

Comprehensive Health and Physical Education **Prepared Graduate Competencies at Grade Levels**

Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities		
Grade Level	Numbering System	Grade Level Expectations
High school	PE09-GR.HS-S.1-GLE.1	Participate at a competent level in a variety of lifelong physical activities.
	PE09-GR.HS-S.1-GLE.2	Understand the cognitive impact of movement.
Eighth Grade	PE09-GR.8-S.1-GLE.1	Demonstrate knowledge of principles and concepts for effective rhythmic motor development
	PE09-GR.8-S.1-GLE.2	Understand and apply game strategies to physical activities and sports
Seventh Grade	PE09-GR.7-S.1-GLE.1	Combine the critical elements of movement and skills concepts
Sixth Grade	PE09-GR.6-S.1-GLE.1	Demonstrate beginning strategies for a variety of games and sports
	PE09-GR.6-S.1-GLE.2	Participate in activities that require problem-solving, cooperation, skill assessment, and teambuilding
Fifth Grade	PE09-GR.5-S.1-GLE.1	Demonstrate mature form for all basic locomotor, nonlocomotor , manipulative, and rhythmic skills
	PE09-GR.5-S.1-GLE.2	Demonstrate understanding of how to combine and apply movement concepts and principles to learn and develop motor skills
Fourth Grade	PE09-GR.4-S.1-GLE.1	Identify the major characteristics of mature locomotor, nonlocomotor , manipulative, and rhythmic skills
Third Grade	PE09-GR.3-S.1-GLE.1	Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports
	PE09-GR.3-S.1-GLE.2	Perform movements that engage the brain to facilitate learning
Second Grade	PE09-GR.2-S.1-GLE.1	Demonstrate the elements of movement in combination with a variety of locomotor skills
	PE09-GR.2-S.1-GLE.2	Demonstrate control and balance in traveling and weight-bearing activities using a variety of body parts and implements
First Grade	PE09-GR.1-S.1-GLE.1	Demonstrate basic locomotor and nonlocomotor skills, and rhythmic and cross-lateral movements
	PE09-GR.1-S.1-GLE.2	Demonstrate fundamental manipulative skills
Kindergarten	PE09-GR.K-S.1-GLE.1	Demonstrate body and spatial awareness through movement
Preschool	PE09-GR.P-S.1-GLE.1	Travel in a variety of directions using basic locomotor skills, and demonstrate understanding of personal and general space
	PE09-GR.P-S.1-GLE.2	Demonstrate balance

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Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performing physical activities		
Grade Level	Numbering System	Grade Level Expectations
High school	PE09-GR.HS-S.1-GLE.3	Apply rules, principles, problem-solving skills and concepts to traditional and nontraditional movement settings.
Sixth Grade	PE09-GR.6-S.1-GLE.3	Use information from a variety of resources to improve performance
Fourth Grade	PE09-GR.4-S.1-GLE.2	Provide and receive feedback to and from peers using the major characteristics of mature locomotor and manipulative skills
Second Grade	PE09-GR.2-S.1-GLE.3	Use feedback to improve performance
First Grade	PE09-GR.1-S.1-GLE.3	Establish a beginning movement vocabulary
Kindergarten	PE09-GR.K-S.1-GLE.2	Locate the major parts of the body

Comprehensive Health and Physical Education **Prepared Graduate Competencies at Grade Levels**

Achieve and maintain a health-enhancing level of physical fitness		
Grade Level	Numbering System	Grade Level Expectations
High school	PE09-GR.HS-S.2-GLE.1	Establish goals based on fitness assessment data, and develop, implement, achieve, and monitor an individual health and fitness plan.
Eighth Grade	PE09-GR.8-S.2-GLE.1	Identify the personal, physiological, and fitness benefits of participating in a variety of physical activities
Sixth Grade	PE09-GR.6-S.2-GLE.1	Set personal goals for improving health-related fitness
	PE09-GR.6-S.2-GLE.2	Demonstrate the ability to perform self-paced cardiovascular endurance activities
Fifth Grade	PE09-GR.5-S.2-GLE.1	Understand and apply basic principles of training to improving physical fitness
	PE09-GR.5-S.2-GLE.2	Demonstrate understanding of skill-related components of fitness and how they affect physical performance
Fourth Grade	PE09-GR.4-S.2-GLE.1	Explain how the health-related components of fitness affect performance when participating in physical activity
	PE09-GR.4-S.2-GLE.2	Recognize the relationship between healthy nutrition and exercise
Third Grade	PE09-GR.3-S.2-GLE.1	Identify the benefits of sustained physical activity that causes increased heart rate and heavy breathing
	PE09-GR.3-S.2-GLE.2	Understand that the body is composed of water, muscle, bones, organs, fat, and other tissues
Second Grade	PE09-GR.2-S.2-GLE.1	Recognize the importance of making the choice to participate in a wide variety of activities that involve locomotion, nonlocomotion, and manipulation of objects outside of physical education class
First Grade	PE09-GR.1-S.2-GLE.1	Identify the body's normal reactions to moderate and vigorous physical activity
Kindergarten	PE09-GR.K-S.2-GLE.3	Understand that physical activity increases the heart rate, making the heart stronger
Preschool	PE09-GR.P-S.2-GLE.1	Recognize the positive feelings experienced during and after physical activity

