



A **Kindergarten** student in the Littleton Public Schools will engage with the following big ideas in **Physical Education**:

21st Century Skills

Critical Thinking

**Information
Literacy**

Invention

Collaboration

Self Direction

- Demonstrate body and spatial awareness through safe movement
- Locate the major parts of the body
- Understand that physical activity increases the heart rate, making the heart stronger
- Demonstrate respect for self, others, and equipment
- Demonstrate the ability to follow directions

Link to Additional Resource:

[Colorado Academic Standards](#)



A **First Grade** student in the Littleton Public Schools will engage with the following big ideas in **Physical Education**:

21st Century Skills

Critical Thinking

**Information
Literacy**

Invention

Collaboration

Self Direction

- Demonstrate basic locomotor and nonlocomotor skills, and rhythmic and cross-lateral movements
- Demonstrate fundamental manipulative skills
- Establish a beginning movement vocabulary
- Identify the body's normal reactions to moderate and vigorous physical activity
- Work independently and with others to complete work
- Follow the rules of an activity
- Develop movement control for safe participation in games and sports

Link to Additional Resource:

[Colorado Academic Standards](#)



A **Second Grade** student in the Littleton Public Schools will engage with the following big ideas in **Physical Education**:

21st Century Skills

Critical Thinking

**Information
Literacy**

Invention

Collaboration

Self Direction

- Demonstrate the elements of movement in combination with a variety of locomotor skills
- Demonstrate control and balance in traveling and weight-bearing activities using a variety of body parts and implements
- Use feedback to improve performance
- Recognize the importance of making the choice to participate in a wide variety of activities that involve locomotion, nonlocomotion, and manipulation of objects outside of physical education class
- Identify good brain health habits
- Demonstrate positive and helpful behavior and words toward other students
- Apply rules, procedures, and safe practices to create a safe school environment with little or no reinforcement

Link to Additional Resource:

[Colorado Academic Standards](#)



A **Third Grade** student in the Littleton Public Schools will engage with the following big ideas in **Physical Education**:

21st Century Skills

Critical Thinking

**Information
Literacy**

Invention

Collaboration

Self Direction

- Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports
- Perform movements that engage the brain to facilitate learning
- Identify the benefits of sustained physical activity that causes increase hear rate and heavy breathing
- Understand that the body is composed of water, muscle, bones, organs, fat, and other tissues
- Demonstrate positive social behaviors during class

Link to Additional Resource:

[Colorado Academic Standards](#)



A **Fourth Grade** student in the Littleton Public Schools will engage with the following big ideas in **Physical Education**:

21st Century Skills

Critical Thinking

**Information
Literacy**

Invention

Collaboration

Self Direction

- Identify the major characteristics of mature locomotor, nonlocomotor, manipulative, and rhythmic skills
- Provide and receive feedback to and from peers using the major characteristics of mature locomotor and manipulative skills
- Explain how the health-related components of fitness affect performance when participating in physical activity
- Recognize the relationship between healthy nutrition and exercise
- Recognize the benefits derived from regular, moderate, and vigorous physical activity
- Identify and describe the benefits, risks, and safety factors associated with regular participation in physical activity

Link to Additional Resource:

[Colorado Academic Standards](#)



A **Fifth Grade** student in the Littleton Public Schools will engage with the following big ideas in **Physical Education**:

21st Century Skills

Critical Thinking

**Information
Literacy**

Invention

Collaboration

Self Direction

- Demonstrate the mature form for all basic locomotor, nonlocomotor, manipulative, and rhythmic skills
- Demonstrate understanding of how to combine and apply movement concepts and principles to learn and develop motor skills
- Understand and apply basic principles of training to improving physical fitness
- Demonstrate understanding of skill-related components of fitness and how they affect physical performance
- Connect the health-related fitness components to the body systems
- Assess and take responsibility for personal behavior and stress management
- Choose to participate cooperatively and productively in group and individual physical activities
- Identify personal activity interests and abilities
- Understand and utilize safe and appropriate warm-up, pacing, and cool-down techniques for injury prevention and safe participation

Link to Additional Resource:

[Colorado Academic Standards](#)



A Middle School student in the Littleton Public Schools will engage with the following big ideas in **Physical Education**:

21st Century Skills

Critical Thinking

**Information
Literacy**

Invention

Collaboration

Self Direction

- Skills and components of team and individual sports
- Locomotor skills: walking, hopping, galloping, chasing, fleeing and dodging, running, skipping, and sliding
- Nonmanipulative skills: turning, rolling transferring weight, stretching, twisting, balancing, jumping and landing, and curling
- Manipulative skills: throwing, kicking, dribbling, striking, catching and collecting, punting, volleying, striking with long-handled implements
- Variety of team sports
- Continued growth with positive reinforcement of sportsmanship, teamwork, diverse skills, and problem solving
- Five components of fitness and FITT principle
- Promoting lifetime fitness
- Promoting the mind/body connection to support intercurricular disciplines
- Demonstrate and implement safe practices in fitness and sports

Link to Additional Resource:

[Colorado Academic Standards](#)