

## NATIONAL PHYSICAL EDUCATION STANDARDS

**Standard 1: Demonstrates competency in motor skills and movement patters needed to perform a variety of physical activities.**

### **K-2**

Expectations: Young children are very active and enjoy learning and mastering new ways to move and be active

Outcomes: Shift their weight, discovers how to balance on different body parts

#### *Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson</b>
Explore the Blue	Discovery Education/Recreational Boating and Fishing Foundation <a href="http://exploretheblue.discoveryeducation.com/">http://exploretheblue.discoveryeducation.com/</a>	Go Fish Tag

### **3-5**

Expectations: Older children develop maturity and versatility in the use of fundamental motor skills for more pleasurable movement experiences

Outcomes:

Demonstrates good posture while lifting and carrying an object. Balances control on a variety of objects.

#### *Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson/Unit</b>
Explore the Blue	Discovery Education/Recreational Boating and Fishing Foundation <a href="http://exploretheblue.discoveryeducation.com/">http://exploretheblue.discoveryeducation.com/</a>	Row to Health
MinnAqua	Minnesota Department of Natural Resources <a href="http://www.dnr.state.mn.us/minnaqua/index.html">http://www.dnr.state.mn.us/minnaqua/index.html</a>	Food Chain Tag
		Run for Your Life Cycle
		Habitat Hideout
On Target for Life	National Archery in the Schools Program (NASP) <a href="http://nasparchery.com">http://nasparchery.com</a>	String Bow for Success

### **6-8**

Expectations: Adolescents are able to participate with skill in a variety of modified sport, dance, gymnastics, and outdoor activities.

Outcomes: Adolescents are able to participate with skill in a variety of modified sport, dance, gymnastics, and outdoor activities.

*Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson/Unit</b>
Cast a Fly – Catch a Student	National Flyfishing in Schools <a href="http://www.flyfishinginschools.org/">http://www.flyfishinginschools.org/</a>	Casting Golf
Learning to Hunt	Wisconsin Department of Natural Resources <a href="http://dnr.wi.gov/org/land/wildlife/lth/lth.htm">http://dnr.wi.gov/org/land/wildlife/lth/lth.htm</a>	Karmalion Hunt: Hunting as a Management Tool
Introduction to Canoeing/ Kayaking	Iowa Department of Natural Resources <a href="http://www.iowadnr.gov/education/files/cnoemod.pdf">http://www.iowadnr.gov/education/files/cnoemod.pdf</a>	Sinkers and Floaters
On Target for Life	National Archery in the Schools Program (NASP) <a href="http://nasparchery.com">http://nasparchery.com</a>	Shoot Straight – Be Safe

**9-12**

Expectations: Possess motor skills and movement patterns allowing them to perform a variety of physical activities and to achieve a degree of success that make the activities enjoyable.

Outcomes: Navigates a kayak skillfully and safely in calm water using a variety of paddle strokes

*Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson/Unit</b>
Orienteering	Central Washington University – H. Lampard <a href="http://www.cwu.edu/~jefferis/unitplans/orienteering/index.html">http://www.cwu.edu/~jefferis/unitplans/orienteering/index.html</a>	Map and Compass
On Target for Life	National Archery in the Schools Program (NASP) <a href="http://nasparchery.com">http://nasparchery.com</a>	Practice Makes Perfect
4-H National Shooting Sports	National 4-H Shooting Sports Development Committee <a href="http://www.4-hshootingsports.org/">http://www.4-hshootingsports.org/</a>	Hunting – Techniques
Explore Bowhunting	Archery Trade Association <a href="http://www.archerytrade.org/archery-a-bowhunting/explore-bowhunting-curriculum.html">http://www.archerytrade.org/archery-a-bowhunting/explore-bowhunting-curriculum.html</a>	Camo Hide & Seek

**Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.**

**K-2**

Expectations: Young children are rapidly maturing in their basic cognitive abilities

Outcomes: Explains that appropriate practice improves performance, states that best effort is shown by trying new or hard tasks.

*Example*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson</b>
Explore the Blue	<a href="http://exploretheblue.discoveryeducation.com/">http://exploretheblue.discoveryeducation.com/</a>	Go Fish Tag

**3-5**

Expectations: Older children are able to comprehend more complex concepts and principles and apply them in structured settings

Outcomes: Explains that appropriate practice improves performance, states that best effort is shown by trying new or hard tasks.

*Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson/Unit</b>
MinnAqua	Minnesota Department of Natural Resources <a href="http://www.dnr.state.mn.us/minnaqua/index.html">http://www.dnr.state.mn.us/minnaqua/index.html</a>	Pop Can Casting
HOFNOD	Future Fisherman Foundation <a href="http://www.futurefisherman.org/programs/hofnod/index.html">http://www.futurefisherman.org/programs/hofnod/index.html</a>	Safety In and Around the Water
On Target for Life	National Archery in the Schools Program (NASP) <a href="http://nasparchery.com">http://nasparchery.com</a>	String Bow Success

**6-8**

Expectations: Adolescents exhibit an increasingly complex discipline-specific knowledge.