Comprehensive Health and Physical Education **Prepared Graduate Competencies at Grade Levels**

Participate regularly in physical activity		
Grade Level	Numbering System	Grade Level Expectations
High school	PE09-GR.HS-S.2-GLE.2	Identify community resources to maintain lifelong physical activity
	PE09-GR.HS-S.2-GLE.3	Participate regularly in health-enhancing and personally rewarding physical activity outside of physical education
Eighth Grade	PE09-GR.8-S.2-GLE.1	Identify preferences for lifetime physical activity
	PE09-GR.8-S.2-GLE.3	Determine one's responsibility for developing skills, acquiring knowledge, and achieving fitness
Sixth Grade	PE09-GR.6-S.2-GLE.3	Identify opportunities in school and in the community for regular participation in physical activity to enhance physical fitness
Fifth Grade	PE09-GR.5-S.2-GLE.3	Connect the health-related fitness components to the body systems
Fourth Grade	PE09-GR.4-S.2-GLE.3	Recognize the benefits derived from regular, moderate, and vigorous physical activity
Second Grade	PE09-GR.2-S.2-GLE.2	Identify good brain health habits

Comprehensive Health and Physical Education **Prepared Graduate Competencies at Grade Levels**

Apply knowledge and skills to engage in lifelong healthy eating		
Grade Level	Numbering System	Grade Level Expectations
High School	CH09-GR.HS-S.2-GLE.1	Analyze the benefits of a healthy diet and the consequences of an unhealthy diet
	CH09-GR.HS-S.2-GLE.2	Analyze how family, peers, media, culture, and technology influence healthy eating choices
	CH09-GR.HS-S.2-GLE.3	Demonstrate ways to take responsibility for healthy eating
Seventh Grade	CH09-GR.7-S.2-GLE.1	Analyze factors that influence healthy eating behaviors
	CH09-GR.7-S.2-GLE.2	Demonstrate the ability to make healthy food choices in a variety of settings
Sixth Grade	CH09-GR.6-S.2-GLE.1	Access valid and reliable information, products, and services to enhance healthy eating behaviors
Fifth Grade	CH09-GR.5-S.2-GLE.1	Demonstrate the ability to engage in healthy eating behaviors
Fourth Grade	CH09-GR.4-S.2-GLE.1	Demonstrate the ability to set a goal in order to enhance personal nutrition status
	CH09-GR.4-S.2-GLE.2	Examine the connection between food intake and physical health
Third Grade	CH09-GR.3-S.2-GLE.1	Demonstrate the ability to make and communicate appropriate food choices
Second Grade	CH09-GR.2-S.2-GLE.1	Identify eating and drinking behaviors that contribute to maintaining good health
First Grade	CH09-GR.1-S.2-GLE.1	Eating a variety of foods from the different food groups is vital to promote good health
Kindergarten	CH09-GR.K-S.2-GLE.1	Identify the major food groups and the benefits of eating a variety of foods

