



North Carolina Essential Standards Healthful Living (Physical Education)

Note on Numbering: example – K.MS.1.1 indicates Kindergarten Motor Skill Essential Standard 1 and Clarifying Objective 1.
H = Honors – H.MS.1.1 indicates Honors Motor Skill Essential Standard 1 and Clarifying Objective 1. (highlighted gray)

Note: **MS** = Motor Skill, **MC** = Movement Concepts, **HF** = Health Related Fitness, **PR** = Personal /Social Responsibility

(MS) Motor Skill Development

	Essential Standard	Clarifying Objectives	
K.MS.1	Apply competent motor skills and movement patterns needed to perform a variety of physical activities.	PE.KMS.1.1	Execute recognizable forms of the basic locomotor skills.
		PE.K.MS.1.2	Use recognizable forms of the basic manipulative skills.
		PE.K.MS.1.3	Create transitions between sequential locomotor skills.
		PE.K.MS.1.4	Use non-locomotor and locomotor skills in response to even and uneven rhythms in order to integrate beat awareness.
1.MS.1	Apply competent motor skills and movement patterns needed to perform a variety of physical activities.	PE.1.MS.1.1	Execute recognizable forms of all eight basic locomotor skills in different pathways, levels, or directions.
		PE.1.MS.1.2	Use recognizable forms of the five basic manipulative skills.
		PE.1.MS.1.3	Generate smooth transitions between sequential locomotor skills.
		PE.1.MS.1.4	Use non-locomotor and locomotor skills in a variety of pathways, in different directions, and at different levels in response to music.
2.MS.1	Apply competent motor skills and movement patterns needed to perform a variety of physical	PE.2.MS.1.1	Execute combinations of locomotor skills in different pathways, levels, or directions.
		PE.2.MS.1.2	Execute a variety of manipulative skills while maintaining good balance and follow-through.
		PE.2.MS.1.3	Generate smooth and timely transitions between sequential locomotor skills.

	Essential Standard	Clarifying Objectives	
	activities.	PE.2.MS.1.4	Apply non-locomotor movements with locomotor patterns and levels in a variety of movement sequences.
3.MS.1	Apply competent motor skills and movement patterns needed to perform a variety of physical activities.	PE.3.MS.1.1	Execute combinations of simple locomotor skills and manipulative skills.
		PE.3.MS.1.2	Apply basic manipulative skills while moving/traveling.
		PE.3.MS.1.3	Execute mature form when combining locomotor skills with changes in direction.
		PE.3.MS.1.4	Use variations of different locomotor skills with rhythmic patters and smooth transitions.
4.MS.1	Apply competent motor skills and movement patterns needed to perform a variety of physical activities.	PE.4.MS.1.1	Execute combinations of more complex locomotor skills and manipulative skills in various physical activity settings.
		PE.4.MS.1.2	Create movement skill sequences commonly associated with various sports and activities.
		PE.4.MS.1.3	Implement changes in speed during straight, curved, and zigzag pathways to open and close space using locomotor and manipulative skills.
		PE.4.MS.1.4	Identify tempo in slow and fast rhythms.
5.MS.1	Apply competent motor skills and movement patterns needed to perform a variety of physical activities.	PE.5.MS.1.1	Executive combinations of more complex locomotor skills and manipulative skills specific to individual, dual and team activities.
		PE.5.MS.1.2	Use increasingly complex skills with power and accuracy.
		PE.5.MS.1.3	Illustrate mature form in combining locomotor and manipulative skills for traditional and non traditional activities.
		PE.5.MS.1.4	Create movement sequences that are smooth and fluid and have several different rhythmic patterns.
6.MS.1	Apply competent motor skills	PE.6.MS.1.1	Use some specialized skills that are refined and appropriate for modified game play.

