

Mapping Document for Physical Education Learning Targets

Revision Type	2013-2014 LT	2013-2014 LT Description	2012-2013 LT	2012-2013 LT Description
5	PE.00.K11.A2.03	I can move in a large group without bumping into others or falling in a variety of speeds and loco motor movements (CAS: K.1.1.a&b)	PE.00.01 .01.01	Demonstrate body and spatial awareness through locomotor movement
5	PE.00.K11.C0.03	I can create shapes using a variety of body parts at different levels and combinations (CAS: K.1.1.c)	PE.00.01 .01.01	Demonstrate body and spatial awareness through locomotor movement
5	PE.00.K11.D0.03	I can move in zigzag, curved and straight pathways (CAS: K.1.1.d)	PE.00.01 .01.01	Demonstrate body and spatial awareness through locomotor movement
5	PE.00.K11.E0.03	I can move in opposition and alternately (CAS: K.1.1.e)	PE.00.01 .01.01	Demonstrate body and spatial awareness through locomotor movement
5	PE.00.K11.F0.03	I can move synchronously with others (CAS: K.1.1.f)	PE.00.01 .01.01	Demonstrate body and spatial awareness through locomotor movement
5	PE.00.K11.G0.03	I can chase someone and run away from someone chasing me (CAS: K.1.1.g)	PE.00.01 .01.01	Demonstrate body and spatial awareness through locomotor movement
5	PE.00.K12.A0.03	I can move my body to a variety of visual and verbal instructions (CAS: K.1.2.a)	PE.00.03 .01.01	Locate the major parts of the body
5	PE.00.K12.B0.03	I know the front, back and side of my body (CAS: K.1.2.b)	PE.00.03 .01.01	Locate the major parts of the body
5	PE.00.K21.A0.03	I can tell you that when my heart is beating faster during physical activity it means that I am exercising (CAS: K.2.1.a)	PE.00.05 .01.01	Explain how exercise makes the heart stronger
5	PE.00.K21.B0.03	I can exercise for all of the activity (CAS: K.2.1.b)	PE.00.05 .01.01	Explain how exercise makes the heart stronger
5	PE.00.K21.C0.03	I can tell which activities make my heart beat faster (CAS: K.2.1.c)	PE.00.05 .01.01	Explain how exercise makes the heart stronger
5	PE.00.K31.A0.03	I can share and take turns while not touching others (CAS: K.3.1.a)	PE.00.06 .01.01	Demonstrate respect for self, others and equipment
5	PE.00.K31.B0.03	I can tell someone how I feel when I exercise (CAS: K.3.1.b)	PE.01.05 .02.01	Identify the body's normal reactions to moderate and vigorous physical activity
5	PE.00.K31.C0.03	I can be a leader and a follower (CAS: K.3.1.c)	PE.00.06 .01.01	Demonstrate respect for self, others and equipment
5	PE.00.K31.D0.03	I can help to manage equipment (CAS: K.3.1.d)	PE.00.06 .01.01	Demonstrate respect for self, others and equipment
5	PE.00.K31.E0.03	I can play nicely by myself (CAS: K.3.1.e)	PE.00.06 .01.01	Demonstrate respect for self, others and equipment
5	PE.00.K32.A0.03	I can start and stop when told or signaled (CAS: K.3.2.a)	PE.00.06 .02.01	Demonstrate the ability to follow directions
5	PE.00.K32.B0.03	I can follow a set of instructions (CAS: K.3.2.b)	PE.00.06 .02.01	Demonstrate the ability to follow directions
5	PE.00.K32.C0.03	I can raise my hand and wait my turn when I want to speak (CAS: K.3.2.c)	PE.00.06 .02.01	Demonstrate the ability to follow directions

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5	PE.00.K32.D0.03	I can follow class rules (CAS: K.3.2.d)	PE.00.06 .02.01	Demonstrate the ability to follow directions

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5	PE.01.111.A0.03	I can move in different directions using a variety of loco motor movement such as hopping, sliding, leaping, walking and running (CAS: 1.1.1.a)	PE.01.01 .01.01	Demonstrate basic locomotor movement skills
5	PE.01.111.B0.03	I can move at high, medium and low levels while using a variety of loco motor movements (CAS: 1.1.1.b)	PE.01.01 .01.01	Demonstrate basic locomotor movement skills
5	PE.01.111.C0.03	I can move in a variety of loco motor movements while changing directions quickly in response to a signal (CAS: 1.1.1.c)	PE.01.01 .01.01	Demonstrate basic locomotor movement skills
5	PE.01.111.D0.03	I can perform a simple dance step to a variety of changing rhythms (CAS: 1.1.1.d)	PE.01.01 .04.01	Demonstrate basic rhythmic and cross-lateral movements
5	PE.01.111.E0.03	I can use and manipulate a variety of objects including jump ropes, scarves, hoops and balls (CAS: 1.1.1.e)	PE.01.02 .02.01	Demonstrate upper-body manipulative skills
5	PE.01.111.F0.03	I can balance at different levels on a variety of body parts (CAS: 1.1.1.f)	PE.01.01 .03.01	Demonstrate basic non-locomotor skills
5	PE.01.111.G0.03	I can balance while moving and not moving (CAS: 1.1.1.g)	PE.01.01 .03.01	Demonstrate basic non-locomotor skills
5	PE.01.111.H0.03	I can travel to a variety of beats or perform movements with scarves/ribbons, etc. to a beat (CAS: 1.1.1.h)	PE.01.01 .04.01	Demonstrate basic rhythmic and cross-lateral movements
5	PE.01.111.I0.03	I can perform a singing dance in a group (CAS: 1.1.1.i)	PE.01.01 .04.01	Demonstrate basic rhythmic and cross-lateral movements
5	PE.01.112.A0.03	I can dribble a ball with my dominant hand while standing in place (CAS: 1.1.2.a)	PE.01.02 .02.01	Demonstrate upper-body manipulative skills
5	PE.01.112.B0.03	I can throw a ball with my opposite foot in front (CAS: 1.1.2.b)	PE.01.02 .02.01	Demonstrate upper-body manipulative skills
5	PE.01.112.C0.03	I can strike an object, while using body parts or light implement, to move both stationary and moving objects (CAS: 1.1.2.c)	PE.01.02 .02.01	Demonstrate upper-body manipulative skills
5	PE.01.112.D0.03	I can throw an object with an underhand and overhand motion (CAS: 1.1.2.d)	PE.01.02 .02.01	Demonstrate upper-body manipulative skills
5	PE.01.112.E0.03	I can toss a ball in the air using an underhand motion and catch it before it bounces (CAS: 1.1.2.e)	PE.01.02 .02.01	Demonstrate upper-body manipulative skills
5	PE.01.112.F0.03	I can catch a gently tossed ball using two hands (CAS: 1.1.2.f)	PE.01.02 .02.01	Demonstrate upper-body manipulative skills
4	PE.01.112.G0.03	I can kick a ball that is not moving (CAS: 1.1.2.g)	PE.01.02 .03.01	Demonstrate lower-body manipulative skills
5	PE.01.113.A0.03	I can explain what jog, run, hop, jump, gallop and slide mean (CAS: 1.1.3.a)	PE.01.03 .02.01	Identify movement vocabulary
5	PE.01.113.B0.03	I respond appropriately to a variety of cues (CAS: 1.1.3.b)	PE.01.03 .02.01	Identify movement vocabulary

