

# **Physical Education Standards for West Carrollton School District**

Below each standard, is an explanation of ways WCSD physical education teachers work to help students achieve that standard. All physical education teachers are happy to answer your questions about the standards and class activities at any time.

## ***Standard 1 – Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.***

Activities WC PE instructors use to meet this standard include stressing the use of basic motor patterns such as running, jumping, sliding leaping, throwing, catching, kicking, and striking in simple movement games of at the primary level, or for example soccer, flag football, or baseball at the secondary level. Additionally, physical fitness activities such as aerobics or circuit training may also incorporate similar motor skills and movement patterns.

## ***Standard 2 – Demonstrates understanding of movement concepts, principals, strategies, and tactics as they apply to learning and performance of physical activities.***

Activities WC PE instructors use to meet this standard include requiring the use of effective movement patterns and strategies during games and activities such as fitness training (cardiovascular and muscular) or team sports (ex. basketball or track and field events). In addition the student may demonstrate comprehension of such movement concepts through a variety of assessment strategies such as skills testing by the instructor, peer review, self-assessment, fitness testing, or written examinations.

## ***Standard 3 – Participates regularly in physical activity.***

Activities WC PE instructors use to meet this standard include providing weekly Physical Education classes, supporting skill development and its application in extracurricular and recreational sports and activities (ex. football, baseball, martial arts, gymnastics training), offering supplemental physical activity opportunities during and after the school day (intramural activities), as well as encouragement of family fitness activities outside of the school day.

## ***Standard 4 – Achieves and maintains a health-enhancing level of physical fitness.***

Activities WC PE instructors use to meet this standard include fitness training activities such as aerobics, circuit training, weight training, exercise ball activities and games of continuous movement such as soccer, basketball, jumping rope, or rhythm and dance activities. In addition the consistent monitoring and assessment of individual fitness levels is carried out to ensure both the student and their parents are aware of the student's current fitness level, and are informed about strategies to help continually improve and achieve a healthy lifestyle.

***Standard 5 – Exhibits responsible personal and social behavior that respects self and others in physical activity settings.***

Activities WC PE instructors use to meet this standard with our students include cooperation, teamwork and interpersonal skill building activities, and the firm, fair and consistent implementation of gymnasium rules and regulations so that students learn the value of mutual respect and consideration for others.

***Standard 6 – Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.***

Activities WC PE instructors use to meet this standard include offering a variety of individual (ex. aerobics, bowling), paired (ex. tennis, Frisbee), team (ex. basketball, floor hockey), and lifetime leisure (ex. golf, bocce ball) activities. The skills sets required for all the activities students are engaged in are incorporated and taught in a developmentally appropriate way at each grade level in accordance with the West Carrollton PE course of study.