

GRADE LEVEL CONTENT EXPECTATIONS

1 PE

v.03.08

MOTOR SKILLS
AND MOVEMENT
PATTERNS

CONTENT
KNOWLEDGE

FITNESS AND
PHYSICAL
ACTIVITY

PERSONAL AND
SOCIAL
BEHAVIORS AND
VALUES

Welcome to Michigan's K-8 Grade Level Content Expectations

Movement is critical to all aspects of a child's growth and development. Physical education provides unique learning opportunities for students in kindergarten through grade 12 to acquire knowledge, skills, fitness, and attitudes to enhance their quality of life through physical activity.

Physical education is an integral component of the education process. Researchers have shown that students who participate in regular physical education will enjoy enhanced memory and learning, better concentration, and increased problem-solving abilities. Regular physical education encourages a positive attitude towards self and others, which is an important factor in creating a healthy learning environment.

Quality physical education programs provide the foundation for healthy, active lifestyles that support all learning and help ensure success in future pursuits. Statistics related to chronic disease, disability and death, health care costs, and quality of life issues clearly illustrate that there are severe problems associated with attending to the intellectual but not the physical being.

A physically educated person who participates in health-enhancing physical activity:

- demonstrates competence in selected motor skills.
- assesses, achieves, and maintains physical fitness.
- applies cognitive concepts in making wise lifestyle choices.
- exhibits appropriate personal/social character traits while participating in physical activity.



A comprehensive physical education curriculum should be based on the state's K-8 Physical Education Content Standards and Benchmarks.* It should be sequential and developmentally appropriate. Outcomes for each grade level should be identified and assessed.

Based on the Michigan State Board of Education Policy on Quality Physical Education, adopted September 25, 2003, a quality physical education program addresses three critical issues of curriculum, instruction and assessment, in conjunction with an opportunity to learn and should include the following:

Curriculum

- Is aligned with the Michigan K-12 Physical Education Content Standards and Benchmarks.
- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Influences personal and social skill development.

Instruction and Assessment

- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Aligns curriculum, instruction, and assessment.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Keeps all students involved in purposeful activity for a majority of the class period.
- Builds students' confidence and competence in physical abilities.
- Includes students of all abilities and skill levels.

Opportunity to Learn

- Offers instructional periods totaling 150 minutes per week (elementary) and 225 minutes per week (middle and high schools).
- Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- Provides facilities to implement the curriculum for the number of students served.
- Maintains and has enough functional equipment for each student to actively participate.
- Builds students' confidence and competence in physical abilities.
- Includes students of all abilities and skill levels.

*Physical education classes are not to be and should not be used as an arena for interscholastic practices. This is not only unethical, but also does not give credibility to the purposes and goals of the physical education curriculum.

Overview of the Content Expectations

The K-8 Physical Education Grade Level Content Expectations reflect best practices and current research in the teaching and learning of physical education. They build from the Michigan K-12 Physical Education Content Standards and Benchmarks (2007) and the State Board of Education's Policy on Quality Physical Education (2003). These content expectations represent a vision for a relevant physical education curriculum that addresses critical physical education knowledge, skills, fitness, and attitudes for successfully maintaining a physically-active lifestyle during a child's school years and beyond. They specify what a student should know and be able to do at the end of each grade.

Michigan Physical Education Content Standards (2007)

A physically educated person:

demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (M)

demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities. (K)

participates regularly in lifelong physical activity. (M)

achieves and maintains a health-enhancing level of physical fitness. (A)

exhibits responsible personal and social behavior that respects self and others in physical activity settings. (B)

values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. (B)

Please note that, while all the Content Standards are addressed in these K-8 Physical Education Grade Level Content Expectations as a whole, not all standards will be addressed in each strand.

Understanding the Organizational Structure

The expectations in this document are divided into strands with multiple domains within each, as shown on the next page. The skills and content addressed in these expectations will, in practice, be woven together into a coherent physical education curriculum. Beyond the physical education curriculum, students will use the skills and processes to support learning in all content areas.