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5	PE.01.113.C0.03	I can demonstrate high, low, fast, slow, light, heavy, balance, twist and personal space (CAS: 1.1.3.c)	PE.01.03 .02.01	Identify movement vocabulary
5	PE.01.113.D0.03	I can demonstrate the difference between the words self space, team space, and boundaries (CAS: 1.1.3.d)	PE.01.03 .02.01	Identify movement vocabulary
5	PE.01.121.A0.03	I can identify basic exercises that help to strengthen upper, middle (core) and lower body, including sit-ups, push-ups and lunges (CAS: 1.2.1.a)	PE.01.05 .02.01	Identify the body's normal reactions to moderate and vigorous physical activity
5	PE.01.121.B2.03	I can identify activities that require strong muscles to be performed successfully (CAS: 1.2.1.b&d)	PE.01.05 .02.01	Identify the body's normal reactions to moderate and vigorous physical activity
5	PE.01.121.C0.03	I can identify and perform specific exercises that improve muscular strength and endurance in upper, middle (core) and lower body (CAS: 1.2.1.c)	PE.01.05 .02.01	Identify the body's normal reactions to moderate and vigorous physical activity
5	PE.01.131.A0.03	I can identify and demonstrate acceptable responses to challenges, successes, and failures (CAS: 1.3.1.a)	PE.01.06 .03.01	Work alone and with others to demonstrate good sportsmanship
5	PE.01.131.B0.03	I can share equipment and take turns with others (CAS: 1.3.1.b)	PE.01.06 .02.01	Follow the rules of activities
5	PE.01.131.C0.03	I can describe and show what it takes to be a good partner (CAS: 1.3.1.c)	PE.01.06 .02.01	Follow the rules of activities
5	PE.01.131.D0.03	I can share space with an individual or a small group while using fair and friendly play (CAS: 1.3.1.d)	PE.01.06 .03.01	Work alone and with others to demonstrate good sportsmanship
5	PE.01.132.A0.03	I can follow the rules and directions for combinations of movement and activities (CAS: 1.3.2.a)	PE.01.06 .02.01	Follow the rules of activities
5	PE.01.132.B0.03	I can successfully participate in a game with rules that I create (CAS: 1.3.2.b)	PE.01.06 .03.01	Work alone and with others to demonstrate good sportsmanship
5	PE.01.132.C0.03	I follow the rules for simple games (CAS: 1.3.2.c)	PE.01.06 .02.01	Follow the rules of activities
5	PE.01.132.D0.03	I can accept responsibility for my behavior in activities (CAS: 1.3.2.d)	PE.01.06 .03.01	Work alone and with others to demonstrate good sportsmanship
5	PE.01.141.A0.03	I can explain why it is important to follow safety rules (CAS: 1.4.1.a)	PE.01.07 .01.01	Develop movement control for safe participation in games and sports
5	PE.01.141.B0.03	I follow all verbal and non-verbal directions for P.E. activities (CAS: 1.4.1.b)	PE.01.07 .01.01	Develop movement control for safe participation in games and sports

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5	PE.02.211.A0.03	I can combine two or more movement skills smoothly (galloping, sliding, skipping and sliding) (CAS: 2.1.1.a)	PE.02.01 .05.01	Demonstrate combinations of movement skills
5	PE.02.211.B0.03	I can run into a jump, landing safely on two feet (CAS: 2.1.1.b)	PE.02.01 .05.01	Demonstrate combinations of movement skills
5	PE.02.211.C0.03	I can run, hop, skip and jump without falling or bumping into others (CAS: 2.1.1.c)	PE.02.01 .05.01	Demonstrate combinations of movement skills
5	PE.02.211.D0.03	I can show or tell the difference between walking, running, jumping, hopping and leaping (CAS: 2.1.1.d)	PE.02.01 .05.01	Demonstrate combinations of movement skills
5	PE.02.212.A0.03	I can perform different loco motor movements to a variety of beats (CAS: 2.1.2.a)	PE.02.01 .02.01	Demonstrate control and balance while traveling, using different body parts and equipment
5	PE.02.212.B0.03	I can combine two types of body rolls (log roll, egg roll, shoulder roll, forward roll) (CAS: 2.1.2.b)	PE.02.01 .02.01	Demonstrate control and balance while traveling, using different body parts and equipment
5	PE.02.212.C0.03	I can jump a rope repeatedly (CAS: 2.1.2.c)	PE.02.01 .02.01	Demonstrate control and balance while traveling, using different body parts and equipment
5	PE.02.212.D0.03	I can throw, catch, strike and trap objects while standing still and moving towards a partner (CAS: 2.1.2.d)	PE.02.01 .02.01	Demonstrate control and balance while traveling, using different body parts and equipment
5	PE.02.212.E0.03	I can balance objects on various body parts and in various positions (CAS: 2.1.2.e)	PE.02.01 .02.01	Demonstrate control and balance while traveling, using different body parts and equipment
5	PE.02.212.F0.03	I can balance while standing still or while moving on lines or low beams (CAS: 2.1.2.f)	PE.02.01 .02.01	Demonstrate control and balance while traveling, using different body parts and equipment
5	PE.02.213.A0.03	I can use my strengths and weaknesses to improve my skills and movements (CAS: 2.1.3.a)	PE.02.01 .06.01	Use feedback to improve performance
5	PE.02.213.B0.03	I can use instructor feedback to make changes in my skills and movements (CAS: 2.1.3.b)	PE.02.01 .06.01	Use feedback to improve performance
5	PE.02.213.C0.03	I can tell you methods of keeping my brain healthy (CAS: 2.1.3.c)	PE.02.05 .03.01	Identify good brain health habits
5	PE.02.213.D2.03	I can tell why water and healthy foods are important to my body and brain (CAS: 2.1.3.d&e)	PE.02.05 .03.01	Identify good brain health habits
5	PE.02.221.A0.03	I can tell you about different physical activities and the movements involved (CAS: 2.2.1.a)	PE.02.05 .02.01	Recognize the importance of participation in a variety of physical activities outside of physical education class
5	PE.02.221.B0.03	I can identify physical activities that I enjoy doing outside of PE (CAS: 2.2.1.b)	PE.02.05 .02.01	Recognize the importance of participation in a variety of physical activities outside of physical education class
5	PE.02.222.A0.03	I can explain the bodies fuel requirements during exercise and activity (CAS: 2.2.2.a)	PE.02.05 .03.01	Identify good brain health habits
5	PE.02.222.B0.03	I can tell you why it is important to choose healthy foods and drinks and tell you my favorite healthy foods and drinks (CAS: 2.2.2.b)	PE.02.05 .03.01	Identify good brain health habits
5	PE.02.222.C0.03	I can tell you how much sleep I should get each night (CAS: 2.2.2.c)	PE.02.05 .03.01	Identify good brain health habits

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5	PE.02.222.D0.03	I can explain the changes in my body during exercise and how it makes me feel (CAS: 2.2.2.d)	PE.02.05 .03.01	Identify good brain health habits
5	PE.02.222.E0.03	I can identify feelings resulting from challenges, successes and failures that occur in physical activity (CAS: 2.2.2.e)	PE.02.05 .03.01	Identify good brain health habits
5	PE.02.231.A0.03	I can describe and use good behavior while working in small and large groups (CAS: 2.3.1.a)	PE.02.06 .03.01	Demonstrates positive and helpful behavior and words toward other students
5	PE.02.231.B0.03	I can show good and non-distractive behavior while working with others (CAS: 2.3.1.b)	PE.02.06 .03.01	Demonstrates positive and helpful behavior and words toward other students
5	PE.02.231.C0.03	I can encourage others by using kind words and actions (CAS: 2.3.1.c)	PE.02.06 .03.01	Demonstrates positive and helpful behavior and words toward other students
5	PE.02.241.A0.03	I can use P.E. equipment responsibly and safely in small and large groups (CAS: 2.4.1.a)	PE.02.07 .01.01	Apply rules, procedures and safe practices to create a safe physical education class
5	PE.02.241.B0.03	I can follow safety rules for P.E. class (CAS: 2.4.1.b)	PE.02.07 .01.01	Apply rules, procedures and safe practices to create a safe physical education class

