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## PHYSICAL EDUCATION

### **Movement Competence and Understanding**

*First Grade students will know and be able to:*

- Balance at different levels on different body parts, demonstrate locomotor movements in a variety of pathways and levels, demonstrate both static and dynamic balances
- Manipulate objects such as jump ropes, scarves, hoops, and balls, throw a ball while stepping forward in opposition, catch a thrown large object with both hands, strike a stationary object with body parts or light implements.
- Distinguish between a jog and a run, recognize personal space, high and low levels, fast and slow speeds, light and heavy weights, balance, and twist

### **Emotional and Social Wellness**

*First Grade students will know and be able to:*

- Identify and demonstrate the attributes of being an effective partner or group member in physical activity
- Accept responsibility for one's behavior in a game situation

### **Physical and Personal Wellness**

*First Grade students will know and be able to:*

- Identify and perform specific exercises that can be done to improve the muscular strength and endurance

### **Prevention and Risk Management**

*First Grade students will know and be able to:*

- Demonstrate the ability to follow verbal and nonverbal instruction

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## MUSIC

### **Expression**

*First Grade students will know and be able to:*

- Sing, dance, move and play instruments in groups and alone
- Perform basic rhythms and melodies

### **Creation**

*First Grade students will know and be able to:*

- Create music to sing and play alone and with others
- Find patterns in music

### **Aesthetic Valuation**

*First Grade students will know and be able to:*

- Show how to be a respectful performer and audience member
- Understand the basic parts of music performance
- Identify music as a meaningful part of everyday life

### **Theory**

*First Grade students will know and be able to:*

- Hear and show changes in volume and speed of music
- Tell instruments and voices apart
- Hear the different sections of a song
- Understand basic rhythms and melodies

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## ART

### **Observe and Learn to Comprehend**

*First Grade students will know and be able to:*

- Recognize that works of art express feelings
- Recognize that art tells the stories of people, places and things

### **Invent and Discover to Create**

*First Grade students will know and be able to:*

- Create art to express feelings, ideas or emotions
- Demonstrate age appropriate studio skills

### **Relate and Connect to Transfer**

*First Grade students will know and be able to:*

- Understand that artists and viewers contribute and connect to the community

### **Envision and Critique to Reflect**

*First Grade students will know and be able to:*

- Respond to their works of art as well as the works of others

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## PHYSICAL EDUCATION

### **Movement Competence and Understanding**

*Second Grade students will know and be able to:*

- Demonstrate smooth transitions between sequential motor skills such as running into a jump
- Demonstrate static and dynamic balance on lines, low beams or benches, create a routine that includes two types of body rolls and a stationary balance position after each roll
- Use instructor feedback to identify strengths and weaknesses as well as modifications that need to be made to improve performance of a skill or physical movement

### **Physical and Personal Wellness**

*Second Grade students will know and be able to:*

- Correctly identify activities and the locomotor, nonlocomotor, and manipulative skill involved
- Explain the fuel requirements of the body during physical activity and inactivity

### **Emotional and Social Wellness**

*Second Grade students will know and be able to:*

- Encourage others by using verbal and nonverbal communication

### **Prevention and Risk Management**

*Second Grade students will know and be able to:*

- Maintain safety within personal space while using implements

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## MUSIC

### **Expression**

*Second Grade students will know and be able to:*

- Sing, dance, move and play simple songs in small groups and alone
- Perform simple rhythms, melodies and harmonies

### **Creation**

*Second Grade students will know and be able to:*

- Create simple musical questions and answers alone and with others
- Find rhythmic and melodic patterns in written music

### **Aesthetic Valuation**

*Second Grade students will know and be able to:*

- Show how to be a respectful performer and audience member
- Respond to music using movement and music vocabulary
- Identify music as a meaningful part of everyday life

### **Theory**

*Second Grade students will know and be able to:*

- Show and describe the volume, speed, and pulse of music using music vocabulary
- Apply beginning music reading skills and be able to hear and label the different sections of a song
- Tell instruments and voices apart
- Understand beginning rhythms and melodies

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## ART

### **Observe and Learn to Comprehend**

*Second Grade students will know and be able to:*

- Make choices that communicate ideas in works of art
- Use elements and principles of design to identify and discuss works of art

### **Envision and Critique to Reflect**

*Second Grade students will know and be able to:*

- Understand that art conveys intended meaning

### **Invent and Discover to Create**

*Second Grade students will know and be able to:*

- Identify and create symbols with which to communicate ideas
- Demonstrate age-appropriate studio skills

### **Relate and Connect to Transfer**

*Second Grade students will know and be able to:*

- Respond to ways that art relates to the community

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## PHYSICAL EDUCATION

### **Movement Competence and Understanding**

*Third Grade students will know and be able to:*

- Demonstrate throwing, catching, striking, or trapping in an activity
- Combine two or more rotational skills

### **Physical and Personal Wellness**

*Third Grade students will know and be able to:*

- Locate heart rate on at least two different pulse points on the body
- Compare heart rate before, during, and after exercise

### **Emotional and Social Wellness**

*Third Grade students will know and be able to:*

- Follow directions, activity-specific rules, procedures, and etiquette with few reminders
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## MUSIC

### **Expression**

*Third Grade students will know and be able to:*

- Play and sing simple melodies from written music
- Perform extended rhythms and melodies

### **Creation**

*Third Grade students will know and be able to:*

- Create short musical sentences and patterns
- Write musical ideas on music paper

### **Aesthetic Valuation**

*Third Grade students will know and be able to:*

- Share their opinions using music vocabulary
- Support musical choices while creating music
- Understand that everyone's experience of music can be different