Comprehensive Health and Physical Education

Prepared Graduate Competencies at Grade Levels

Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health		
Grade Level	Numbering System	Grade Level Expectations
High School	CH09-GR.HS-S.2- GLE.4	Use a decision-making process to make healthy decisions about relationships and sexual health
	CH09-GR.HS-S.2- GLE.5	Support others in making positive and healthful choices about sexual activity
Eighth Grade	CH09-GR.8-S.2- GLE.1	Describe the physical, emotional, mental, and social benefits of sexual abstinence, and develop strategies to resist pressures to become sexually active
	CH09-GR.8-S.2- GLE.2	Analyze how certain behaviors place one at greater risk for HIV/AIDS, sexually transmitted diseases (STDs), and unintended pregnancy
	CH09-GR.8-S.2- GLE.3	Describe the signs and symptoms of HIV/AIDS and other sexually transmitted diseases (STDs)
Seventh Grade	CH09-GR.7-S.2- GLE.3	Compare and contrast healthy and unhealthy relationships (family, peer, and dating)
	CH09-GR.7-S.2- GLE.4	Analyze the internal and external factors that influence sexual decision-making and activity
	CH09-GR.7-S.2- GLE.5	Define sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS)
Sixth Grade	CH09-GR.6-S.2- GLE.2	Access valid and reliable information regarding qualities of healthy family and peer relationships
	CH09-GR.6-S.2- GLE.3	Comprehend the relationship between feelings and actions
Fifth Grade	CH09-GR.5-S.2- GLE.2	Explain the structure, function, and major parts of the human reproductive system
	CH09-GR.5-S.2- GLE.3	Describe the physical, social, and emotional changes that occur at puberty

Comprehensive Health and Physical Education **Prepared Graduate Competencies at Grade Levels**

Apply knowledge and skills related to health promotion, disease prevention, and health maintenance		
Grade Level	Numbering System	Grade Level Expectations
High School	CH09-GR.HS-S.2- GLE.6	Develop and maintain the ongoing evaluation of factors that impact health, and modify lifestyle accordingly
Eighth Grade	CH09-GR.8-S.2- GLE.4	Promote and enhance health through disease prevention
Sixth Grade	CH09-GR.6-S.2- GLE.4	Analyze how positive health behaviors can benefit people throughout their life span
Fifth Grade	CH09-GR.5-S.2- GLE.4	Demonstrate interpersonal communication skills needed to discuss personal health problems to establish and maintain personal health and wellness
	CH09-GR.5-S.2- GLE.5	Comprehend concepts, and identify strategies to prevent the transmission of disease
Fourth Grade	CH09-GR.4-S.2- GLE.3	Explain that the dimensions of wellness are interrelated and impact personal health
Second Grade	CH09-GR.2-S.2- GLE.2	Recognize basic childhood chronic diseases
First Grade	CH09-GR.1-S.2- GLE.2	Demonstrate health enhancing behaviors to prevent unintentional injury or illness
Kindergarten	CH09-GR.K-S.2- GLE.2	Explain how personal hygiene and cleanliness affect wellness
Preschool	CH09-GR.P-S.2- GLE.1	Develop self-management skills and personal hygiene skills to promote healthy habits

Comprehensive Health and Physical Education **Prepared Graduate Competencies at Grade Levels**

Utilize knowledge and skills to enhance mental, emotional, and social well-being		
Grade Level	Numbering System	Grade Level Expectations
High School	CH09-GR.HS-S.3- GLE.1	Analyze the interrelationship of physical, mental, emotional, and social health
	CH09-GR.HS-S.3- GLE.2	Set goals, and monitor progress on attaining goals for future success
	CH09-GR.HS-S.3- GLE.3	Advocate to improve or maintain positive mental and emotional health for self and others
Eighth Grade	CH09-GR.8-S.3- GLE.1	Access valid school and community resources to help with mental and emotional health concerns
	CH09-GR.8-S.3- GLE.2	Internal and external factors influence mental and emotional health
Seventh Grade	CH09-GR.7-S.3- GLE.1	Demonstrate effective communication skills to express feelings appropriately
	CH09-GR.7-S.3- GLE.2	Develop self-management skills to prevent and manage stress
Sixth Grade	CH09-GR.6-S.3- GLE.1	Understand how to be mentally and emotionally healthy
Fifth Grade	CH09-GR.5-S.3- GLE.1	Analyze internal and external factors that influence mental and emotional health
Fourth Grade	CH09-GR.4-S.3- GLE.1	Identify positive behaviors that support healthy relationships
	CH09-GR.4-S.3- GLE.2	Comprehend concepts related to stress and stress management
Third Grade	CH09-GR.3-S.3- GLE.1	Utilize knowledge and skills to treat self and others with care and respect
	CH09-GR.3-S.3- GLE.2	Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others
First Grade	CH09-GR.1-S.3- GLE.1	Demonstrate how to express emotions in healthy ways
	CH09-GR.1-S.3- GLE.2	Identify parents, guardians, and other trusted adults as resources for information about health
Kindergarten	CH09-GR.K-S.3- GLE.1	Exhibit understanding that one's actions impact others