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5	PE.03.311.A0.03	I can show different changes of pathways, levels, force and direction with equipment (CAS: 3.1.1.a)	PE.03.04 .01.01	Demonstrate simple movement combinations while participating in activities, games and sports
5	PE.03.311.B0.03	I can jump a long a short rope while doing different skills at different speeds (CAS: 3.1.1.b)	PE.03.04 .01.01	Demonstrate simple movement combinations while participating in activities, games and sports
5	PE.03.311.C2.03	I can combine tossing, dribbling, striking and catching during activities, games and sports (CAS: 3.1.1.c&d)	PE.03.04 .01.01	Demonstrate simple movement combinations while participating in activities, games and sports
5	PE.03.311.E0.03	I can chase, flee, dodge and avoid others (CAS: 3.1.1.e)	PE.03.04 .01.01	Demonstrate simple movement combinations while participating in activities, games and sports
5	PE.03.312.A0.03	I can create and show a movement that crosses mid-line(CAS: 3.1.2.a)	PE.03.01 .04.01	Perform movements that engage the brain while moving
5	PE.03.312.B0.03	I can combine loco motor movements in time to music (CAS: 3.1.2.b)	PE.03.01 .04.01	Perform movements that engage the brain while moving
5	PE.03.312.C0.03	I can jump, toss, dribble or catch to music of a rhythmic beat (CAS: 3.1.2.c)	PE.03.01 .04.01	Perform movements that engage the brain while moving
5	PE.03.312.D0.03	I can perform a basic tinkling step (close-tap-tap) (CAS: 3.1.2.d)	PE.03.01 .04.01	Perform movements that engage the brain while moving
5	PE.03.312.E0.03	I can balance making different shapes with parts of my body (CAS: 3.1.2.e)	PE.03.01 .04.01	Perform movements that engage the brain while moving
1	PE.03.312.F2.03	I can roll different directions with variations multiple rotations (CAS: 3.1.2.f&g)		
5	PE.03.321.A0.03	I can explain why my body perspires, my heart beats faster and I breathe harder when I exercise (CAS: 3.2.1.a)	PE.03.05 .02.01	Identify the benefits of continuous physical activity that causes increased heart and breathing rate
5	PE.03.321.B0.03	I can recognize that my body changes as physical activity gets harder (CAS: 3.2.1.b)	PE.03.05 .02.01	Identify the benefits of continuous physical activity that causes increased heart and breathing rate
5	PE.03.321.C0.03	I can explain how heart, lungs, muscles, blood and oxygen work together during physical activity (CAS: 3.2.1.c)	PE.03.05 .02.01	Identify the benefits of continuous physical activity that causes increased heart and breathing rate
5	PE.03.321.D2.03	I can give examples of vigorous physical activity that I participate in (CAS: 3.2.1.d&e)	PE.03.05 .02.01	Identify the benefits of continuous physical activity that causes increased heart and breathing rate
5	PE.03.321.G0.03	I can explain how drinking water during physical activity helps control body temperature and blood (CAS: 3.2.1.g)	PE.03.05 .02.01	Identify the benefits of continuous physical activity that causes increased heart and breathing rate
5	PE.03.321.H0.03	I can tell you why it is important to pace myself during aerobic activity (CAS: 3.2.1.h)	PE.03.05 .02.01	Identify the benefits of continuous physical activity that causes increased heart and breathing rate
5	PE.03.321.I0.03	I can explain how what I eat affects how long and how hard I can work during physical activity (CAS: 3.2.1.i)	PE.03.05 .02.01	Identify the benefits of continuous physical activity that causes increased heart and breathing rate
5	PE.03.322.A2.03	I can show/tell where my heart and lungs are and feel the heart beat (CAS: 3.2.2.a&c)	PE.03.05 .04.01	Identify what the body is made of
5	PE.03.322.B0.03	I can point to muscles and bones in the body and locate fat (CAS: 3.2.2.b)	PE.03.05 .04.01	Identify what the body is made of

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5	PE.03.322.D0.03	I can compare my heart rate before, during and after exercise and explain it makes the heart stronger (CAS: 3.2.2.d)	PE.03.05 .04.01	Identify what the body is made of
5	PE.03.322.E0.03	I can find my heart rate on two pulse points of my body (CAS: 3.2.2.f)	PE.03.05 .04.01	Identify what the body is made of
5	PE.03.331.A2.03	I can demonstrate what winning and losing with good sportsmanship means (CAS: 3.3.1.a&e)	PE.03.06 .03.01	Demonstrate positive social behaviors during class
5	PE.03.331.B2.03	I can congratulate partners, opponents and teams upon conclusion of activities and games (CAS: 3.3.1.b&g)	PE.03.06 .03.01	Demonstrate positive social behaviors during class
5	PE.03.331.C0.03	I can give and receive feedback from my peers (CAS: 3.3.1.c)	PE.03.06 .03.01	Demonstrate positive social behaviors during class
5	PE.03.331.D0.03	I can explain and follow the directions and rules (CAS: 3.3.1.d)	PE.03.06 .03.01	Demonstrate positive social behaviors during class
5	PE.03.331.F0.03	I can ask a friend to join my group (CAS: 3.3.1.f)	PE.03.06 .03.01	Demonstrate positive social behaviors during class

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5	PE.04.411.A0.03	I can demonstrate how to dribble and pass an object to a moving receiver (CAS: 4.1.1.a)	PE.04.02 .01.01	Demonstrate and identify the main points of mature locomotor and manipulative skills
5	PE.04.411.B0.03	I can explain the correct way to throw, catch and kick a ball to a partner (CAS: 4.1.1.b)	PE.04.02 .01.01	Demonstrate and identify the main points of mature locomotor and manipulative skills
5	PE.04.411.C0.03	I can change and adjust movement skills to changing conditions (different levels, twisting and rhythms) (CAS: 4.1.1.c)	PE.04.02 .01.01	Demonstrate and identify the main points of mature locomotor and manipulative skills
5	PE.04.411.D0.03	I can demonstrate and refine gymnastic patterns and sequences using smooth transitions (CAS: 4.1.1.d)	PE.04.02 .01.01	Demonstrate and identify the main points of mature locomotor and manipulative skills
5	PE.04.411.E2.03	I can create a routine to music or a dance sequence into repeatable pattern alone or with others (CAS: 4.1.1.e&i)	PE.04.02 .01.01	Demonstrate and identify the main points of mature locomotor and manipulative skills
5	PE.04.411.F0.03	I can jump and land for height and distance using mature form (CAS: 4.1.1.f)	PE.04.02 .01.01	Demonstrate and identify the main points of mature locomotor and manipulative skills
5	PE.04.411.G0.03	I can participate in activities that develop agility, balance and coordination (CAS: 4.1.1.g)	PE.04.01 .05.01	Recognize and demonstrate agility, balance, coordination, power, speed, and reaction time in a variety of P.E. activities
5	PE.04.411.G1.03	I participate in activities that develop power, speed and reaction time (CAS: 4.1.1.g)	PE.04.01 .05.01	Recognize and demonstrate agility, balance, coordination, power, speed, and reaction time in a variety of P.E. activities
5	PE.04.411.H0.03	I can demonstrate how to throw, catch and kick a ball to a moving partner (CAS: 4.1.1.h)	PE.04.02 .01.01	Demonstrate and identify the main points of mature locomotor and manipulative skills
5	PE.04.411.J0.03	I can balance with control on a variety of objects (CAS: 4.1.1.j)	PE.04.01 .05.01	Recognize and demonstrate agility, balance, coordination, power, speed, and reaction time in a variety of P.E. activities
5	PE.04.411.K0.03	I can transfer weight between my hands and feet at different speeds (CAS: 4.1.1.k)	PE.04.02 .01.01	Demonstrate and identify the main points of mature locomotor and manipulative skills
5	PE.04.411.L0.03	I can explain and demonstrate the differences between skills such as; punting and kicking, overhand and underhand throwing (CAS: 4.1.1.l)	PE.04.02 .01.01	Demonstrate and identify the main points of mature locomotor and manipulative skills
5	PE.04.412.A0.03	I can watch someone else and recognize and evaluate their movement skills (CAS: 4.1.2.a)	PE.04.01 .06.01	Peer assess mature locomotor and manipulative skills
5	PE.04.412.B0.03	I can identify important elements of movement while watching a video or self assess while participating (CAS: 4.1.2.b)	PE.04.01 .06.01	Peer assess mature locomotor and manipulative skills
5	PE.04.421.A0.03	I can explain each principle of fitness and overload, progression and specificity (FITT) (CAS: 4.2.1.a)	PE.04.05 .05.01	Explain how the health-related components of fitness affect performance during physical activity
5	PE.04.421.B0.03	I can identify correct body alignment for lower body stretches (CAS: 4.2.1.b)	PE.04.05 .05.01	Explain how the health-related components of fitness affect performance during physical activity
5	PE.04.421.C0.03	I can demonstrate an exercise for each of the five health-related components (CAS: 4.2.1.c)	PE.04.05 .05.01	Explain how the health-related components of fitness affect performance during physical activity
5	PE.04.421.D0.03	I can measure my heart rate before, during and after exercise (CAS: 4.2.1.d)	PE.04.05 .05.01	Explain how the health-related components of fitness affect performance during physical activity
5	PE.04.422.A0.03	I can explain why it is important to drink water before, during and after exercise (CAS: 4.2.2.a)	PE.04.05 .06.01	Recognize the relationship between healthy nutrition and exercise

