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

<table>
<thead>
<tr>
<th>21st Century Skills</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Critical Thinking</td>
<td></td>
</tr>
<tr>
<td>Information Literacy</td>
<td></td>
</tr>
<tr>
<td>Invention</td>
<td></td>
</tr>
<tr>
<td>Collaboration</td>
<td></td>
</tr>
<tr>
<td>Self Direction</td>
<td></td>
</tr>
</tbody>
</table>

- 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**:

<table>
<thead>
<tr>
<th>21st Century Skills</th>
<th>Critical Thinking</th>
<th>Information Literacy</th>
<th>Invention</th>
<th>Collaboration</th>
<th>Self Direction</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Demonstrate the elements of movement in combination with a variety of locomotor skills</td>
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<tr>
<td>• Demonstrate control and balance in traveling and weight-bearing activities using a variety of body parts and implements</td>
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</tr>
<tr>
<td>• Use feedback to improve performance</td>
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<tr>
<td>• 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</td>
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</tr>
<tr>
<td>• Identify good brain health habits</td>
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<td></td>
<td></td>
<td></td>
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<tr>
<td>• Demonstrate positive and helpful behavior and words toward other students</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Apply rules, procedures, and safe practices to create a safe school environment with little or no reinforcement</td>
<td></td>
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<td></td>
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</tr>
</tbody>
</table>

**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:

- 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**

### Physical Education Objectives

- 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](http://example.com)
A Middle School student in the Littleton Public Schools will engage with the following big ideas in **Physical Education**:  

<table>
<thead>
<tr>
<th>21st Century Skills</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Critical Thinking</td>
<td>- Skills and components of team and individual sports</td>
</tr>
<tr>
<td>Information Literacy</td>
<td>- Locomotor skills: walking, hopping, galloping, chasing, fleeing and dodging, running, skipping, and sliding</td>
</tr>
<tr>
<td>Invention</td>
<td>- Nonmanipulative skills: turning, rolling transferring weight, stretching, twisting, balancing, jumping and landing, and curling</td>
</tr>
<tr>
<td>Collaboration</td>
<td>- Manipulative skills: throwing, kicking, dribbling, striking, catching and collecting, punting, volleying, striking with long-handled implements</td>
</tr>
<tr>
<td>Self Direction</td>
<td>- Variety of team sports</td>
</tr>
<tr>
<td></td>
<td>- Continued growth with positive reinforcement of sportsmanship, teamwork, diverse skills, and problem solving</td>
</tr>
<tr>
<td></td>
<td>- Five components of fitness and FITT principle</td>
</tr>
<tr>
<td></td>
<td>- Promoting lifetime fitness</td>
</tr>
<tr>
<td></td>
<td>- Promoting the mind/body connection to support intercurricular disciplines</td>
</tr>
<tr>
<td></td>
<td>- Demonstrate and implement safe practices in fitness and sports</td>
</tr>
</tbody>
</table>

**Link to Additional Resource:**  
[Colorado Academic Standards](#)