### **Theory**

*Third Grade students will know and be able to:*

- Use music vocabulary to describe music and be able to demonstrate volume, speed, and pulse
  - Recognize written music and identify sections in music
  - See and hear the difference between singing voices and instrument families
  - See and hear simple melodic, rhythmic, and harmonic patterns.
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## ART

### **Observe and Learn to Comprehend**

*Third Grade students will know and be able to:*

- Identify and apply Elements and Principles in works of art
- Identify recognize that art has intent and purpose

### **Envision and Critique to Reflect**

*Third Grade students will know and be able to:*

- Use art language to respond to their own art and the art of others
  - Make connections among elements and principles, and purposes of art and design
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## PHYSICAL EDUCATION

### **Movement Competence and Understanding**

*Fourth Grade students will know and be able to:*

- Develop and refine a gymnastics sequence that demonstrates smooth transitions, use a variety of manipulatives to throw to a moving target
- Identify critical elements of movements skills when watching a video for self assessment

### **Physical and Personal Wellness**

*Fourth Grade students will know and be able to:*

- Explain the principles of physical fitness: overload, progression and specificity, frequency, intensity, time, and type
- Identify healthy choices for meals and snacks that help to improve physical performance
- Explain how the five health-related fitness components affect ability to participate normally in everyday activities

### **Prevention and Risk Management**

*Fourth Grade students will know and be able to:*

- Identify proper safety equipment for various physical activities such as riding a bicycle, climbing, or playing hockey

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## MUSIC

### **Expression**

*Fourth Grade students will know and be able to:*

- Sing, and play using correct techniques
- Perform a variety of rhythms, melodies and harmonies
- Perform longer melodies from written music

### **Creation**

*Fourth Grade students will know and be able to:*

- Create simple musical ideas while singing or playing
- Create musical ideas and write them using music notation

### **Aesthetic Valuation**

*Fourth Grade students will know and be able to:*

- Explain their own opinions about a piece or type of music using music vocabulary
- Develop respect and understanding for the music styles of others and other cultures

### **Theory**

*Fourth Grade students will know and be able to:*

- Show and describe volume, speed, and pulse of music using a larger music vocabulary
- Hear and label the different sections of a piece and name its form
- Listen to and be able to talk about different musical styles performed by voices and instruments
- Understand more difficult rhythms, melodies, and harmonies

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## ART

### **Observe and Learn to Comprehend**

*Fourth Grade students will know and be able to:*

- Compare and contrast the elements and principles of art to determine meaning in works of art
- Recognize points of view in works of art
- Understand that inference and empathy are used to respond to works of art

### **Envision and Critique to Reflect**

*Fourth Grade students will know and be able to:*

- Evaluate the artistic and aesthetic merits of art in a critique
- Interpret works of art using Elements and Principles of Art

### **Invent and Discover to Create**

*Fourth Grade students will know and be able to:*

- Use media to express and communicate ideas about an issue of personal interest
- Use materials and processes in traditional, unique and inventive ways

### **Relate and Connect to Transfer**

*Fourth Grade students will know and be able to:*

- Make personal connections and infer artistic intent
- Understand that historical time periods and cultural settings are interpreted in works of art

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## PHYSICAL EDUCATION

### **Movement Competence and Understanding**

*Fifth Grade students will know and be able to:*

- Volley an object continuously with a partner, develop and refine a gymnastics sequence or creative dance sequence
- Analyze and correct errors in throw, catch, hand dribble, foot dribble, striking a ball, and volley, and demonstrate control and accuracy

### **Physical and Personal Wellness**

*Fifth Grade students will know and be able to:*

- Engage in moderate to vigorous physical activity at the target heart rate for a minimum of 60 minutes per day
- Identify an exercise that is used to develop agility, balance, coordination, power, reaction time, or speed
- Demonstrate appropriate warm-up procedures before participation in vigorous physical activity

### **Emotional and Social Wellness**

*Fifth Grade students will know and be able to:*

- Set a personal goal to improve a skill, and work toward that goal
- Demonstrate conflict resolution behavior in socially appropriate ways
- Respond to winning and losing in socially appropriate ways

### **Prevention and Risk Management**

*Fifth Grade students will know and be able to:*

- Identify proper warm-up and cool-down techniques

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## MUSIC

### **Expression**

*Fifth Grade students will know and be able to:*

- Sing, and play using correct techniques
- Perform more difficult rhythms, melodies and harmonies
- Perform melodies from written music

### **Creation**

*Fifth Grade students will know and be able to:*

- Create musical ideas while singing or playing over changing chords
- Create musical pieces and write them using music notation

### **Aesthetic Valuation**

*Fifth Grade students will know and be able to:*

- Explain their own opinions about a piece or type of music using music vocabulary
- Discuss how musical elements can cause people to feel different emotions

### **Theory**

*Fifth Grade students will know and be able to:*

- Show and describe volume, speed, and pulse of music using a larger music vocabulary
- Hear and label the different sections of a piece and name its form
- Listen to and be able to talk about more complicated musical examples performed by voices and instruments
- Use more difficult rhythms, melodies, and harmonies

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## ART

### **Observe and Learn to Comprehend**

*Fifth Grade students will know and be able to:*

- Connect multiple characteristics of art
- Recognize that art communicates the human experience
- Analyze the elements and principles of art

### **Envision and Critique to Reflect**

*Fifth Grade students will know and be able to:*

- Use evaluative criteria when responding to works of art
- Use specific methods of planning to support the development of intended meaning

### **Invent and Discover to Create**

*Fifth Grade students will know and be able to:*

- Use media and expression to communicate personal and objective points of view
- Create art using contemporary technological media
- Apply an understanding of art processes and creative thinking to plan and create art

### **Relate and Connect to Transfer**

*Fifth Grade students will know and be able to:*

- Find meaning in works of art
- Make personal connections to art from familiar and unfamiliar cultures