Comprehensive Health and Physical Education

Prepared Graduate Competencies at Grade Levels

Exhibit responsible personal and social behavior that respects self and others in physical activity settings		
Grade Level	Numbering System	Grade Level Expectations
High school	PE09-GR.HS-S.3- GLE.1	Demonstrate respect for individual differences in physical activity settings.
	PE09-GR.HS-S.3- GLE.2	Demonstrate collaboration, cooperation, and leadership skills
	PE09-GR.HS-S.3- GLE.3	Demonstrate responsible behavior in group settings
Seventh Grade	PE09-GR.7-S.3-GLE.1	Develop strategies to communicate ideas and feelings
	PE09-GR.7-S.3-GLE.2	Demonstrate inclusiveness in and out of classroom settings
Sixth Grade	PE09-GR.6-S.3-GLE.1	Recognize diverse skill performance in others and how that diversity affects game, activity, and sport participation
	PE09-GR.6-S.3-GLE.2	Work cooperatively and productively in a group
Fifth Grade	PE09-GR.5-S.3-GLE.1	Assess and take responsibility for personal behavior and stress management
	PE09-GR.5-S.3-GLE.2	Choose to participate cooperatively and productively in group and individual physical activities
	PE09-GR.5-S.3-GLE.3	Identify personal activity interests and abilities
Third Grade	PE09-GR.3-S.3-GLE.1	Demonstrate positive social behaviors during class
Second Grade	PE09-GR.2-S.3-GLE.1	Demonstrate positive and helpful behavior and words toward other students
First Grade	PE09-GR.1-S.3-GLE.1	Work independently and with others to complete work
	PE09-GR.1-S.3-GLE.2	Follow the rules of an activity
Kindergarten	PE09-GR.K-S.3-GLE.1	Demonstrate respect for self, others, and equipment
	PE09-GR.K-S.3-GLE.2	Demonstrate the ability to follow directions

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Apply knowledge and skills to make health-enhancing decisions regarding the use of alcohol, tobacco, and other drugs		
Grade Level	Numbering System	Grade Level Expectations
High School	CH09-GR.HS-S.4-GLE.1	The impact of individuals' use or nonuse of alcohol or other drugs
	CH09-GR.HS-S.4-GLE.2	Analyze the factors that influence a person's decision to use or not to use alcohol, tobacco, and other drugs
	CH09-GR.HS-S.4-GLE.3	Develop interpersonal communication skills to refuse or avoid alcohol, tobacco, or other drugs
	CH09-GR.HS-S.4-GLE.4	Develop self-management skills to improving health by staying tobacco, alcohol, and drug-free
Eighth Grade	CH09-GR.8-S.4-GLE.1	Analyze influences that impact individuals' use or nonuse of alcohol, tobacco, and other drugs
	CH09-GR.8-S.4-GLE.2	Access valid sources of information about alcohol, tobacco, and other drugs
	CH09-GR.8-S.4-GLE.3	Demonstrate decision-making skills to be alcohol, tobacco and drug-free
Seventh Grade	CH09-GR.7-S.4-GLE.1	Analyze the consequences of using alcohol, tobacco, and other drugs
Sixth Grade	CH09-GR.6-S.4-GLE.1	Analyze the factors that influence a person's decision to use or not to use alcohol and tobacco
	CH09-GR.6-S.4-GLE.2	Demonstrate the ability to avoid alcohol, tobacco, and other drugs
Fifth Grade	CH09-GR.5-S.4-GLE.1	Access valid information about the effects of tobacco use and exposure to second-hand smoke, prescription, and over-the-counter drugs
Fourth Grade	CH09-GR.4-S.4-GLE.1	Identify positive and negative uses for medicines
	CH09-GR.4-S.4-GLE.2	Demonstrate the ability to use interpersonal communication skills to avoid using tobacco
Third Grade	CH09-GR.3-S.4-GLE.1	Examine the dangers of using tobacco products or being exposed to second-hand smoke
Second Grade	CH09-GR.2-S.4-GLE.1	Identify the dangers of using tobacco products and being exposed to second-hand smoke
	CH09-GR.2-S.4-GLE.2	Identify safe and proper use of household products

Comprehensive Health and Physical Education **Prepared Graduate Competencies at Grade Levels**

