## WCS Scope & Sequence 2014-15

**Grade:** K-2  
**Subject:** Physical Education  
**3rd Nine Weeks**

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<th>Learning Target</th>
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| *(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  
**Processes:**  
- Participate in daily physical activity for enjoyment (including lifetime and recreational activities)  
- Participate regularly in a variety of non-structured and minimally organized physical activities outside the physical education class  
- Apply physical education skills at recess  
- Explore activities through community resources  
- *(HS)*- Analyze how getting the recommended eight to ten hours of sleep daily contributes to healthy living  
- *(HS)*- Analyze the value of good health habits such as adequate sleep, exercise, water, and proper nutrition as related to disease control.  
- *(HS)*- Identify chronic diseases and how poor food choices and physical inactivity contribute to the development of these diseases | 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  
3.3.3 identify appropriate physical activities for recess  
3.3.1 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