Outcomes: Describes basic principles of training and how they improve fitness; selects appropriate practice procedures to learn and master skills and movement patterns.

*Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson/Unit</b>
On Target for Life	National Archery in the Schools Program (NASP) <a href="http://nasparchery.com">http://nasparchery.com</a>	Shoot Straight – Be Safe
4-H Shooting Sports	National 4-H Shooting Sports Development Committee <a href="http://www.4-hshootingsports.org/">http://www.4-hshootingsports.org/</a>	Hunting Waterfowl
Explore Bowhunting	Archery Trade Association <a href="http://www.archerytrade.org/archery-a-bowhunting/explore-bowhunting-curriculum.html">http://www.archerytrade.org/archery-a-bowhunting/explore-bowhunting-curriculum.html</a>	Be Safe – Don't Keep a Secret

<b>Program</b>	<b>Contact/link</b>	<b>Lesson/Unit</b>
Learning to Hunt	Wisconsin Department of Natural Resources <a href="http://dnr.wi.gov/org/land/wildlife/lth/lth.htm">http://dnr.wi.gov/org/land/wildlife/lth/lth.htm</a>	Navigating Naturally
Introduction to Canoeing/Kayaking	Iowa Department of Natural Resources <a href="http://www.iowadnr.gov/education/files/cnoemod.pdf">http://www.iowadnr.gov/education/files/cnoemod.pdf</a>	Reading the River

## 9-12

Expectations: High School students demonstrate knowledge and understanding necessary to develop scientifically based personal activity plans that include selected sports and activities

Outcomes: Develops an appropriate conditioning program for self-selected game/activity to engage in for life; explains the impact of participation in selected sports/activities on various components of fitness.

### *Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson/Unit</b>
Cast a Fly – Catch a Student	National Flyfishing in Schools <a href="http://www.flyfishinginschools.org/">http://www.flyfishinginschools.org/</a>	Casting Peer Evaluation
Introduction to Canoeing/Kayaking	Iowa Department of Natural Resources <a href="http://www.iowadnr.gov/education/files/cnoemod.pdf">http://www.iowadnr.gov/education/files/cnoemod.pdf</a>	Water Obstacles
Learning to Hunt	Wisconsin Department of Natural Resources <a href="http://dnr.wi.gov/org/land/wildlife/lth/lth.htm">http://dnr.wi.gov/org/land/wildlife/lth/lth.htm</a>	Pass in on! Wildlife conservation projects
Outdoor Recreation Opportunities (O.R.E.O)	Wyoming Game & Fish Department <a href="http://gf.state.wy.us/services/education/oreo/index.asp">http://gf.state.wy.us/services/education/oreo/index.asp</a>	Back Packing

### Standard 3: Participates regularly in physical activity.

#### K-2

Expectations: Young children participate in physical activities largely because of the pleasure they experience.

Outcomes: Engages in moderate to vigorous physical activity on an intermittent basis.

#### *Example*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson</b>
Explore the Blue	Discovery Education/Recreational Boating and Fishing Foundation <a href="http://exploretheblue.discoveryeducation.com/">http://exploretheblue.discoveryeducation.com/</a>	Go Fish Tag

#### 3-5

Expectations: Older children develop an awareness of participation in physical activity as a conscious personal decision, choosing activities for both the enjoyment and the health benefits they derive.

Outcomes: Consciously chooses to participate in moderate to vigorous physical activity outside of physical education class on a regular basis; chooses to participate in structured and purposeful activity.

#### *Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson/Unit</b>
HOFNOD	Future Fisherman Foundation <a href="http://www.futurefisherman.org/programs/hofnod/index.html">http://www.futurefisherman.org/programs/hofnod/index.html</a>	The Fishing Trip
On Target for Life	National Archery in the Schools Program (NASP) <a href="http://nasparchery.com">http://nasparchery.com</a>	Practice Makes Perfect

#### 6-8

Expectations: Adolescents are able to independently set physical activity goals and participate in individualized programs of physical activity and exercise based on personal goals and interests as well as on the results of fitness assessments.

Outcomes: Participates in health-enhancing physical activities both during and outside of school.

#### *Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson/Unit</b>
On Target for Life	National Archery in the Schools Program (NASP) <a href="http://nasparchery.com">http://nasparchery.com</a>	Practice Makes Perfect
4-H Shooting Sports	National 4-H Shooting Sports Development Committee <a href="http://www.4-hshootingsports.org/">http://www.4-hshootingsports.org/</a>	Hunting Planning and Equipment

**9-12**

Expectations: High School students fully recognize and understand the significance of physical activity in the maintenance of a healthy lifestyle and possess the skills, knowledge, interest, and desire to maintain an active lifestyle.