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5	PE.04.422.B0.03	I can identify healthy food, snacks and drinks that help improve performance (CAS: 4.2.2.b)	PE.04.05 .06.01	Recognize the relationship between healthy nutrition and exercise
5	PE.04.423.A0.03	I can explain how being physically active everyday is important to my lifelong health (CAS: 4.2.3.a)	PE.04.05 .02.01	Recognize the benefits of regular moderate to vigorous physical activity
5	PE.04.423.B0.03	I can explain how what my fitness tests tell me and how it relates to my ability to perform activities (CAS: 4.2.3.b)	PE.04.05 .02.01	Recognize the benefits of regular moderate to vigorous physical activity
5	PE.04.423.X0.03	I can set goals to improve my level of fitness	PE.04.05 .02.01	Recognize the benefits of regular moderate to vigorous physical activity
5	PE.04.441.A0.03	I can identify proper safety equipment for physical activities that I do outside of school (CAS: 4.4.1.a)	PE.04.07 .01.01	Identify and demonstrate movement control for safe participation in games and sports
5	PE.04.441.B0.03	I can explain the correct way to push, pull and lift heavy objects (CAS: 4.4.1.b)	PE.04.07 .01.01	Identify and demonstrate movement control for safe participation in games and sports
5	PE.04.441.C0.03	I can tell you the proper clothing and footwear needed for P.E. class (CAS: 4.4.1.c)	PE.04.07 .01.01	Identify and demonstrate movement control for safe participation in games and sports
5	PE.04.441.D0.03	I can help develop a poster of safety and P.E. rules for our class (CAS: 4.4.1.d)	PE.04.07 .01.01	Identify and demonstrate movement control for safe participation in games and sports
5	PE.04.441.E0.03	I can identify the benefits of following safety procedures and rules and the risks of not following them (CAS: 4.4.1.e)	PE.04.07 .01.01	Identify and demonstrate movement control for safe participation in games and sports

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Revision Type	2013-2014 LT	2013-2014 LT Description	2012-2013 LT	2012-2013 LT Description
5	PE.05.511.F0.03	I can demonstrate correct steps and patterns for a dance (CAS: 5.5.1.f)	PE.05.01 .01.01	Demonstrates mature form for all basic locomotor skills
5	PE.05.511.G0.03	I can perform a jump routine with a partner/small group (CAS: 5.1.1.g)	PE.05.01 .01.01	Demonstrates mature form for all basic locomotor skills
5	PE.05.511.H2.03	I can develop and refine mat activities using smooth transitions, combining loco motor/non-loco motor skills (CAS: 5.1.1.h&i)	PE.05.01 .01.01	Demonstrates mature form for all basic locomotor skills
5	PE.05.512.A0.03	I can combine skills to participate in a variety of activities (CAS: 5.1.2.a)	PE.05.04 .02.01	Combine and apply movement skills and concepts
5	PE.05.512.B0.03	I can select appropriate practice options based on the similarities/difference between two skills (CAS: 5.1.2.b)	PE.05.04 .02.01	Combine and apply movement skills and concepts
5	PE.05.512.C0.03	I can choose exercises to improve performance of an activity (CAS: 5.1.2.c)	PE.05.04 .02.01	Combine and apply movement skills and concepts
5	PE.05.512.D0.03	I can analyze and correct errors in throw/catch, hand/foot dribble, strike/volley a ball with control and accuracy (CAS: 5.1.2.d)	PE.05.04 .02.01	Combine and apply movement skills and concepts
5	PE.05.512.E0.03	I can analyze and correct errors in loco motor and non-loco motor movements (CAS: 5.1.2.e)	PE.05.04 .02.01	Combine and apply movement skills and concepts
5	PE.05.512.F0.03	I can analyze and use basic offensive and defensive strategies and apply rules in modified games/activities (CAS: 5.1.2.f)	PE.05.04 .02.01	Combine and apply movement skills and concepts
5	PE.05.512.G0.03	I can analyze and demonstrate a variety of dance movements (CAS: 5.1.2.g)	PE.05.04 .02.01	Combine and apply movement skills and concepts
5	PE.05.521.A2.03	I can determine my cardiovascular training zone by accurately taking a pulse at rest and during exercise (CAS: 5.2.1.a&f)	PE.05.05 .07.01	Understand and apply individual fitness components and how activity can help improve personal fitness
5	PE.05.521.B0.03	I can develop and describe three short and long term fitness goals (CAS: 5.2.1.b)	PE.05.05 .07.01	Understand and apply individual fitness components and how activity can help improve personal fitness
5	PE.05.521.C3.03	I can correctly differentiate the body's response to activities (aerobic/anaerobic) of various intensities (CAS: 5.2.1.c,j,k)	PE.05.05 .07.01	Understand and apply individual fitness components and how activity can help improve personal fitness
5	PE.05.521.D0.03	I can record and analyze food consumption for one day, and make healthy choice adjustments (CAS: 5.2.1.d)	PE.05.05 .07.01	Understand and apply individual fitness components and how activity can help improve personal fitness
5	PE.05.521.E0.03	I can explain the importance of hydrating the body during exercise (CAS: 5.2.1.e)	PE.05.05 .07.01	Understand and apply individual fitness components and how activity can help improve personal fitness
5	PE.05.521.G0.03	I can perform flexibility exercises that will stretch appropriate muscles for a given physical activity (CAS: 5.2.1.g)	PE.05.05 .07.01	Understand and apply individual fitness components and how activity can help improve personal fitness
5	PE.05.521.H0.03	I can identify, select and participate in activities to improve health-related fitness composition (CAS: 5.2.1.h)	PE.05.05 .07.01	Understand and apply individual fitness components and how activity can help improve personal fitness
5	PE.05.521.I0.03	I can engage in activities in my target heart rate zone for the duration of the activity (CAS: 5.2.1.i)	PE.05.05 .07.01	Understand and apply individual fitness components and how activity can help improve personal fitness
5	PE.05.522.A0.03	I can identify an exercise that is used to develop agility, balance, coordination, power, speed and reaction time (CAS: 5.2.2.a)	PE.05.05 .08.01	Demonstrate understanding of skill related components of fitness and how they affect physical performance

