School Specialist Phone

Centennial Phyllis Schroeder 323-4290

Grimsrud Stacy Hellman 323-4150

Highland Acres Kurt Weinberg 323-4160

Liberty Tami Doppler 323-4320

Lincoln Jason Fraase 323-4310

Miller Ryan Astle 323-4170

Moses Jon Krantz 323-4180

Murphy Jordan Williams 323-4190

Myhre Rick Tidd 323-4200

Northridge Sherry Berreth 323-4210

 Tammy Duursma

Pioneer Kurt Weinberg 323-4220

Prairie Rose Jennifer Astle 323-4280

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Sunrise Scott Reichenberger 323-4300

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**North Dakota Physical Education Standards**

***Standard 1: MOVEMENT FORMS***

Students use a variety of movement forms.

***Standard 2: MOVEMENT CONCEPTS***

Students use movement concepts and principles in the development of motor skills.

***Standard 3: BENEFITS OF PHYSICAL ACTIVITY***

Students understand the benefits of regular physical activity.

***Standard 4: MAINTAINING PHYSICAL FITNESS***

Students understand how to maintain a health-enhancing level of physical fitness.

***Standard 5: BEHAVIOR AND PHYSICAL ACTIVITY***

Students use responsible personal and social behavior in physical activity settings.



***POSITIVE CHARACTER***

***STRONG MIND***

WE

INSTILL A

LIFE-LONG

PASSION

FOR

MOVEMENT

**BISMARCK ELEMENTARY PHYSICAL EDUCATION**

#### ELEMENTARY PHYSICAL EDUCATION SPECIALISTS:

***HEALTHY BODY***

***\*\*Kindergarten Expectations***

**SKILL AND MOVEMENT PATTERNS**

1. keep my eyes up when moving through general space.
2. keep my hands and feet to myself.
3. move without touching anyone or anything.
4. start and stop on signal.

**FITNESS CONCEPTS**

1. identify body parts.
2. tell you how I feel during and after exercise.
3. tell you why I should play and exercise every day.

**PERSONAL & SOCIAL BEHAVIOR IN PHYSICAL EDUCATION**

1. use active listening.
2. respect myself, equipment, and others.
3. use kind words.
4. play fair and follow the rules.

***\*\*First Grade Expectations***

**SKILL AND MOVEMENT PATTERNS**

1. gallop with correct form.
2. hop with correct form.
3. throw an object underhand with correct form.

**FITNESS CONCEPTS**

1. identify activities that develop flexibility.
2. explain that my heart gets stronger, my muscles get stronger, and my lungs work better when I exercise.

**PERSONAL & SOCIAL BEHAVIOR IN PHYSICAL EDUCATION**

1. tell the difference between following and not following rules and procedures.
2. learn and play games.
3. play fair.
4. play by the rules set by others.

**\*\*Fourth Grade Expectations**

**SKILL AND MOVEMENT PATTERNS**

1. strike a suspended ball.
2. kick a stationary ball.
3. understand the difference between offense and defense.
4. demonstrate how to move to get open for a pass.
5. demonstrate how to keep my body between the ball and other players.

**FITNESS CONCEPTS**

1. describe and identify the benefits of cardio-respiratory endurance.
2. identify my Healthy Fitness Zone.
3. tell the difference between short-term and long-term goals.
4. identify each component of health related physical fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition).

**PERSONAL & SOCIAL BEHAVIOR IN PHYSICAL EDUCATION**

1. distinguish between following and not following rules and procedures.
2. participate in Physical Education classes to stay healthy.
3. show good sportsmanship by playing fair and by the rules.
4. participate safely and cooperatively.

***\*\*Fifth Grade Expectations***

**SKILL AND MOVEMENT PATTERNS**

1. throw and catch a hand-sized object using proper form.
2. determine which skill is needed to be successful in a game type situation.
3. compare offense and defense.
4. perform basic offensive and defensive techniques.

**FITNESS CONCEPTS**

1. define muscular strength and muscular endurance.
2. **define my fitness level by looking at my fitness report.**
3. **identify which activities or exercises will help increase my physical fitness level.**

**PERSONAL & SOCIAL BEHAVIOR IN PHYSICAL EDUCATION**

1. distinguish between following and not following rules and procedures.
2. participate in Physical Education classes to stay healthy.
3. show good sportsmanship by playing fair and by the rules.
4. participate safely and cooperatively.

# *\*\*Second Grade Expectations*

**SKILL AND MOVEMENT PATTERNS**

1. balance on my right foot and on my left foot for 10 seconds.
2. perform one point balance (crane stance, headstand, v-sit) and two point balance for 10 seconds (handstand, side-plank).
3. perform the basic sequence for kicking, throwing and catching correctly.

**FITNESS CONCEPTS**

1. identify and demonstrate activities that develop muscular strength and endurance.
2. explain when my pulse beats faster, my heart is working harder.
3. feel my pulse rate after exercising.

**PERSONAL & SOCIAL BEHAVIOR IN PHYSICAL EDUCATION**

1. tell the difference between following and not following rules and procedures.
2. participate in all activities in Physical Education class to stay healthy.
3. participate safely and cooperatively in all activities.
4. play fair and by the rules.

***\*\*Third Grade Expectations***

**SKILL AND MOVEMENT PATTERNS**

1. skip with proper form.
2. recall and perform a motor skill to complete a task.
3. move in pathways, right and left directions, patterns, and at multiple levels.
4. bend & twist and mimic & mirror with a partner.

**FITNESS CONCEPTS**

1. describe and compare types of physical activities that can improve my health (e.g. bowling compared to aerobics).
2. identify the benefits of flexibility and perform a safe flexibility exercise.
3. describe the importance of practice and conditioning in improving the performance of motor skills.
4. determine how to practice to improve my skills.

**PERSONAL & SOCIAL BEHAVIOR IN PHYSICAL EDUCATION**

1. tell the difference between following and not following rules and procedures.
2. participate in all activities in Physical Education class to stay healthy.
3. participate safely and cooperatively in all activities.
4. play fair and by the rules.

####  I Can’s for Elementary Physical Education