



## 2023 Physical Education (Emended Feb. 2025)

### Wyoming Content & Performance Standards (WYCPS)

Effective - July 17, 2024

To be Fully Implemented in Districts by the Beginning of School Year 2026-27

#### **Rationale:**

The goal of physical education is to develop physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

The Wyoming Physical Education Standards include 1) Movement Skills, 2) Fitness, and 3) Personal and Social Behavior. Basic movement skills, essential knowledge and understanding of physical activity and fitness, and the building blocks of personal and social behavior are introduced at the kindergarten-2nd grade span. Competency in movement skills and patterns for successful movement performance and the understanding of the benefits of physical activity and fitness, while developing responsible interactions with others, are further emphasized at the 3rd-5th grade span.

At both the 6th-8th and 9th-12th grade levels, students are extending their understanding of movement, fitness literacy, and personal and social responsibilities related to physical activity. They are taking the basic skills learned by the end of 5th grade and applying them in more complex movement settings. By the 12th grade, it is expected that students master the skills and acquire the knowledge to participate in a variety of physical activities that will enhance health-related physical fitness.

#### **Organization of the Standards:**

[Code = Grade.Content Area.Domain.Standard#]

Key: 2.PE.1.1 = 2nd Grade.Physical Education.Domain 1.Standard 1

#### **Domain:**

The core concepts to be studied in physical education are as follows: 1) Movement Skills; 2) Fitness; and 3) Personal and Social Behavior.

## Grade K-2 Physical Education Content Standards

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### **Movement Skills**

The physically literate individual demonstrates competency and applies knowledge of a variety of movement skills, movement patterns, concepts, principles, and tactics as they apply to the learning and performance of physical activities.

- 2.PE.1.1 Demonstrate fundamental locomotor skills.
- 2.PE.1.2 Demonstrate fundamental body control skills.
- 2.PE.1.3 Demonstrate developing fundamental manipulative skills.
- 2.PE.1.4 Demonstrate fundamental movement concepts related to space, effort, and relationships.

### **Fitness**

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

No standards exist for this domain in K-2.

### **Personal And Social Behavior**

The physically literate individual exhibits responsible personal and social behavior that respects self and others and recognizes the value of physical activity for challenge, self-expression, and/or social interaction.

- 2.PE.3.1 Know and follow rules, procedures, and safe practices in physical activity settings.
- 2.PE.3.3 Demonstrate persistence when participating in a variety of physical activities.

## Grade 3-5 Physical Education Content Standards

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### **Movement Skills**

The physically literate individual demonstrates competency and applies knowledge of a variety of movement skills, movement patterns, concepts, principles, and tactics as they apply to the learning and performance of physical activities.

- 5.PE.1.1 Combine locomotor and body control skills into movement patterns.
- 5.PE.1.3 Demonstrate fundamental manipulative skills in a variety of physical activities.
- 5.PE.1.4 Demonstrate and apply foundational tactics and principles of movement.

### **Fitness**

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 5.PE.2.2 Describe the health benefits of physical activity.
- 5.PE.2.3 Identify the principles, components, and practices of health-related fitness.

### **Personal And Social Behavior**

The physically literate individual exhibits responsible personal and social behavior that respects self and others and recognizes the value of physical activity for challenge, self-expression, and/or social interaction.

- 5.PE.3.1 Describe the purpose of and apply appropriate rules, procedures, and safe practices in physical activity settings.
- 5.PE.3.2 Interact positively and communicate respectfully with others in physical activity settings.
- 5.PE.3.3 Participate in physical activities that promote self-challenge.
- 5.PE.3.5 Participate in creative movement that promotes self-expression.

## Grade 6-8 Physical Education Content Standards

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### **Movement Skills**

The physically literate individual demonstrates competency and applies knowledge of a variety of movement skills, movement patterns, concepts, principles, and tactics as they apply to the learning and performance of physical activities.

- 8.PE.1.2 Demonstrate specialized manipulative skills in modified team activities.
- 8.PE.1.3 Demonstrate specialized skills in modified individual, dual, or lifetime activities.
- 8.PE.1.4 Apply tactical concepts in modified team activities.
- 8.PE.1.5 Apply tactical concepts or performance principles in individual, dual, or lifetime activities.

### **Fitness**

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 8.PE.2.3 Create a short-term physical activity goal by applying the principles, components, and practices of health-related fitness.

### **Personal And Social Behavior**

The physically literate individual exhibits responsible personal and social behavior that respects self and others and recognizes the value of physical activity for challenge, self-expression, and/or social interaction.

- 8.PE.3.2 Communicate effectively to avoid or resolve conflict and promote respect in physical activity settings.
- 8.PE.3.3 Participate in physical activities that promote self-challenge, confidence, and independence.
- 8.PE.3.5 Participate in aesthetic movement forms that promote self-expression.

## Grade 9-12 Physical Education Content & Performance Standards

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### **Movement Skills**

The physically literate individual demonstrates competency and applies knowledge of a variety of movement skills, movement patterns, concepts, principles, and tactics as they apply to the learning and performance of physical activities.

- 12.PE.1.3 Demonstrate specialized skills in individual, dual, or lifetime activities.
  - The Proficient student consistently demonstrates specialized skills by applying most critical skill cues in individual, dual, or lifetime activities.
- 12.PE.1.5 Apply specialized tactical concepts and performance principles in individual, dual, or lifetime activities.
  - The Proficient student consistently applies specialized tactical concepts and performance principles in individual, dual, or lifetime activities.

### **Fitness**

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 12.PE.2.1 Create, monitor, and evaluate a personal goal using current levels of physical activity.
  - The Proficient student accurately uses most components of a systematic goal-setting process to create, monitor, and evaluate a personal fitness goal. They use evidence based on their current level of physical activity to support their conclusions about the effectiveness of the goal.

12.PE.2.2 Evaluate the health benefits of a variety of physical activities.

- The Proficient student consistently provides evidence to support their judgments about the health benefits of a variety of physical activities.

### **Personal And Social Behavior**

The physically literate individual exhibits responsible personal and social behavior that respects self and others and recognizes the value of physical activity for challenge, self-expression, and/or social interaction.

12.PE.3.1 Demonstrate respect by holding self and others accountable for following rules, procedures, safe practices, and etiquette in physical activity settings.

- The Proficient student demonstrates respect by holding self and others accountable for following rules, procedures, safe practices, and etiquette consistently in physical activity settings.

12.PE.3.3 Participate in physical activities that promote self-challenge, personal growth, and well-being.

- The Proficient student consistently participates in physical activities that promote self-challenge, personal growth, and well-being.

12.PE.3.5 Participate in a variety of physical activities that promote self-expression.

- The Proficient student consistently participates in physical activities that promote self-expression.