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Revision Type	2013-2014 LT	2013-2014 LT Description	2012-2013 LT	2012-2013 LT Description
5	PE.05.522.B0.03	I can create an exercise plan using the skill related components to improve performance in a chosen activity (CAS: 5.2.2.b)	PE.05.05 .08.01	Demonstrate understanding of skill related components of fitness and how they affect physical performance
5	PE.05.523.A0.03	I can explain the importance of participation in fitness-enhancing activities using community resources (CAS: 5.2.3.a)	PE.05.05 .05.01	Connect health related fitness components to physical activity
5	PE.05.523.B0.03	I can demonstrate appropriate warm-up procedures (CAS: 5.2.3.b)	PE.05.05 .05.01	Connect health related fitness components to physical activity
5	PE.05.523.C0.03	I can select healthy balanced meals and snacks that improve my performance (CAS: 5.2.3.c)	PE.05.05 .05.01	Connect health related fitness components to physical activity
5	PE.05.531.A2.03	I can demonstrate responsible behavior and decision making during physical activities and when confronted with negative peer pressure (CAS: 5.3.1.a)	PE.05.06 .05.01	Assess and take responsibility for personal behavior
5	PE.05.531.B0.03	I can participate in activities with good sportsmanship and set goals for improvement (CAS: 5.3.1.b)	PE.05.06 .05.01	Assess and take responsibility for personal behavior
5	PE.05.531.D0.03	I can demonstrate respect for a person who is officiating (CAS: 5.3.1.d)	PE.05.06 .05.01	Assess and take responsibility for personal behavior
5	PE.05.532.A2.03	I can acknowledge and accommodate individual differences in others physical abilities in various activities (CAS: 5.3.2.a)	PE.05.06 .03.01	Work cooperatively and productively in a group and individual physical activity
5	PE.05.532.B0.03	I can listen to the ideas of others in cooperative problem solving activities and incorporate them (CAS: 5.3.2.b)	PE.05.06 .03.01	Work cooperatively and productively in a group and individual physical activity
5	PE.05.532.D0.03	I can officiate an activity, game or sport (CAS: 5.3.2.d)	PE.05.06 .03.01	Work cooperatively and productively in a group and individual physical activity
5	PE.05.532.E0.03	I can participate with a positive and productive attitude during activities (CAS: 5.3.2.e)	PE.05.06 .03.01	Work cooperatively and productively in a group and individual physical activity
5	PE.05.541.A0.03	I can prepare a report, bulletin board, or poster on safety factors for a chosen activity (CAS: 5.4.1.a)	PE.05.07 .01.01	Understand and utilize safe and appropriate warm up, pacing, and cool down techniques for injury prevention and safe participation
5	PE.05.541.B2.03	I can identify proper warm-up and cool-down techniques that prevent injury and prepare the body for activity (CAS: 5.4.1.b&c)	PE.05.07 .01.01	Understand and utilize safe and appropriate warm up, pacing, and cool down techniques for injury prevention and safe participation
5	PE.05.541.D0.03	I can apply safety rules for the activity and area being used (CAS: 5.4.1.d)	PE.05.07 .01.01	Understand and utilize safe and appropriate warm up, pacing, and cool down techniques for injury prevention and safe participation
4	PE.05.542.X0.03	I can be responsible for being prepared daily with proper P.E. attire	PE.05.07 .02.01	Prepared with proper athletic attire

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Revision Type	2013-2014 LT	2013-2014 LT Description	2012-2013 LT	2012-2013 LT Description
5	PE.06.611.A6.03	I can demonstrate beginning strategies using a variety of skills in games/activities (CAS: 6.1.1.a-f)	PE.06.04 .03.01	Apply rules and demonstrate beginning strategies in a game-like situation or activity
5	PE.06.611.G3.03	I can create space by combining relationships, levels, speed, direction, and pathways in lead-up and modified games (CAS: 6.1.1.g-i)	PE.06.04 .03.01	Apply rules and demonstrate beginning strategies in a game-like situation or activity
5	PE.06.611.X0.03	I can understand and apply rules to games and activities	PE.06.04 .03.01	Apply rules and demonstrate beginning strategies in a game-like situation or activity
5	PE.06.612.A2.03	I can participate in and understand initiative and cooperative activities using problem solving skills (CAS: 6.1.2.a&b)	PE.06.06 .03.01	Demonstrate cooperative participation with a positive attitude
5	PE.06.613.A0.03	I can use movement strategies in activities (CAS: 6.1.3.a)	PE.06.04 .03.01	Apply rules and demonstrate beginning strategies in a game-like situation or activity
1	PE.06.613.B0.03	I can analyze and correct errors in movements using feedback (peers, video) (CAS: 6.1.3.b)		
1	PE.06.613.C0.03	I can develop a game using loco motor skills, manipulatives, offensive/defensive strategies and teach it to someone (CAS: 6.1.3.c)		
5	PE.06.621.A0.03	I can compare my physical fitness goals with research-based standards (CAS: 6.2.1.a)	PE.06.05 .05.01	Set personal goals for improving health related fitness
5	PE.06.621.B0.03	I can set a SMART goal to improve muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition (CAS: 6.2.1.b)	PE.06.05 .05.01	Set personal goals for improving health related fitness
4	PE.06.622.A2.03	I can identify my target heart rate and monitor the intensity during physical activity (CAS: 6.2.2.a&b)	PE.06.05 .01.01	Demonstrate the ability to perform self-paced cardiovascular endurance activities
5	PE.06.623.A0.03	I can participate in activities that require muscular strength and endurance (CAS: 6.2.3.a)	PE.06.05 .02.01	Identify opportunities in school and community for regular participation in physical activity to enhance physical fitness
5	PE.06.623.B2.03	I can set realistic goals and strive to attain them through participation (CAS: 6.2.3.b&c)	PE.06.05 .02.01	Identify opportunities in school and community for regular participation in physical activity to enhance physical fitness
5	PE.06.623.X0.03	I can make a list of 20 things I can do to be active outside of Physical Education class that can enhance my fitness	PE.06.05 .02.01	Identify opportunities in school and community for regular participation in physical activity to enhance physical fitness
5	PE.06.623.Y0.03	I can apply researched knowledge about community fitness resources into a personal fitness plan	PE.06.05 .02.01	Identify opportunities in school and community for regular participation in physical activity to enhance physical fitness
5	PE.06.631.A0.03	I can evaluate responsibility in group efforts (CAS: 6.3.1.a)	PE.06.06 .06.01	Recognize diverse skill performance in others by participating cooperatively and productively in group and individual physical activities
5	PE.06.631.B3.03	I can participate effectively on a team with players of different abilities and accept their differences (CAS: 6.3.1.b-d)	PE.06.06 .06.01	Recognize diverse skill performance in others by participating cooperatively and productively in group and individual physical activities
5	PE.06.631.X0.03	I can be verbally supportive and encourage all team members	PE.06.06 .06.01	Recognize diverse skill performance in others by participating cooperatively and productively in group and individual physical activities
5	PE.06.632.A2.03	I can establish and accomplish goals in cooperative and competitive activities and identify the role of each participant (CAS: 6.3.2.a&b)	PE.06.06 .03.01	Demonstrate cooperative participation with a positive attitude

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Revision Type	2013-2014 LT	2013-2014 LT Description	2012-2013 LT	2012-2013 LT Description
5	PE.06.632.C0.03	I can analyze possible solutions to a movement problem in a cooperative activity (CAS: 6.3.2.c)	PE.06.06 .03.01	Demonstrate cooperative participation with a positive attitude
5	PE.06.632.D0.03	I can resolve conflicts with peers (CAS: 6.3.2.d)	PE.06.06 .03.01	Demonstrate cooperative participation with a positive attitude
5	PE.06.632.X0.03	I can show respect for an activity and the equipment	PE.06.06 .03.01	Demonstrate cooperative participation with a positive attitude
5	PE.06.632.Y0.03	I can participate fully with a positive and productive attitude and effort	PE.06.06 .03.01	Demonstrate cooperative participation with a positive attitude
5	PE.06.632.Z0.03	I can demonstrate respect for a person who is officiating/leading an activity	PE.06.06 .03.01	Demonstrate cooperative participation with a positive attitude
5	PE.06.641.A2.03	I can demonstrate the responsible behaviors necessary for safe participation during activity (CAS: 6.4.1.a&b)	PE.06.07 .01.01	Demonstrate movement control for safe participation in games and activities
5	PE.06.641.B3.03	I can explain safety considerations prior to participation and demonstrate safety in all sports and fitness activities (CAS: 6.4.1.b-e)	PE.06.07 .01.01	Demonstrate movement control for safe participation in games and activities
5	PE.06.64D.X0.03	I can identify and participate in safe warm-up and cool-down activities	PE.06.07 .01.01	Demonstrate movement control for safe participation in games and activities
4	PE.06.64D.Y0.03	I am prepared daily with proper athletic attire	PE.06.07 .02.01	Prepared with proper athletic attire
5	PE.06.64D.Z0.03	I can follow the safety rules of an activity including participation, playing conditions and practices	PE.06.07 .01.01	Demonstrate movement control for safe participation in games and activities

