 Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.	PE.6-8.MS.1.1 Demonstrate competency in specialized skills and combination skills for sports and games. PE.6-8.MS.1.2 Apply game strategies and tactics during game play. PE.6-8.MS.1.3 Demonstrate competency in specialized skills and/or combination skills for individual performance activities, outdoor pursuits, or aquatics. PE.6-8.MS.1.4 Perform various movement combinations that will allow emphasis on keeping the beat of the music. PE.6-8.MS.1.5 Demonstrate correct technique for cardiorespiratory endurance, resistance training, and flexibility exercises.

6 – 8 Grade Band Movement Concepts	
Standard	Objectives
By the end of grade 8 6-8.MC.2 Demonstrate understanding of concepts that apply to the learning and performance of movement.	PE.6-8.MC.2.1 Apply concepts and principles related to movement and performance in static or dynamic settings. PE.6-8.MC.2.2 Explain how to apply game strategies and tactics at appropriate times and in appropriate ways. PE.6-8.MC.2.3 Demonstrate understanding of the proper form and the mechanics of various skills or sequences of movement to improve performance.



6 – 8 Grade Band Health-Related Fitness	
Standard	Objectives
<p>By the end of grade 8 6-8.HF.3 Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.</p>	<p>PE.6-8.HF.3.1 Describe the FITT principle and training principles (frequency, intensity, time, type, overload, progression, specificity), and how they affect physical fitness for each of the five health-related fitness components.</p> <p>PE.6-8.HF.3.2 Summarize the potential short-and long-term physical, social, and emotional benefits of physical activity.</p> <p>PE.6-8.HF.3.3 Evaluate progress towards achieving physical activity and fitness guidelines.</p> <p>PE.6-8.HF.3.4 Participate in a variety of moderate to vigorous, muscle fitness, and flexibility activities, with the goal of accumulating at least 60 minutes of physical activity at least 5 days per week.</p>

6 – 8 Grade Band Personal/Social Responsibility	
Standard	Objectives
<p>By the end of grade 8 6-8.PR.4 Demonstrate responsible personal and social behavior that respects self and others.</p>	<p>PE.6-8.PR.4.1 Demonstrate self-management, responsible decision making, and problem-solving skills in a physical activity setting.</p> <p>PE.6-8.PR.4.2 Demonstrate skills to work cooperatively within a group to establish and achieve group goals in physical activity settings.</p> <p>PE.6-8.PR.4.3 Apply relationship skills and strategies that promote team/group dynamics and inclusion.</p> <p>PE.6-8.PR.4.4 Implement the skills needed to avoid and resolve conflicts independently.</p>

Motor Skills	
Standard	Objectives
9.MS.1 Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.	<p>PE.9.MS.1.1 Integrate specialized skills and combination skills appropriately during live game play.</p> <p>PE.9.MS.1.2 Implement appropriate strategies and tactics based on varying game conditions.</p> <p>PE.9.MS.1.3 Demonstrate basic and advanced skills to participate successfully in lifetime individual activities.</p> <p>PE.9.MS.1.4 Design and perform various movement combinations that will allow emphasis on keeping the beat of the music.</p> <p>PE.9.MS.1.5 Apply correct technique for cardiorespiratory endurance, resistance training, and flexibility exercises that can lead into lifetime activity.</p>

Movement Concepts	
Standard	Objectives
9.MC.2 Demonstrate understanding of concepts that apply to the learning and performance of movement.	<p>PE.9.MC.2.1 Integrate concepts and principles related to movement and performance in static or dynamic settings.</p> <p>PE.9.MC.2.2 Adapt strategies and tactics based on game conditions and situations.</p> <p>PE.9.MC.2.3 Construct a plan to improve overall performance based on mechanics of movement principles</p>

Health-Related Fitness	
Standard	Objectives
9.HF.3 Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.	<p>PE.9.HF.3.1 Apply FITT and training principles to improve a self-selected component of health-related fitness.</p> <p>PE.9.HF.3.2 Analyze factors that affect personal health and physical activity behaviors to determine appropriate goals and strategies to improve health-related outcomes.</p> <p>PE.9.HF.3.3 Design and implement a personal physical activity program, based on current physical activity and fitness status, that applies SMART goal setting, FITT, and training principles.</p> <p>PE.9.HF.3.4 Participate in targeted activities based on interests, accessibility, and personal goals to improve health-related fitness.</p>

Personal/Social Responsibility	
Standard	Objectives
<p>9.PR.4 Demonstrate responsible personal and social behavior that respects self and others.</p>	<p>PE.9.PR.4.1 Implement leadership skills to promote responsibility in self and others.</p> <p>PE.9.PR.4.2 Develop and execute group norms to establish and achieve group goals in competitive as well as cooperative physical activity settings.</p> <p>PE.9.PR.4.3 Apply relationship skills and strategies that promote team/group dynamics and inclusion.</p> <p>PE.9.PR.4.4 Model leadership skills, effective communication, problem solving, and conflict resolution to promote positive team/group dynamics.</p>

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