

**South Pasadena Physical Education Standards
Table of Contents**

| | |
|--------------------|---|
| Kindergarten | 2 |
| Grade 1..... | 3 |
| Grade 2..... | 4 |
| Grade 3..... | 5 |
| Grade 4..... | 6 |
| Grade 5..... | 7 |

South Pasadena Physical Education Standards

Kindergarten

- 1.0 Travels in different ways in a large group without bumping into others or falling.
- 2.0 Balances while bending, twisting, or stretching.
- 3.0 Strikes a stationary ball with any part of the body.
- 4.0 Identifies various parts of the body and their location for example; arms, legs, and hands.
- 5.0 Recognizes changes in heart rate.
- 6.0 Follows adult delivery rules.

South Pasadena Physical Education Standards

Grade 1

- 1.0 Travels and changes direction quickly in response to a signal.
- 2.0 Travels in relationship to objects: over, under, behind, and through.
- 3.0 Places the body and limbs in different positions, demonstrating high, middle, and low levels.
- 4.0 Tosses and catches a ball alone or with a partner.
- 5.0 Learns to use equipment safely and responsibly.
- 6.0 Learns to use equipment safely and responsibly.
- 7.0 Begins to recognize changes in his or her body, such as changes in height and weight.
- 8.0 Develops responsibility for expected behaviors on the playground and in the classroom.

South Pasadena Physical Education Standards

Grade 2

1.0 Moves backwards and changes direction quickly and safely without falling.

2.0 Jumps and lands, using a combination of one- and two-foot take-offs and landings.

3.0 Throws a ball hard, demonstrating an overhead technique, a side orientation, and opposition.

4.0 Jumps a self-turned rope repeatedly.

5.0 Skips, hops, gallops, and slides.

South Pasadena Physical Education Standards

Grade 3

1.0 Combines locomotor and nonlocomotor movements, such as combining various travel patterns in relation to music.

2.0 Dribbles a ball continuously, using the hands or feet to control it.

3.0 Maintains flexibility by combining shapes, levels, and pathways into simple sequences.

4.0 Recognizes similar movement concepts in a variety of skills. For example, an underhand movement can be used in a variety of ways.

South Pasadena Physical Education Standards

Grade 4

- 1.0 Leaps, leading with either foot.
- 2.0 Hand-dribbles and foot-dribbles a ball while moving with a group.
- 3.0 Maintains continuous aerobic activity from a specific time.
- 4.0 Describes healthful benefits that result from regular participation in physical activity.

South Pasadena Physical Education Standards

Grade 5

- 1.0 Distinguishes between compliance and noncompliance with game rules.
- 2.0 Uses fundamental strategies (i.e., offensive and defensive strategies) in simple games.
- 3.0 Recognizes that different body types are more effective in certain movement and skills and activities.
- 4.0 Begins to appreciate individual differences within small group competition and cooperation.
- 5.0 Views the practice and perfection of performance in line and folk dances positively.