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Revision Type	2013-2014 LT	2013-2014 LT Description	2012-2013 LT	2012-2013 LT Description
5	PE.07.711.A0.03	Design and perform dance sequences that combine traveling, balancing, and weight transfer into smooth, flowing sequences with changes in direction, speed and flow (CAS: 7.1.1.a)	PE.07.04 .02.01	Combine the critical elements of movement and skill concepts at an intermediate level
5	PE.07.711.B0.03	Cooperate with another student to create, develop, and refine movement routines based on a theme (CAS: 7.1.1.b)	PE.07.04 .02.01	Combine the critical elements of movement and skill concepts at an intermediate level
5	PE.07.711.C0.03	Create a game, movement, dance or sport with a group (CAS: 7.1.1.c)	PE.07.04 .02.01	Combine the critical elements of movement and skill concepts at an intermediate level
5	PE.07.711.D0.03	Identify and describe key elements in the mature performance of sport specific skills (CAS: 7.1.1.d)	PE.07.04 .02.01	Combine the critical elements of movement and skill concepts at an intermediate level
5	PE.07.711.E0.03	Analyze movement patterns and correct errors (CAS: 7.1.1.e)	PE.07.04 .02.01	Combine the critical elements of movement and skill concepts at an intermediate level
5	PE.07.711.F0.03	Use principles from motor learning (part vs. whole) skill development to establish, monitor and meet goals (CAS: 7.1.1.f)	PE.07.04 .02.01	Combine the critical elements of movement and skill concepts at an intermediate level
5	PE.07.711.G0.03	Compare and contrast the effectiveness of part vs. whole in skill development (CAS: 7.1.1.g)	PE.07.04 .02.01	Combine the critical elements of movement and skill concepts at an intermediate level
5	PE.07.711.H0.03	Diagram and demonstrate basic offensive and defensive strategies for individual and dual physical activities (CAS: 7.1.1.h)	PE.07.04 .02.01	Combine the critical elements of movement and skill concepts at an intermediate level
5	PE.07.711.I0.03	Develop an individual or dual game that uses a manipulative skill, two different offensive strategies, and a scoring system, and teach it to another person (CAS: 7.1.1.i)	PE.07.04 .02.01	Combine the critical elements of movement and skill concepts at an intermediate level
5	PE.07.72D.X0.03	Organize and maintain a physical activity log	PE.07.05 .05.01	Adjust personal goals to reflect growth and improvement needs in health related fitness
5	PE.07.72D.Y0.03	Set and adjust new personal goals to reflect improvement of health related fitness	PE.07.05 .05.01	Adjust personal goals to reflect growth and improvement needs in health related fitness
5	PE.07.72D.Z0.03	Design a basic fitness plan that includes all health related components of fitness	PE.07.05 .05.01	Adjust personal goals to reflect growth and improvement needs in health related fitness
5	PE.07.731.A0.03	Demonstrate cooperation with peers of different backgrounds through verbal and nonverbal behavior (CAS: 7.3.1.a)	PE.07.06 .01.01	Demonstrate appropriate decision making as it relates to respect for self and others regardless of personal differences
5	PE.07.731.B0.03	Consider the consequences of various choices and make a responsible decision when confronted with negative peer pressure (CAS: 7.3.1.b)	PE.07.06 .01.01	Demonstrate appropriate decision making as it relates to respect for self and others regardless of personal differences
5	PE.07.732.A0.03	Seek out participation with and show respect for a peer with varying skill ability (CAS: 7.3.2.a)	PE.07.06 .01.01	Demonstrate appropriate decision making as it relates to respect for self and others regardless of personal differences
5	PE.07.732.B0.03	Participate in group cooperation games and adventure activities to encourage team building and fun (CAS: 7.3.2.b)	PE.07.06 .01.01	Demonstrate appropriate decision making as it relates to respect for self and others regardless of personal differences
5	PE.07.732.C0.03	Modify a game to allow all members to participate (CAS: 7.3.2.c)	PE.07.06 .01.01	Demonstrate appropriate decision making as it relates to respect for self and others regardless of personal differences

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Revision Type	2013-2014 LT	2013-2014 LT Description	2012-2013 LT	2012-2013 LT Description
5	PE.07.732.D0.03	Recognize the role of physical activity in getting to know and understand others of similar and different backgrounds (CAS: 7.3.2.d)	PE.07.06 .01.01	Demonstrate appropriate decision making as it relates to respect for self and others regardless of personal differences
5	PE.07.73D.X0.03	I can demonstrate respect for a person who is officiating/leading an activity	PE.07.06 .04.01	Demonstrate cooperative participation with a positive attitude in group and/or individual physical activities
5	PE.07.73D.Y0.03	I can participate fully with a positive and productive attitude and effort within a group or individual setting	PE.07.06 .04.01	Demonstrate cooperative participation with a positive attitude in group and/or individual physical activities
5	PE.07.73D.Z0.03	I can show respect for an activity and the equipment	PE.07.06 .04.01	Demonstrate cooperative participation with a positive attitude in group and/or individual physical activities
5	PE.07.741.A0.03	Identify and participate in safe warm-up and cool-down activities (CAS: 7.4.1.a)	PE.07.07 .01.01	Implement safety procedures in utilization of space and equipment
5	PE.07.741.B0.03	Review components of safe participation and what makes a safe environment (CAS: 7.4.1.b)	PE.07.07 .01.01	Implement safety procedures in utilization of space and equipment
5	PE.07.741.C0.03	Follow the rules of activities to maintain safe playing conditions (CAS: 7.4.1.c)	PE.07.07 .01.01	Implement safety procedures in utilization of space and equipment
5	PE.07.741.D0.03	Describe safe and unsafe practices for different physical activities (CAS: 7.4.1.d)	PE.07.07 .01.01	Implement safety procedures in utilization of space and equipment
4	PE.07.74D.X0.03	I can dress out daily in the appropriate P.E. attire	PE.07.07 .02.01	Prepared with proper athletic attire

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Revision Type	2013-2014 LT	2013-2014 LT Description	2012-2013 LT	2012-2013 LT Description
1	PE.08.811.A0.03	Use a variety of motor skill patterns to create a dance routine (CAS: 8.1.1.a)		
1	PE.08.811.B0.03	Create and perform a timed routine using rotational, balancing, and supporting skills (CAS: 8.1.1.b)		
1	PE.08.811.C0.03	Create, develop, and refine movement routines based on self generated themes and music (CAS: 8.1.1.c)		
1	PE.08.811.D0.03	Integrate information from other subject matter into a movement activity or routine (CAS: 8.1.1.d)		
1	PE.08.811.E0.03	Explain the basic movement principles used in performing various manipulative skills (CAS: 8.1.1.e)		
1	PE.08.811.F0.03	Describe and demonstrate how movement skills learned in one physical activity can be transferred and used to help learn another physical activity (CAS: 8.1.1.f)		
1	PE.08.811.G0.03	Explain how growth in height and weight affects performance and influences the selection of developmentally appropriate physical activity (CAS: 8.1.1.g)		
1	PE.08.811.H0.03	Identify the characteristics of a highly skilled performance for the purpose of improving one's own performance (CAS: 8.1.1.h)		
5	PE.08.812.A3.03	I can diagram, explain, justify, and demonstrate basic offensive and defensive strategies for a variety of games/activities (CAS: 8.1.2.a,c,h)	PE.07.04 .03.01	Understand and apply game strategies to physical activities and sports
5	PE.08.812.B0.03	Apply loco motor, nonlocomotor and manipulative skills to games and sports (CAS: 8.1.2.b)	PE.07.04 .03.01	Understand and apply game strategies to physical activities and sports
5	PE.08.812.D0.03	Identify relevant bio-mechanical principles (force, compactness, spin, rebound, and rotation) and their importance to the successful performance of a variety of activities (CAS: 8.1.2.d)	PE.07.04 .03.01	Understand and apply game strategies to physical activities and sports
5	PE.08.812.E2.03	Develop and teach a game that incorporates designated offensive and defensive schemes, penalty and scoring systems (CAS: 8.1.2.e&i)	PE.07.04 .03.01	Understand and apply game strategies to physical activities and sports
1	PE.08.821.A0.03	Build and implement a personal physical fitness plan aligned with an instructor (CAS: 8.2.1.a)		
1	PE.08.821.B0.03	Explain the relationship between physical activity, nutrition, adequate rest and sleep, and weight management (CAS: 8.2.1.b)		
1	PE.08.821.C0.03	Participate safely in moderate to vigorous physical activity in diverse situations (weather, travel or injury) (CAS: 8.2.1.c)		
1	PE.08.822.A0.03	Participate in variety of recreational activities appropriate to a geographical area (CAS: 8.2.2.a)		

