### WCS Scope & Sequence 2015-16

**Grade:** K-2  
**Subject:** Physical Education  

#### 3rd Nine Weeks

<table>
<thead>
<tr>
<th>Learning Target</th>
<th>Knowledge &amp; Processes</th>
<th>Student Friendly</th>
</tr>
</thead>
</table>
| **(Standard 3) A physically educated student participates regularly in physical activity.** | **Knowledge:**  
- Appropriate physical activities outside of the school setting  
- Variety of locomotor, non-locomotor and manipulative activities  
- Appropriate physical activities for recess  
- Frequency of physical activity  
- Lifetime and recreational activities  
- **(HS)-** Leisure Time Activities:  
  - active  
  - non-active | I can play every day.  
I can play (active) at recess with lots of friends.  
I can use my PE skills at recess.  
I can get my family and friends to play with me.  
I can make a list or draw a picture of all the activities I can do. |
| **Performance Standards:**  
3.2.1 record participation in physical activities at recess and outside the physical education setting  
3.2.2 engage in regular daily physical activity outside the classroom  
3.3.1 identify appropriate physical activities for recess  
3.3.2 initiate physical activity with family and friends  
3.3.2 initiate appropriate group activities at recess |  
  |  
| **Health Standard (HS)**  
**Standard 4:** The student will understand the relationship of physical activity and rest to healthy living.  
4.1 describe the importance of participating in the recommended one hour of daily physical activity  
4.2 identify physical activities used in daily life that promote healthy living  
**Standard 9:** The student will understand attitudes and behaviors for preventing and controlling disease.  
9.3 identify habits that will promote disease prevention  
9.4 identify chronic health problems |