	Essential Standard	Clarifying Objectives	
	and movement patterns needed to perform a variety of physical activities.	PE.6.MS.1.2	Integrate locomotor and manipulative skills with partner, in small-group, and in small-sided game situations.
		PE.6.MS.1.3	Explain the importance of practice to improve skill level.
		PE.6.MS.1.4	Use movement combinations in rhythmic activities.
7.MS.1	Apply competent motor skills and movement patterns needed to perform a variety of physical activities.	PE.7.MS.1.1	Execute complex combinations of movement specific to game, sport, or physical activity settings games in at least one of the following activities or compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance and gymnastics.
		PE.7.MS.1.2	Illustrate fundamental motor skills and complex skills that contribute to movement proficiency in small sided game situations.
		PE.7.MS.1.3	Execute basic offensive and defensive strategies for an invasion game or net/wall activity.
		PE.7.MS.1.4	Create movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music.
8.MS.1	Apply competent motor skills and movement patterns needed to perform a variety of physical activities.	PE.8.MS.1.1	Execute proficiency in some complex combinations of movement specific to game, sport, or physical activity settings in at least two of the following activities or compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance and gymnastics.
		PE.8.MS.1.2	Analyze fundamental motor skills and specialized skills that contribute to movement proficiency in small sided game situations.
		PE.8.MS.1.3	Apply basic strategy and tactics that contribute to successful participation.
		PE.8.MS.1.4	Use movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music.
9.MS.1	Apply competent motor skills and movement patterns needed to perform a variety of physical	PE.9.MS.1.1	Use basic and advanced skills to participate proficiently in at least three of the following activities or compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance and gymnastics.

	Essential Standard	Clarifying Objectives	
	activities.	PE.9.MS.1.2	Apply fundamental motor skills and complex skills needed to participate successfully in at least three lifetime activities.
		PE.9.MS.1.3	Apply information and statistical data about personal and group performance to develop strategies to improve game play or participation in activity.
		PE.9.MS.1.4	Create movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music.
H.MS.1	Evaluate competent motor skills and movement patterns needed to perform a variety of physical activities.	PE.H.MS.1.1	Evaluate data that lead to improved performance in a variety of physical activity experiences.
		PE.H.MS.1.2	Generate opportunities for increasing the use of game/sport modification, facilities and equipment for increasing skill development in your community.
		PE.H.MS.1.3	Evaluate and compare sport specific skill related components and biomechanical principles used to achieve advanced performance in individual, dual, and team experiences.

(MC) Movement Concepts

	Essential Standard	Clarifying Objectives	
K.MC.2	Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.	PE.K.MC.2.1	Understand the meaning of words and terms associated with movement.
		PE.K.MC.2.2	Identify one or more of the essential elements of correct form for the five fundamental manipulative skills.
		PE.K.MC.2.3	Use teacher feedback to improve basic motor performance.
		PE.K.MC.2.4	Illustrate activities that increase heart rate.
1.MC.2	Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.	PE.1.MC.2.1	Use movement and manipulative skills involving equipment.
		PE.1.MC.2.2	Illustrate two or more of the essential elements of correct form for the five fundamental manipulative skills.
		PE.1.MC.2.3	Understand how to use teacher and peer feedback to improve basic motor performance.
		PE.1.MC.2.4	Illustrate activities that increase heart rate and make muscles strong.
2.MC.2	Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.	PE.2.MC.2.1	Use equipment to illustrate multiple movement concepts.
		PE.2.MC.2.2	Compare three or more of the essential elements of correct form for the five fundamental manipulative skills.
		PE.2.MC.2.3	Explain the value of feedback in improving motor performance.
		PE.2.MC.2.4	Illustrate activities that are associated with three or more of the five components of health-related fitness.
3.MC.2	Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.	PE.3.MC.2.1	Illustrate how practice, attention and effort are required to improve skills.
		PE.3.MC.2.2	Integrate the essential elements of correct form for the five fundamental manipulative skills.
		PE.3.MC.2.3	Evaluate individual skills using a rubric based on critical cues.
		PE.3.MC.2.4	Illustrate a variety of activities that are associated with four or more of the health-related fitness components.
4.MC.2	Understand concepts,	PE.4.MC.2.1	Apply basic concepts of movement to improve individual performance.

	Essential Standard	Clarifying Objectives	
	principles, strategies and tactics that apply to the learning and performance of movement.	PE.4.MC.2.2	Apply elements of form or motor development principles to help others improve their performance.
		PE.4.MC.2.3	Evaluate skills in a game situation using a rubric based on critical concepts.
		PE.4.MC.2.4	Classify examples of health-related fitness into the five components.
5.MC.2	Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.	PE.5.MC.2.1	Select scientific principles and/or concepts that have an effect on the quality of complex movement.
		PE.5.MC.2.2	Evaluate movement and game skills in order to provide feedback that will lead to improvement.
		PE.5.MC.2.3	Identify basic offensive and defensive strategies in modified game situations.
		PE.5.MC.2.4	Analyze the five components of health-related physical fitness in terms of their relationship to various activities.
6.MC.2	Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.	PE.6.MC.2.1	Apply principles of practice and conditioning that enhance movement performance.
		PE.6.MC.2.2	Explain the mechanics of various skills or sequences of movement to improve performance.
		PE.6.MC.2.3	Explain when and why to use strategies and tactics within game play.
		PE.6.MC.2.4	Use information from a variety of sources, both internal and external, to guide and improve personal health.
7.MC.2	Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.	PE.7.MC.2.1	Apply concepts from other disciplines, such as physics, to movement skills.
		PE.7.MC.2.2	Contrast information from a variety of sources, both internal and external, in terms of their relevance to guiding, improving, and modifying performance.
		PE.7.MC.2.3	Apply game strategies and tactics at appropriate times and in appropriate ways.
		PE.7.MC.2.4	Understand the relationship between ones social life and healthy habits such as physical activity, nutrition, and sleep.
8.MC.2	Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.	PE.8.MC.2.1	Integrate increasingly complex discipline-specific knowledge, such as biomechanics, with movement skills.
		PE.8.MC.2.2	Compare movement concepts and principles and critical elements of activity of performances representing different levels of skill.
		PE.8.MC.2.3	Integrate strategies and tactics within game play.