Apply knowledge and skills that promote healthy, violence-free relationships		
Grade Level	Numbering System	Grade Level Expectations
High School	CH09-GR.HS-S.4-GLE.5	Analyze the factors that influence community and societal beliefs that underlie violence, and describe relationships, attitudes, behavior, and vulnerability to violence
	CH09-GR.HS-S.4-GLE.6	Analyze the underlying causes of self-harming behavior and harming others, and identify steps involved in seeking help
	CH09-GR.HS-S.4-GLE.7	Identify the emotional and physical consequences of violence, and find strategies to deal with, prevent, and report them
	CH09-GR.HS-S.4-GLE.8	Access valid information and resources that provide information about sexual assault and violence
	CH09-GR.HS-S.4-GLE.9	Demonstrate verbal and nonverbal communication skills and strategies to prevent violence
Eighth Grade	CH09-GR.8-S.4-GLE.4	Analyze the factors that influence violent and nonviolent behavior
	CH09-GR.8-S.4-GLE.5	Demonstrate ways to advocate for a positive, respectful school and community environment that supports pro-social behavior
Sixth Grade	CH09-GR.6-S.4-GLE.3	Demonstrate self-management skills to reduce violence and actively participate in violence prevention
Fifth Grade	CH09-GR.5-S.4-GLE.2	Demonstrate pro-social behaviors that reduce the likelihood of physical fighting, violence, and bullying
Fourth Grade	CH09-GR.4-S.4-GLE.3	Demonstrate skills necessary to prevent a conflict from escalating to violence
Third Grade	CH09-GR.3-S.4-GLE.2	Describe pro-social behaviors that enhance healthy interactions with others
Second Grade	CH09-GR.2-S.4-GLE.3	Explain why bullying is harmful and how to respond appropriately
Kindergarten	CH09-GR.K-S.4-GLE.1	Identify the importance of respecting the personal space and boundaries of self and others

Comprehensive Health and Physical Education **Prepared Graduate Competencies at Grade Levels**

Apply personal safety knowledge and skills to prevent and treat intentional or unintentional injury		
Grade Level	Numbering System	Grade Level Expectations
High School	PE09-GR.HS-S.4-GLE.1	Understand the risks and safety factors that may affect participation in physical activity
	PE09-GR.HS-S.4-GLE.2	Demonstrate knowledge of safety and emergency response procedures
	CH09-GR.HS-S.4-GLE.1	Advocate for changes in the home, school, or community that would increase safety
Seventh Grade	PE09-GR.7-S.4-GLE.1	Implement safety procedures in the utilization of space and equipment
	CH09-GR.7-S.4-GLE.2	Demonstrate safety procedures for a variety of situations
Sixth Grade	PE09-GR.6-S.4-GLE.1	Demonstrate knowledge of safe practices in a physical activity setting
	CH09-GR.6-S.4-GLE.4	Demonstrate ways to advocate for safety, and prevent unintentional injuries
Fifth Grade	PE09-GR.5-S.4-GLE.1	Understand and utilize safe and appropriate warm-up, pacing, and cool-down techniques for injury prevention and safe participation
	CH09-GR.5-S.4-GLE.3	Demonstrate basic first aid and safety procedures
Fourth Grade	PE09-GR.4-S.4-GLE.1	Identify and describe the benefits, risks, and safety factors associated with regular participation in physical activity
Third Grade	CH09-GR.3-S.4-GLE.3	Identify ways to prevent injuries at home, in school, and in the community
Second Grade	PE09-GR.2-S.4-GLE.1	Apply rules, procedures, and safe practices to create a safe school environment with little or no reinforcement
	CH09-GR.2-S.4-GLE.5	Demonstrate interpersonal communication skills to prevent injury or to ask for help in an emergency or unsafe situation
First Grade	PE09-GR.1-S.4-GLE.1	Develop movement control for safe participation in games and sports
	CH09-GR.1-S.4-GLE.1	Demonstrate strategies to avoid hazards in the home and community
Kindergarten	CH09-GR.K-S.4-GLE.2	Explain safe behavior as a pedestrian and with motor vehicles
	CH09-GR.K-S.4-GLE.3	Effective communication skills in unsafe situations
Preschool	PE09-GR.P-S.4-GLE.1	Apply safe practices, rules, and procedures
	CH09-GR.P-S.4-GLE.1	Identify ways to be safe while at play