

**Elementary School Physical Education
Fitness Theme Pk - 5**

Skill Theme	SHAPE Standard	Exit Outcomes
Pre-K	Participates in activities that increase the heart rate. (S3.PK.3a)	Demonstrate Aerobic Capacity, Muscular strength, and Flexibility through play.
	Identifies foods that fuel your body. (S3.PK.4a) Recognizes the relationship between nutrition and physical activity. (S3.PK.4b)	Identify Heart Healthy foods
	Identifies the chest as a place on the body to feel their heartbeat with one hand. (S3.PK.3b)	Name ways exercise affects the body
Grade K	Recognizes that when you move fast, your heart beats faster and you breathe faster. (S3.GK.3a)	Recognize that when you move fast, your heart beats faster and you breathe harder
	Recognizes that food provides energy for physical activity. (S3.GK.4)	Identify Healthy foods and drinks
	Identifies active play opportunities outside physical education class. (S3.GK.1)	Identify healthy activities outside of Physical Education Class
	Participates actively in physical education class. (S3.GK.2)	
Grade 1	Discusses the benefits of being active and exercising and/ or playing. (S3.G1.1)	Identify the Benefits of Exercise
	Identifies the heart as a muscle that grows stronger with exercise, play and physical activity. (S3.G1.3a)	Locate Pulse
	Identifies nutrient dense foods. (S3.G1.4)	Identify healthy foods according to the "Choose Myplate" guidelines.
Grade 2	Describes physical activities for participation outside physical education class (S3.G2.1)	Identify the benefits of healthy exercise outside of class
	Utilizes own body as resistance for developing strength. (S3.G2.3a)	Identify the health-related components of fitness
	Identifies physical activities that contribute to fitness. (S3.G2.3b)	
	Recognizes the correlation of good nutrition with physical activity. (S3.G2.4)	Identify the relationship between nutrition and physical activity

**Elementary School Physical Education
Fitness Theme Pk - 5**

Skill Theme	SHAPE Standard	Exit Outcomes
Grade 3	Describes the concepts of fitness and provides examples of physical activity to enhance fitness. (S3.G3.3a)	Match health related fitness components to activities that develop each component
Grade 4	Identifies the components of health-related fitness. (S3.G4.3a)	Demonstrate a student created example for each health-related fitness component
	Discusses the importance of hydration and hydration choices relative to physical activities. (S3.G6.4)	Explain the relationship between nutrition, hydration and physical activity
	Identifies areas of needed remediation from personal test and, with teacher assistance, identifies strategies for progress in those areas. (S3.G4.4b)	Analyze personal Fitnessgram results to create an activity plan for improvement.
Grade 5	Engages actively in all the activities of physical education. (S3.G5.2) Identifies the need for warm-up and cool-down relative to various physical activities. (S3.G5.3b)	Explain how the body systems respond the exercise
	Designs a fitness plan to address ways to use physical activity to enhance fitness. (S3.G5.4b)	Analyze personal Fitnessgram results to create an activity plan for improvement.