	Essential Standard	Clarifying Objectives	
		PE.8.MC.2.4	Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills.
9.MC.2	Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.	PE.9.MC.2.1	Create plans for establishing and maintaining lifelong health enhancing behaviors based on concepts of health, fitness, and nutrition.
		PE.9.MC.2.2	Use complex movement principles to evaluate and improve performance.
		PE.9.MC.2.3	Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills.
H.MC.2	Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.	PE.H.MC.2.1	Compare trends and behavioral effects between attitudes toward exercise and preferred physical experiences based on age and gender.
		PE.H.MC.2.2	Design a strategy for setting specific targets to improve performance.
		PE.H.MC.2.3	Critique training and conditioning practices for the greatest impact on skill acquisition and performance in individual/dual, and team experiences.

(HF) Health-Related Fitness

Essential Standard		Clarifying Objectives	
K.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.K.HF.3.1	Recognize one or more of the five health-related fitness assessments and the associated exercises.
		PE.K.HF.3.2	Identify opportunities for increased physical activity.
		PE.K.HF.3.3	Select moderate-to-vigorous physical activity (MVPA) and sustain for periods of accumulated time.
1.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.1.HF.3.1	Recognize two or more of the five health-related fitness assessments and the associated exercises.
		PE.1.HF.3.2	Select physical activities based on ones interests and physical development.
		PE.1.HF.3.3	Contrast moderate physical activity and vigorous physical activity.
2.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.2.HF.3.1	Recognize three or more of the five health-related fitness assessments and the associated exercises.
		PE.2.HF.3.2	Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.
		PE.2.HF.3.3	Implement a weekly plan of moderate to vigorous activity that increases breathing and heart rate.

Essential Standard		Clarifying Objectives	
3.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.3.HF.3.1	Summarize four or more of the five health related fitness assessments and the associated exercises.
		PE.3.HF.3.2	Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.
		PE.3.HF.3.3	Implement moderate to vigorous physical activities that increase breathing and heart rate, at least four to seven times each week, for increasing periods of time.
4.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.4.HF.3.1	Understand why and how to complete a valid and reliable pre and post health-enhancing fitness assessment, including monitoring of the heart.
		PE.4.HF.3.2	Evaluate oneself in terms of the five recommended behaviors for obesity prevention.
		PE.4.HF.3.3	Use physiological indicators to adjust physical activity.
5.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.5.HF.3.1	Understand how to achieve the gender and age related health-related physical fitness standard defined by an approved fitness assessment.
		PE.5.HF.3.2	Implement strategies to achieve health-related physical fitness.
		PE.5.HF.3.3	Select physical activities that develop/ maintain each of the five components of health-related fitness.
6.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.6.HF.3.1	Apply strategies that result in the achievement of gender- and age-related standards on approved fitness assessments.
		PE.6.HF.3.2	Use a variety of self-paced aerobic activities, keeping in the appropriate target heart rate zone/perceived exertion levels, including cool-down and appropriate post-activity stretching.
		PE.6.HF.3.3	Evaluate personal fitness programs in terms of the basic principles of training.
7.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.7.HF.3.1	Use the gender and age related health related physical fitness standard defined by an approved fitness assessment to self evaluate fitness levels.
		PE.7.HF.3.2	Analyze data to examine the relationship between physical activity and caloric intake.
		PE.7.HF.3.3	Illustrate a variety of training methods.

