Appendix D

Howard-Suamico School District

PHYSICAL EDUCATION INTENT DOCUMENT

Grade 5-8

HSSD Benchmark (s)		Instruct (I) Assess (A)	WI Standard
Standard A: Uses a variety of basic and advanced movement forms			
PE-A3	Uses rhythmical skills • Punting **OPT 6** • Kicking (field goal, soccer kicks) **OPT 7-8** • Track (Jumping events) **MAN 5 & 7** • Swimming (stokes) **MAN 5-6** • Station work (weight lifting, rope skipping, steps, juggling) **MAN 5-6 / OPT 7-8** • Bowling (3or 5 step approach) **MAN 7-8**	**I**	**B8.2, B8.3**
PE-A4	Uses body control in Physical Activities • Basketball (lay-ups. fee throws) **MAN 5-8** • Softball (pitching, throwing) **OPT 6 / MAN 7-8** • Dribbling (soccer, speedball, hockey) **MAN HOCKEY 5-6 / REST IS ALL OPT 5-8** • Track and Field (shot, disc, hurdles) **MAN 5 & 7** • Station work/Fitness (weight lifting, partner walks, flexed arm hang) **MAN 5-8**	**A**	**B8.3,C8.1**
PE-A5	Uses sport-specific skills for a variety of physical activities • Volleyball (bump, set, serve) **MAN 5-8** • Basketball (dribbling, shooting, passing) **MAN 5-8** • Football (passing, kicking, catching) **OPT 6-8** • Golf (grip, stance, swing, contact) **OPT 7-8** • Soccer/speedball (kicking, dribbling, passing, throws, 1-2 foot lift, goal tending) **OPT 5-8** • Frisbee golf (throw, grip, accuracy) **OPT 7-**8 • Archery (draw, anchor point, release, accuracy) **MAN 5-6 / OPT 7-8** • Lacrosse (scoop, catch, throw, shooting) **OPT 7-8** • Softball (pitching, throwing, catching, fielding) **OPT 5-6 / MAN 7-8** • Swimming (arm pull, flutter kick, breathing, front/back side**) MAN 5-6** • Floor hockey (slap shot, puck control, stick handling, face off, goal tending) **MAN 5-6 / OPT 7-8** • Badminton/Tennis/Pickle (serve, strokes, scoring) **MAN 5-6 / OPT 7-8**	**A**	**B8.1,C8.5**
PE-A6	Uses beginning strategies for net and invasion games • Badminton/Tennis/Pickle/Volleyball (serves, doubles play, different strokes/hits, accuracy) **MAN 5-6 / OPT 7-8**	**A**	**C8.4**
Standard B: Uses movement concepts and principles in the development of motor skills			
PE-B3	Uses feedback to improve performance • Daily practice - individual/group all units	**I**	**F8.2**
PE-B4	Understands the importance of practice in skill development • Daily improvement/prep for skill test	**I**	**C8.3, C8.4**
PE-B5	Understands basic offensive and defensive strategies in structured game environments • Soccer (written quiz) **OPT 7-8** • Basketball (written quiz-modified scoring to promote passing/teamwork) **MAN 7-8**	**I(5-6) A(7-8)**	**B8.2, A8.1**

	• Badminton/Tennis/Pickle (partner play, object placement) **OPT 7-8** • Lacrosse/Floor hockey (player placement –off sides) **OPT 7-8** • Football (line of scrimmage) **OPT 7-8**		
Standard C: Understands the advantages associated with participation in physical activity			
PE-C1	Understands the health benefits of physical activity • Frisbee golf • Golf • Tennis/Badminton/Pickle • Bowling • Biking • Swimming • Fitness/Station work • Softball • Kickball	**I**	**A8.2, D8.1**
PE-C2	Understands the variety of effects of physical activity • Fitness testing **MAN 7-8** • Swimming **MAN 5-6**	**I(5-8)** **A(7-8)**	**B8.4,D8.1 ,G8.4**
Standard D: Understands how to monitor and maintain a health-enhancing level of physical fitness			
PE-D1	Participates in physical activities with effort **MAN 5-8** • Fitness testing • Badminton/pickle • Track and Field • Frisbee Golf **OPT 7-8** • Biking **OPT 7-8**	**A**	**A8.3. D8.2**
PE-D2	Demonstrates cardiovascular endurance in physical activities • Pre-class warm-up (walk and run 5-7 minutes per class period) • Track and Field (short/long distance running, rotating around track to next event) • Fitness/station work (shuttle run, short/long distance running, steps, aerobics)	**I**	**E8.5,E8.3**
PE-D5	Demonstrates muscular strength/endurance/flexibility in physical activity • Fitness testing (sit and reach, flexed arm hang, medicine ball toss, curl-ups, push-ups) **MAN 5-8** • Swimming (front crawl, back stroke) **MAN 5-6** • Track and Field (jumps and throws) **MAN 5 & 7**	**A**	**D8.3**
PE-D6	Monitors intensity of exercise • Weight training/station work	**I**	**E8.2**
PE-D8	Knows the characteristics of a healthy life style • Introduction into units	**I**	**A8.4, D8.4**
Standard E: Understands the social and personal responsibility associated with participation in physical activity			
PE-E1	Follows rules and procedures **MAN 5-8**	**A**	**C8.4,**

PHYSICAL EDUCATION INTENT DOCUMENT

Grade 5-8

	• Directions/instructions given per unit both written and verbal done daily per school		**F8.4, G8.3**
PE-E2	Uses equipment safely and properly **MAN 5-8** • Directions/instructions given per unit both written and verbal done daily per school • Student create a safe environment for themselves and classmates	**A**	**F8.3, C8.4**
PE-E3	Demonstrates safe body control **MAN 5-8** • Directions/instructions given per unit both written and verbal done daily per school • Student create a safe environment for themselves and classmates	**A**	**E8.4**
PE-E4	Demonstrates sportsmanship **MAN 5-8** • Directions/instructions given per unit both written and verbal done daily per school • Students play within the rules and regulations of the games • Students demonstrate appropriate body language and positive attitude • Students help and support other students	**A**	**F8.5,F8.6 G8.4,G8.2**
PE-E6	Understands the importance of a variety of activities outside of school **MAN 5-8** • Directions/instructions given per unit both written and verbal done daily per school	**I**	**E8.1,G8.1**