To allow for ease in referencing expectations, each expectation has been coded with a strand, domain, grade level, and expectation number. For example, M.MC.01.01 indicates:

- M** - Motor Skills and Movement Patterns Strand
- MC** - Movement Concepts Domain
- 01** - First Grade Expectation
- 01** - First Expectation in the Grade-Level Motor Skills Domain

Strands			
Motor Skills and Movement Patterns (M)	Content Knowledge (K)	Fitness and Physical Activity (A)	Personal/Social Behaviors and Values (B)
Domains			
<ul style="list-style-type: none"> - Movement Concepts (MC) <ul style="list-style-type: none"> • Space Awareness • Effort • Relationships - Motor Skills (MS) <ul style="list-style-type: none"> • Non-Locomotor • Locomotor • Manipulative - Aquatics (AQ) - Outdoor Pursuits (OP) - Target Games (TG) - Invasion Games (IG) - Net/Wall Games (NG) - Striking/Fielding Games (SG) - Rhythmic Activities (RA) 	<ul style="list-style-type: none"> - Feedback (FB) - Movement Concepts (MC) <ul style="list-style-type: none"> • Space Awareness • Effort • Relationships - Motor Skills (MS) <ul style="list-style-type: none"> • Non-Locomotor • Locomotor • Manipulative - Aquatics (AQ) - Outdoor Pursuits (OP) - Target Games (TG) - Invasion Games (IG) - Net/Wall Games (NG) - Striking/Fielding Games (SG) - Rhythmic Activities (RA) - Participation Inside/Outside of Physical Education (PA) - Health-Related Fitness (HR) - Physical Activity and Nutrition (AN) - Personal/Social Behaviors (PS) - Regular Participation (RP) - Social Benefits (SB) - Individual Differences (ID) - Feelings (FE) 	<ul style="list-style-type: none"> - Participation During Physical Education (PE) - Participation Outside of Physical Education (PA) - Health-Related Fitness (HR) - Physical Activity and Nutrition (AN) 	<ul style="list-style-type: none"> - Feedback (FB) - Personal/Social Behaviors (PS) - Regular Participation (RP) - Social Benefits (SB) - Individual Differences (ID) - Feelings (FE)
It is the expectation that students utilize internal and external feedback to improve performance across all of the domain strands.			

**MOTOR SKILLS
AND
MOVEMENT
PATTERNS**

Movement Concepts

Space Awareness

Students will...

M.MC.01.01 demonstrate selected elements of space awareness movement concepts for location (e.g., self-space and general space) in isolated settings.

M.MC.01.02 demonstrate selected elements of space awareness movement concepts for directions (i.e., up/down, forward/backward, right/left, and clockwise/counterclockwise) in isolated settings.

M.MC.01.03 demonstrate selected elements of space awareness movement concepts for levels (i.e., low, medium, and high) in isolated settings.

M.MC.01.04 demonstrate selected elements of space awareness movement concepts for pathways (i.e., straight, curved, and zigzag) in isolated settings.

M.MC.01.05 demonstrate selected elements of space awareness movement concepts for extensions (i.e., large/small and far/near) in isolated settings.

Effort

Students will...

M.MC.01.06 demonstrate selected elements of effort movement concepts for time (i.e., fast/slow and sudden/sustained) in isolated settings.

M.MC.01.07 demonstrate selected elements of effort movement concepts for force (i.e., strong and light) in isolated settings.

M.MC.01.08 demonstrate selected elements of effort movement concepts for flow (i.e., bound and free) in isolated settings.

Relationships

Students will...

M.MC.01.09 demonstrate selected elements of relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical, and nonsymmetrical) in isolated settings.

M.MC.01.10 demonstrate selected elements of relationship movement concepts of objects and/or people (i.e., over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside) in isolated settings.

M.MC.01.11 demonstrate selected elements of relationship movement concepts with people (i.e., leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and between groups) in isolated settings.

Motor Skills

Non-Locomotor

Students will...

M.MS.01.01 demonstrate selected elements of non-locomotor skills of balancing, bending, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, jumping, and landing in isolated settings.

Locomotor

Students will...

M.MS.01.02 demonstrate selected elements of mature form of locomotor skills of walk, run, leap, slide, gallop, hop, and skip in isolated settings.

Manipulative

Students will...

M.MS.01.03 demonstrate selected elements of the mature form of manipulative skills of roll and underhand throw in isolated settings.

M.MS.01.04 demonstrate selected elements of the manipulative skills of two-handed catch and kick (stationary) in isolated settings.

*Aquatics

Students will...

M.AQ.01.01 demonstrate selected elements of the basic aquatic skills of front float, back float, and recovery with flotation support in isolated settings.

M.AQ.01.02 demonstrate selected elements of safe water entry and exit with flotation support in isolated settings.

M.AQ.01.03 demonstrate a combination of arms and legs to locomote in the water with flotation support in isolated settings.

M.AQ.01.05 demonstrate putting on a life jacket with teacher guidance in isolated settings.

*The Michigan Department of Education acknowledges that some schools do not have the facilities or community resources to meet all of the aquatics grade level content expectations, however, all water safety grade level content expectations should be met within all physical education programs whether or not pool facilities are available.

Rhythmic Activities

Students will...