Outcomes: Willingly participates in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.

*Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson/Unit</b>
O.R.E.O.	Wyoming Game & Fish Department <a href="http://gf.state.wy.us/services/education/oreo/index.asp">http://gf.state.wy.us/services/education/oreo/index.asp</a>	Wildlife Observation
Orienteering	Central Washington University – H. Lampard <a href="http://www.cwu.edu/~jefferis/unitplans/orienteering/index.html">http://www.cwu.edu/~jefferis/unitplans/orienteering/index.html</a>	Orienteering – Putting it All Together

**Standard 4: Achieves and maintains a health-enhancing level of physical fitness.**

**K-2**

Expectations: Young children engage in a variety of activities that serve to promote health-related physical fitness

Outcomes: Engages in a series of locomotor activities without tiring easily

**3-5**

Expectations: Older children regularly participate in physical activity for the purpose of improving physical fitness.

Outcomes: Chooses to participate in sports activities that require high levels of muscular strength; recognizes that physiological responses to exercise are associated with their own levels of fitness.

*Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson/Unit</b>
Explore the Blue	Discovery Education/Recreational Boating and Fishing Foundation <a href="http://exploretheblue.discoveryeducation.com/">http://exploretheblue.discoveryeducation.com/</a>	Row to Health
HOFNOD	Future Fisherman Foundation <a href="http://www.futurefisherman.org/programs/hofnod/index.html">http://www.futurefisherman.org/programs/hofnod/index.html</a>	Safety In & Around the Water
On Target for Life	National Archery in the Schools Program (NASP) <a href="http://nasparchery.com">http://nasparchery.com</a>	Practice Makes Perfect

**6-8**

Expectations: Adolescents participate in moderate to vigorous physical activities on a regular basis without undue fatigue.

Outcomes: Demonstrates appropriate training principles and exercise techniques during participation in activities designed to improve physical fitness.

*Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson/Unit</b>
On Target for Life	National Archery in the Schools Program (NASP) <a href="http://nasparchery.com">http://nasparchery.com</a>	Practice Makes Perfect
4-H Shooting Sports	National 4-H Shooting Sports Development Committee <a href="http://www.4-hshootingsports.org/">http://www.4-hshootingsports.org/</a>	Muzzleloading
Introduction to Canoeing/Kayaking	Iowa Department of Natural Resources <a href="http://www.iowadnr.gov/education/files/cnoemod.pdf">http://www.iowadnr.gov/education/files/cnoemod.pdf</a>	Scavenger Hunt

**9-12**

Expectations: Young adults assume greater self-responsibility in their lives and display greater autonomy in their personal behaviors.

Outcomes: Demonstrates ability to monitor and adjust a personal fitness program to meet needs and goals.

*Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson/Unit</b>
Cast a Fly – Catch a Student	National Flyfishing in Schools <a href="http://www.flyfishinginschools.org/">http://www.flyfishinginschools.org/</a>	Culminating Event: Casting Golf
O.R.E.O.	Wyoming Game & Fish Department <a href="http://gf.state.wy.us/services/education/oreo/index.asp">http://gf.state.wy.us/services/education/oreo/index.asp</a>	Nature Photography
Orienteering	Central Washington University – H. Lampard <a href="http://www.cwu.edu/~jefferis/unitplans/orienteering/index.html">http://www.cwu.edu/~jefferis/unitplans/orienteering/index.html</a>	Traveling by Compass
On Target for Life	National Archery in the Schools Program (NASP) <a href="http://nasparchery.com">http://nasparchery.com</a>	Practice Makes Perfect



**Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.**

**3-5**

Expectations: Older children are active participants and learn to work independently and with small groups, enjoying the diversity of those around them.

Outcomes: Assesses and takes responsibility for his or her own behavior problems without blaming others; regularly encourages others and refrains from put-down statements.

*Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson/Unit</b>
On Target for Life	National Archery in the Schools Program (NASP) <a href="http://nasparchery.com">http://nasparchery.com</a>	Shoot Straight – Be Safe
HOFNOD	Future Fisherman Foundation <a href="http://www.futurefisherman.org/programs/hofnod/index.html">http://www.futurefisherman.org/programs/hofnod/index.html</a>	Cleaning & Cooking Fish

**6-8**

Expectations: Adolescents begin to understand the concept of physical activity as a microcosm of modern culture and society.

Outcomes: Makes responsible decisions about using time, applying rules, and following through with the decisions made; includes concerns for safety of self and others during an orienteering activity.

*Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson/Unit</b>
Introduction to Canoeing/Kayaking	Iowa Department of Natural Resources <a href="http://www.iowadnr.gov/education/files/cnoemod.pdf">http://www.iowadnr.gov/education/files/cnoemod.pdf</a>	Scavenger Hunt
Learning to Hunt	Wisconsin Department of Natural Resources <a href="http://dnr.wi.gov/org/land/wildlife/lth/lth.htm">http://dnr.wi.gov/org/land/wildlife/lth/lth.htm</a>	The Race of Life
Explore Bowhunting	Archery Trade Association <a href="http://www.archerytrade.org/archery-a-bowhunting/explore-bowhunting-curriculum.html">http://www.archerytrade.org/archery-a-bowhunting/explore-bowhunting-curriculum.html</a>	Don't call Blind
4-H Shooting Sports	National 4-H Shooting Sports Development Committee <a href="http://www.4-hshootingsports.org/">http://www.4-hshootingsports.org/</a>	Hunting-Philosophy, Laws, History & Careers
On Target for Life	National Archery in the Schools Program (NASP) <a href="http://nasparchery.com">http://nasparchery.com</a>	Shoot Straight – Be Safe

## 9-12

Expectations: Young adults demonstrate the ability to initiate responsible personal and social behavior, function independently, and positively influence the behavior of others in a physical activity setting.

Outcomes: Chooses to participate in an activity because of personal enjoyment rather than only when friends are participating; sets up the safety procedures to guide a class hike over treacherous terrain.

### *Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson/Unit</b>
On Target for Life	National Archery in the Schools Program (NASP) <a href="http://nasparchery.com">http://nasparchery.com</a>	Shoot Straight – Be Safe
4-H Shooting Sports	National 4-H Shooting Sports Development Committee <a href="http://www.4-hshootingsports.org/">http://www.4-hshootingsports.org/</a>	Hunting-Philosophy, Laws, History & Careers
Learning to Hunt	Wisconsin Department of Natural Resources <a href="http://dnr.wi.gov/org/land/wildlife/lth/lth.htm">http://dnr.wi.gov/org/land/wildlife/lth/lth.htm</a>	The Race of Life
Orienteering	Central Washington University – H. Lampard <a href="http://www.cwu.edu/~jefferis/unitplans/orienteering/index.html">http://www.cwu.edu/~jefferis/unitplans/orienteering/index.html</a>	Survival Skills

**Standard 6: Values physical activity for health, enjoyment, challenge, self expression, and/or social interaction.**

**3-5**

Expectations: Older children can identify activities they consider to be fun

Outcomes: Willingly tries new movements and skills; identifies several activities that are enjoyable.

*Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson</b>
On Target for Life	National Archery in the Schools Program (NASP) <a href="http://nasparchery.com">http://nasparchery.com</a>	Practice Makes Perfect
MinnAqua	Minnesota Department of Natural Resources <a href="http://www.dnr.state.mn.us/minnaqua/index.html">http://www.dnr.state.mn.us/minnaqua/index.html</a>	Casting a Closed-faced Rod & Reel Combo

**6-8**

Expectations: Adolescents seek physical activity experiences for group membership and positive social interaction.

Outcomes: Adolescents seek physical activity experiences for group membership and positive social interaction.

*Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson</b>
Cast a Fly – Catch a Student	National Flyfishing in Schools <a href="http://www.flyfishinginschools.org/">http://www.flyfishinginschools.org/</a>	Casting Peer Evaluation
Introduction to Canoeing/Kayaking	Iowa Department of Natural Resources <a href="http://www.iowadnr.gov/education/files/cnoemod.pdf">http://www.iowadnr.gov/education/files/cnoemod.pdf</a>	Paddling Telephone
Learning to Hunt	Wisconsin Department of Natural Resources <a href="http://dnr.wi.gov/org/land/wildlife/lth/lth.htm">http://dnr.wi.gov/org/land/wildlife/lth/lth.htm</a>	Now What Did I Forget?

**9-12**

Expectations: High School students are more comfortable with their new interests and their physiques, thus once again enjoying movement for the sheer pleasure of moving.

Outcomes: Creates self rewards for achieving personal fitness/physical activity goals; reflects on reasons for choosing to participate in selected physical activities.

*Examples*

<b>Program</b>	<b>Contact/link</b>	<b>Lesson</b>
On Target for Life	National Archery in the Schools Program (NASP) <a href="http://nasparchery.com">http://nasparchery.com</a>	Practice Makes Perfect
Orienteering	Central Washington University – H. Lampard <a href="http://www.cwu.edu/~jefferis/unitplans/orienteering/index.html">http://www.cwu.edu/~jefferis/unitplans/orienteering/index.html</a>	Orienteering – Putting it all Together
O.R.E.O.	Wyoming Game & Fish Department <a href="http://gf.state.wy.us/services/education/oreo/index.asp">http://gf.state.wy.us/services/education/oreo/index.asp</a>	Day Hiking