Essential Standard		Clarifying Objectives	
8.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.8.HF.3.1	Evaluate progress toward achieving health-related fitness standards, using the results to make improvements.
		PE.8.HF.3.2	Summarize the potential short and long-term physical, social, and emotional impacts of physical activity as a positive lifestyle choice.
		PE.8.HF.3.3	Use a variety of resources to assess, monitor, and improve personal fitness.
9.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.9.HF.3.1	Evaluate personal health-related physical fitness status in terms of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.
		PE.9.HF.3.2	Analyze career and occupational opportunities in terms of the required skills and fitness components in terms of required skills, fitness components, and personal interests.
		PE.9.HF.3.3	Analyze the relationship between the six sport-related components and the five components of health-related fitness.
H.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.H.HF.3.1	Evaluate the necessity for current safety techniques, best practices and appropriate national fitness and nutrition guidelines are important for maintaining physical fitness.
		PE.H.HF.3.2	Analyze physical activities in various occupational environments in terms of their inherent risks.
		PE.H.HF.3.3	Compare the six skill-related components of fitness between an athlete and a non-athlete to develop a plan for improvement.

(PR) Personal /Social Responsibility

Essential Standard		Clarifying Objectives	
K.PR.4	Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.K.PR.4.1	Use basic strategies and concepts for working cooperatively in group settings.
		PE.K.PR.4.2	Understand how social interaction can make activities more enjoyable.
		PE.K.PR.4.3	Use safe practices when engaging in physical education activities.
1.PR.4	Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.1.PR.4.1	Use basic strategies and concepts for working cooperatively in group settings.
		PE.1.PR.4.2	Understand how social interaction can make activities more enjoyable.
		PE.1.PR.4.3	Use safe practices when engaging in physical education activities.
2.PR.4	Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.2.PR.4.1	Explain the value of working cooperatively in group settings.
		PE.2.PR.4.2	Summarize the benefits of positive social interaction as to make activities more enjoyable.
		PE.2.PR.4.3	Use safe practices when engaging in physical education activities with little or no prompting.
3.PR.4	Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.3.PR.4.1	Use self-control to demonstrate personal responsibility and respect for self and others.
		PE.3.PR.4.2	Use cooperation and communication skills to achieve common goals.
		PE.3.PR.4.3	Explain the importance of working productively with others.
4.PR.4	Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.4.PR.4.1	Use self-control through structure, expectations, and engagement to demonstrate personal responsibility and respect for self and others.
		PE.4.PR.4.2	Use cooperation and communication skills to achieve common goals.
		PE.4.PR.4.3	Understand the importance of culture and ethnicity in developing self-awareness and working productively with others.

Essential Standard		Clarifying Objectives	
5.PR.4	Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.5.PR.4.1	Use self-control to work independently in developing responsibility and respect for self and others.
		PE.5.PR.4.2	Use cooperation and communication skills to achieve common goals.
		PE.5.PR.4.3	Understand the importance of culture and ethnicity in developing self-awareness and working productively with others.
6.PR.4	Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.6.PR.4.1	Use appropriate strategies to seek greater independence from adults when completing assigned tasks.
		PE.6.PR.4.2	Use well-developed cooperation skills to accomplish group goals in both cooperative and competitive situations.
		PE.6.PR.4.3	Analyze conflicts that arise in competitive activities to determine the most appropriate ways of resolving the conflicts.
7.PR.4	Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.7.PR.4.1	Contrast between appropriate and inappropriate strategies to seek greater independence from adults when completing assigned tasks.
		PE.7.PR.4.2	Contrast between appropriate and inappropriate strategies to communicating ideas and feelings.
		PE.7.PR.4.3	Understand the role of diversity in physical activity respecting limitations and strengths of members of a variety of groups.
8.PR.4	Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.8.PR.4.1	Analyze a variety of settings and situations to determine appropriate safety, ethics, and the form of social interaction.
		PE.8.PR.4.2	Exemplify well-developed cooperation skills to accomplish group goals in both cooperative and competitive situations.
		PE.8.PR.4.3	Compare factors in different cultures that influence the choice of physical activity and nutrition.
9.PR.4	Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.9.PR.4.1	Implement leadership skills to promote responsibility in self and others.
		PE.9.PR.4.2	Select the most appropriate ways of responding and mediate to settle conflicts.
		PE.9.PR.4.3	Explain the influence of physical activity on cultural competence and the development of self-awareness.

Essential Standard		Clarifying Objectives	
H.PR.4	Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.H.PR.4.1	Generate several hypotheses for strategies that include persons of diverse backgrounds and physical abilities in a variety of physical activity settings.
		PE.H.PR.4.2	Evaluate the dynamic relationships between sport, physical activity and society in multicultural environments in terms of character education and sportsmanship.
		PE.H.PR.4.3	Analyze how participation in physical activity influences social justice issues.