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Revision Type	2013-2014 LT	2013-2014 LT Description	2012-2013 LT	2012-2013 LT Description
1	PE.08.822.B0.02	Match personal preferences in physical activities with the five health-related components (body composition, cardiovascular endurance, flexibility, muscular endurance and muscular strength (CAS: 8.2.2.b)		
1	PE.08.823.A0.03	Create an individual activity portfolio that includes identifying reasons for choosing a particular physical activity; reflect on how this activity may change with a person's age (CAS: 8.2.3.a)		
1	PE.08.823.B0.03	Set realistic fitness goals and try to reach them through activities of individual choosing (CAS: 8.2.3.b)		
1	PE.08.823.C0.03	Maintain a physical activity log for an extended period, documenting progress toward achievement of personal goals (CAS: 8.2.3.c)		
1	PE.08.823.D0.03	Design and participate in activities that will improve all components of health related fitness, and accumulate a recommended number of minutes		
4	PE.08.84D.X0.03	Dress out daily in the appropriate P.E. attire	PE.08.07 .02.01	Prepared with proper athletic attire

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Revision Type	2013-2014 LT	2013-2014 LT Description	2012-2013 LT	2012-2013 LT Description
5	PE.HE.H33.D0.03	Accept the role of others within the structure of a game or activity (CAS: H.3.3.d)	PE.08.06 .05.01	Demonstrate responsible behavior in group settings
5	PE.HS.H11.A0.03	Combine and apply movement patterns, simple to complex, to participate in a variety of lifelong sports, games and activities (CAS: H.1.1.a)	PE.08.04 .04.01	Participate in a variety of lifelong physical activities
5	PE.HS.H11.B0.03	Identify, explain, and apply the skills related components of fitness to enhance lifelong activities and games (CAS: H.1.1.b)	PE.08.04 .04.01	Participate in a variety of lifelong physical activities
5	PE.HS.H11.C0.03	Demonstrate and explain advanced offensive and defensive strategies for a variety of games and activities (CAS: H.1.1.c)	PE.08.04 .04.01	Participate in a variety of lifelong physical activities
5	PE.HS.H11.D0.03	Explain and demonstrate training and conditioning practices which have the greatest impact on skill acquisition, and performance in lifelong, individual and dual activities (CAS: H.1.1.d)	PE.08.04 .04.01	Participate in a variety of lifelong physical activities
5	PE.HS.H12.A0.03	Demonstrate ability to combine and perform movement sequences (CAS: H.1.2.a)	PE.08.04 .05.01	Understand the impact of movement
5	PE.HS.H12.B0.03	Identify parts of the brain and describe how movement impacts brain development (CAS: H.1.2.b)	PE.08.04 .05.01	Understand the impact of movement
5	PE.HS.H12.C0.03	Describe and participate in movements that promote neural pathway development (CAS: H.1.2.c)	PE.08.04 .05.01	Understand the impact of movement
5	PE.HS.H12.D0.03	Identify and evaluate personal psychological responses to physical activity (CAS: H.1.2.d)	PE.08.04 .05.01	Understand the impact of movement
5	PE.HS.H12.E0.03	Demonstrate the ability to use cognitive information to understand and enhance motor skill acquisition and performance (CAS: H.1.2.e)	PE.08.04 .05.01	Understand the impact of movement
5	PE.HS.H13.A0.03	Analyze and explain training and conditioning practices that have the greatest impact on skill acquisition and successful performance in a variety of lifelong activities (CAS: H.1.3.a)	PE.08.04 .03.01	Apply rules, principles, problem-solving skills and concepts to a variety of movement activities
5	PE.HS.H13.B0.03	Create or modify practice/training plans based on evaluative feedback of skill acquisition and performance in a variety of lifelong activities (CAS: H.1.3.b)	PE.08.04 .03.01	Apply rules, principles, problem-solving skills and concepts to a variety of movement activities
5	PE.HS.H21.A0.03	Develop and describe a physical fitness plan that enhances personal health and performance in lifelong activities (CAS: H.2.1.a)	PE.08.05 .09.01	Develop, implement, achieve, and monitor an individual health and fitness plan
5	PE.HS.H21.B0.03	Design and participate outside of class in activities that will improve all components of health related fitness (CAS: H.2.1.b)	PE.08.05 .09.01	Develop, implement, achieve, and monitor an individual health and fitness plan
5	PE.HS.H21.C2.03	Assess and refine fitness goals for each of the health related fitness components using research based criteria (CAS: H.2.1.c&d)	PE.08.05 .09.01	Develop, implement, achieve, and monitor an individual health and fitness plan
5	PE.HS.H21.E0.03	Examine fitness assessment data and develop a plan to show personal improvement toward each of the health related fitness components (CAS: H.2.1.e)	PE.08.05 .09.01	Develop, implement, achieve, and monitor an individual health and fitness plan

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5	PE.HS.H21.F0.03	Evaluate individual measures of physical fitness in relationship to patterns of physical activity (CAS: H.2.1.f)	PE.08.05 .09.01	Develop, implement, achieve, and monitor an individual health and fitness plan
5	PE.HS.H21.G0.03	Plan an extended personal physical fitness program in collaboration with an instructor (CAS: H.2.1.g)	PE.08.05 .09.01	Develop, implement, achieve, and monitor an individual health and fitness plan
5	PE.HS.H22.A0.03	Identify and access physical activity opportunities in the community (CAS: H.2.2.a)	PE.08.05 .10.01	Identify community resources to maintain lifelong physical activity
5	PE.HS.H22.B0.03	Explain the requirements such as cost involved with participation in a variety of physical activities (CAS: H.2.2.b)	PE.08.05 .10.01	Identify community resources to maintain lifelong physical activity
5	PE.HS.H22.C0.03	Evaluate and make wise consumer choices about equipment, products, and programs needed to successfully participate in a wide range of physical activities (CAS: H.2.2.c)	PE.08.05 .10.01	Identify community resources to maintain lifelong physical activity
5	PE.HS.H22.D0.03	Evaluate the availability and quality of fitness resources in the community (CAS: H.2.2.d)	PE.08.05 .10.01	Identify community resources to maintain lifelong physical activity
5	PE.HS.H23.A0.03	Participate willingly in a variety of physical activities outside of class that are appropriate for maintaining and enhancing a healthy lifestyle (CAS: H.2.3.a)	PE.08.05 .02.01	Participate regularly in health-enhancing and personally rewarding physical activity outside
5	PE.HS.H23.B0.03	Establish personal physical activity goals toward accumulating a recommended number of minutes of moderate to vigorous physical activity outside of class on 5 or more days per week (CAS: H.2.3.b)	PE.08.05 .02.01	Participate regularly in health-enhancing and personally rewarding physical activity outside
5	PE.HS.H23.C0.03	Monitor physical activity in a physical activity log using fitness equipment such as a pedometer or heart rate monitor (CAS: H.2.3.c)	PE.08.05 .02.01	Participate regularly in health-enhancing and personally rewarding physical activity outside
5	PE.HS.H23.D0.03	Explain the benefits of participation in a variety of physical activities (CAS: H.2.3.d)	PE.08.05 .02.01	Participate regularly in health-enhancing and personally rewarding physical activity outside
5	PE.HS.H23.E0.03	Demonstrate effective time management skills that allow opportunities for physical activity during the day (CAS: H.2.3.e)	PE.08.05 .02.01	Participate regularly in health-enhancing and personally rewarding physical activity outside
5	PE.HS.H23.F0.03	Demonstrate the ability to monitor and adjust activity to meet personal goals (CAS: H.2.3.f)	PE.08.05 .02.01	Participate regularly in health-enhancing and personally rewarding physical activity outside
5	PE.HS.H23.G0.03	Participate in a variety of self-selected physical activities and evaluate the value of each as it related to personal fitness goals (CAS: H.2.3.g)	PE.08.05 .02.01	Participate regularly in health-enhancing and personally rewarding physical activity outside
5	PE.HS.H31.A0.03	Acknowledge the performance of others regardless of the outcome (CAS: H.3.1.a)	PE.08.06 .01.01	Demonstrate respect for individual differences in physical activity settings
5	PE.HS.H31.B0.03	Participate in all types of physical activity with others regardless of their race, ethnicity, gender, or culture (CAS: H.3.1.b)	PE.08.06 .01.01	Demonstrate respect for individual differences in physical activity settings
5	PE.HS.H31.C0.03	Practice conflict management and listening skills in a competitive environment (CAS: H.3.1.c)	PE.08.06 .01.01	Demonstrate respect for individual differences in physical activity settings
5	PE.HS.H31.D0.03	Demonstrate appropriate audience and participant behavior during class activities (CAS: H.3.1.d)	PE.08.06 .01.01	Demonstrate respect for individual differences in physical activity settings