M.RA.01.01 demonstrate a movement pattern (locomotor and axial) to even and uneven rhythms.

**CONTENT
KNOWLEDGE**

Feedback

Students will...

K.FB.01.01 use cues from teachers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.

Movement Concepts

Space Awareness

Students will...

K.MC.01.01 identify all space awareness movement concepts for location (e.g., self-space and general space).

K.MC.01.02 identify all space awareness movement concepts for directions (e.g., up/down, forward/backward, and right/left).

K.MC.01.03 identify all space awareness movement concepts for levels (i.e., low, medium, and high).

K.MC.01.04 identify all space awareness movement concepts for pathways (i.e., straight, curved, and zigzag).

K.MC.01.05 identify all space awareness movement concepts for extensions (i.e., large/small and far/near).

Effort

Students will...

K.MC.01.06 identify all effort movement concepts for time (i.e., fast/slow and sudden/sustained).

K.MC.01.07 identify all effort movement concepts for force (i.e., strong and light).

K.MC.01.08 identify all effort movement concepts for flow (i.e., bound and free).

Relationship

Students will...

K.MC.01.09 identify all relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical, and nonsymmetrical).

K.MC.01.10 identify all relationship movement concepts of objects and/or people (e.g., over/under, on/off, front/behind, along/through, meeting/parting, surrounding, around, and alongside).

K.MC.01.11 identify all relationship movement concepts with people (e.g., leading/following, mirroring/matching, unison/contrast, solo, alone in mass, and partners).

Motor Skills

Non-Locomotor

Students will...

K.MS.01.01 identify all the critical elements of the following non-locomotor skills: balancing, bending, stretching, rocking, rolling, curling, twisting, turning, swinging, and landing.

Locomotor

Students will...

K.MS.01.02 identify all the critical elements of the following locomotor skills: walk, run, leap, jump, skip, hop, gallop, slide, and chase.

Manipulative

Students will...

K.MS.01.03 identify selected elements of the following manipulative skills: roll and overhand throw.

Outdoor Pursuits

Students will...

K.OP.01.01 identify selected elements of the seven principles of Leave No Trace (PEAK version) in isolated settings.

K.OP.01.03 identify selected aspects of types of equipment associated with outdoor pursuits.

Rhythmic Activities

Students will...

K.RA.01.01 distinguish between basic rhythmic patterns (e.g., even and uneven).

Participation Inside/Outside of Physical Education

Students will...

K.PA.01.01 identify safety rules and procedures for selected physical activities.

Health-Related Fitness

Students will...

K.HR.01.01 identify three of the five components of health-related fitness.

FITNESS AND PHYSICAL ACTIVITY	<p>Physical Activity and Nutrition</p> <p><i>Students will...</i></p> <p>K.AN.01.01 identify that moderate levels of physical activity increase heart rate, breathing rate, perspiration, etc. (e.g., running, galloping, and hopping).</p> <p>K.AN.01.02 understand that supporting body weight in selected activities develops muscular strength and endurance (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts).</p> <p>K.AN.01.03 recognize flexibility through a full range of motion of major joints.</p>
	<p>Participation During Physical Education</p> <p><i>Students will...</i></p> <p>A.PE.01.01 participate, at a moderate intensity level, in physical activities that focus on skill building rather than on formal game structure, including a variety of locomotor and developmentally appropriate manipulative skills.</p> <p>Participation Outside of Physical Education</p>
	<p><i>Students will...</i></p> <p>A.PA.01.01 participate, at a moderate intensity level, in physical activities that focus on skill building rather than on formal game structure, including a variety of locomotor activities and developmentally appropriate manipulative skills on a daily basis.</p>
	<p>Health-Related Fitness</p> <p><i>Students will...</i></p> <p>A.HR.01.01 recognize three of the five components of health-related fitness.</p>
	<p>Physical Activity and Nutrition</p> <p><i>Students will...</i></p> <p>A.AN.01.01 achieve moderate levels of physical activity that cause increased heart rate, breathing rate, perspiration, etc. (e.g., running, galloping, and hopping).</p> <p>A.AN.01.02 support body weight, briefly, in selected activities (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts) to develop muscular strength and endurance.</p> <p>A.AN.01.03 demonstrate flexibility through a full range of motion of major joints.</p>

**PERSONAL/
SOCIAL
BEHAVIORS
AND VALUES**

Feedback

Students will...

B.FB.01.01 use cues from teachers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.

Personal/Social Behaviors

Students will...

B.PS.01.01 exhibit selected behaviors which exemplify some of the personal/social character traits of responsibility, best effort, and cooperation in isolated settings.

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