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Revision Type	2013-2014 LT	2013-2014 LT Description	2012-2013 LT	2012-2013 LT Description
5	PE.HS.H31.E0.03	Identify areas of personal weakness and complete an action plan for improvement (CAS: H.3.1.e)	PE.08.06 .01.01	Demonstrate respect for individual differences in physical activity settings
5	PE.HS.H32.A0.03	Contribute to group success through a variety of non competitive roles (CAS: H.3.2.a)	PE.08.06 .07.01	Demonstrate collaboration, cooperation, and leadership skills
5	PE.HS.H32.B0.03	Initiate responsible behavior and function independently and cooperatively (CAS: H.3.2.b)	PE.08.06 .07.01	Demonstrate collaboration, cooperation, and leadership skills
5	PE.HS.H32.C0.03	Identify and utilize the potential strengths of each individual within a group setting (CAS: H.3.2.c)	PE.08.06 .07.01	Demonstrate collaboration, cooperation, and leadership skills
5	PE.HS.H32.D0.03	Influence positively the behavior of others in physical activity settings (CAS: H.3.2.d)	PE.08.06 .07.01	Demonstrate collaboration, cooperation, and leadership skills
5	PE.HS.H32.E0.03	Evaluate the role of cooperation and positive interactions with others when participating in physical activity in a variety of settings (CAS: H.3.2.e)	PE.08.06 .07.01	Demonstrate collaboration, cooperation, and leadership skills
5	PE.HS.H32.F0.03	Identify leadership skills, perform planned leadership assignments, and assume spontaneous leadership roles (CAS: H.3.2.f)	PE.08.06 .07.01	Demonstrate collaboration, cooperation, and leadership skills
5	PE.HS.H32.G0.03	Implement cooperative learning strategies to achieve group goals (CAS: H.3.2.g)	PE.08.06 .07.01	Demonstrate collaboration, cooperation, and leadership skills
5	PE.HS.H32.H0.03	Abide by the decision of the officials, accept the outcome of the game, and show appreciation towards participants (CAS: H.3.2.h)	PE.08.06 .07.01	Demonstrate collaboration, cooperation, and leadership skills
5	PE.HS.H32.I0.03	Identify contributions of members of a group or team and reward members for accomplishing a task or goal (CAS: H.3.2.i)	PE.08.06 .07.01	Demonstrate collaboration, cooperation, and leadership skills
5	PE.HS.H32.J0.03	Compare and contrast different leadership skills required in a variety of physical activities (CAS: H.3.2.j)	PE.08.06 .07.01	Demonstrate collaboration, cooperation, and leadership skills
5	PE.HS.H33.A2.03	While engaging in physical activity, display empathy toward others (CAS: H.3.3.a&c)	PE.08.06 .05.01	Demonstrate responsible behavior in group settings
5	PE.HS.H33.C0.03	Accept the diversity and individual differences of others participation in physical activity (CAS: H.3.3.c)	PE.08.06 .05.01	Demonstrate responsible behavior in group settings
5	PE.HS.H41.A0.03	Describe and demonstrate the correct use of safety equipment for a variety of physical activities (CAS: H.4.1.a)	PE.08.07 .01.01	Understand the risks and safety factors that may affect participation in physical activity
5	PE.HS.H41.B0.03	Identify and apply principles necessary for safe performance of physical activities (CAS: H.4.1.b)	PE.08.07 .01.01	Understand the risks and safety factors that may affect participation in physical activity
5	PE.HS.H41.C0.03	Demonstrate proper spotting techniques for all lifts and exercises that require spotting (CAS: H.4.1.c)	PE.08.07 .01.01	Understand the risks and safety factors that may affect participation in physical activity
5	PE.HS.H41.D0.03	Inspect equipment and facilities for safety hazards prior to participation (CAS: H.4.1.d)	PE.08.07 .01.01	Understand the risks and safety factors that may affect participation in physical activity
5	PE.HS.H41.E0.03	Explain strategies for prevention of injuries when engaging in physical activity (CAS: H.4.1.e)	PE.08.07 .01.01	Understand the risks and safety factors that may affect participation in physical activity

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1	PE.HS.H42.A0.03	Demonstrate knowledge in one or more of the following areas: basic first aid, CPR, lifeguard training, water safety instruction, basic water safety, AED (CAS: H.4.2.a)		
1	PE.HS.H42.B0.03	Describe emergency procedures for a physical education setting (CAS: H.4.2.b)		
1	PE.HS.HSD.X0.03	Dress out daily in the appropriate P.E. attire		

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Revision Type	2013-2014 LT	2013-2014 LT Description	2012-2013 LT	2012-2013 LT Description
7			PE.00.01 .02.01	Demonstrate balance
7			PE.00.02 .01.01	Demonstrate manipulative skills
7			PE.00.07 .01.01	Use safe practices, rules and procedures
7			PE.02.02 .04.01	Demonstrate combinations of manipulative skills
7			PE.03.07 .01.01	Identify and demonstrate movement control for safe participation in games and sports
7			PE.04.06 .03.01	Demonstrates the combined result of hard work, fair play and friendly play
7			PE.06.03 .05.01	Demonstrate and apply understanding of basic rules and relationships of a modified game-like situation
7			PE.06.04 .05.01	Demonstrate and apply understanding of basic rules and relationships of a modified game-like situation
7			PE.07.03 .05.01	Demonstrate and apply understanding of basic rules and relationships of a modified game-like situation
7			PE.07.04 .05.01	Demonstrate and apply understanding of basic rules and relationships of a modified game-like situation
7			PE.04.01 .04.01	Demonstrate and identify the main points of mature non-locomotor and rhythmic skills
7			PE.08.03 .05.01	Demonstrate and apply intermediate rules and strategies in modified game-like situations
7			PE.08.04 .105.0	Demonstrate and apply intermediate rules and strategies in modified game-like situations

Revision Type Key

- 1 = Brand New Standard
- 2 = Existing Standard modified but doesn't need new version
- 3 = Existing Standard modified but does need new version
- 4 = Category ID has changed for an existing Standard
- 5 = One existing Standard is being broken into multiple new Standards
- 6 = Multiple existing Standards are being combined into a single new Standard
- 7 = Remove an existing Standard