Grade: Kindergarten

Course: Motor Skills

NCES.PE.K.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.
  - NCES.PE.K.MS.1.1 - Execute recognizable forms of the basic locomotor skills.
  - NCES.PE.K.MS.1.2 - Use recognizable forms of the basic manipulative skills.
  - NCES.PE.K.MS.1.3 - Create transitions between sequential locomotor skills.
  - NCES.PE.K.MS.1.4 - Use non-locomotor and locomotor skills in response to even and uneven rhythms in order to integrate beat awareness.

Course: Movement Concepts

NCES.PE.K.MC.2 - Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.
  - NCES.PE.K.MC.2.1 - Understand the meaning of words and terms associated with movement.
  - NCES.PE.K.MC.2.2 - Identify one or more of the essential elements of correct form for the five fundamental manipulative skills.
  - NCES.PE.K.MC.2.3 - Use teacher feedback to improve basic motor performance.
  - NCES.PE.K.MC.2.4 - Illustrate activities that increase heart rate.

Course: Health-Related Fitness

NCES.PE.K.HF.3 - Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.
  - NCES.PE.K.HF.3.1 - Recognize one or more of the five health-related fitness assessments and the associated exercises.
  - NCES.PE.K.HF.3.2 - Identify opportunities for increased physical activity.
  - NCES.PE.K.HF.3.3 - Select moderate-to-vigorous physical activity (MVPA) and sustain for periods of accumulated time.

Course: Personal/Social Responsibility

NCES.PE.K.PR.4 - Use behavioral strategies that are responsible and enhance respect of self and others and value activity.
  - NCES.PE.K.PR.4.1 - Use basic strategies and concepts for working cooperatively in group settings.
  - NCES.PE.K.PR.4.2 - Understand how social interaction can make activities more enjoyable.
  - NCES.PE.K.PR.4.3 - Use safe practices when engaging in physical education activities.

Grade: Grade 1

Course: Motor Skills

NCES.PE.1.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.
  - NCES.PE.1.MS.1.1 - Execute recognizable forms of all eight basic locomotor skills in different pathways, levels, or directions.
  - NCES.PE.1.MS.1.2 - Use recognizable forms of the five basic manipulative skills.
  - NCES.PE.1.MS.1.3 - Generate smooth transitions between sequential locomotor skills.
NCES.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.

Course: Movement Concepts

NCES.PE.1.MC.2 - Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.
- NCES.PE.1.MC.2.1 - Use movement and manipulative skills involving equipment.
- NCES.PE.1.MC.2.2 - Illustrate two or more of the essential elements of correct form for the five fundamental manipulative skills.
- NCES.PE.1.MC.2.3 - Understand how to use teacher and peer feedback to improve basic motor performance.
- NCES.PE.1.MC.2.4 - Illustrate activities that increase heart rate and make muscles strong.

Course: Health-Related Fitness

NCES.PE.1.HF.3 - Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.
- NCES.PE.1.HF.3.1 - Recognize two or more of the five health-related fitness assessments and the associated exercises.
- NCES.PE.1.HF.3.2 - Select physical activities based on one's interests and physical development.
- NCES.PE.1.HF.3.3 - Contrast moderate physical activity and vigorous physical activity.

Course: Personal/Social Responsibility

NCES.PE.1.PR.4 - Use behavioral strategies that are responsible and enhance respect of self and others and value activity.
- NCES.PE.1.PR.4.1 - Use basic strategies and concepts for working cooperatively in group settings.
- NCES.PE.1.PR.4.2 - Understand how social interaction can make activities more enjoyable.
- NCES.PE.1.PR.4.3 - Use safe practices when engaging in physical education activities.

Grade: Grade 2

Course: Motor Skills

NCES.PE.2.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.
- NCES.PE.2.MS.1.1 - Execute combinations of locomotor skills in different pathways, levels, or directions.
- NCES.PE.2.MS.1.2 - Execute a variety of manipulative skills while maintaining good balance and follow-through.
- NCES.PE.2.MS.1.3 - Generate smooth and timely transitions between sequential locomotor skills.
- NCES.PE.2.MS.1.4 - Apply non-locomotor movements with locomotor patterns and levels in a variety of movement sequences.

Course: Movement Concepts

NCES.PE.2.MC.2 - Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.
- NCES.PE.2.MC.2.1 - Use equipment to illustrate multiple movement concepts.
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Physical Education

NCES.PE.2.MC.2.2 - Compare three or more of the essential elements of correct form for the five fundamental manipulative skills.
NCES.PE.2.MC.2.3 - Explain the value of feedback in improving motor performance.
NCES.PE.2.MC.2.4 - Illustrate activities that are associated with three or more of the five components of health-related fitness.

Course: Health-Related Fitness
NCES.PE.2.HF.3 - Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.
NCES.PE.2.HF.3.1 - Recognize three or more of the five health-related fitness assessments and the associated exercises.
NCES.PE.2.HF.3.2 - Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.
NCES.PE.2.HF.3.3 - Implement a weekly plan of moderate to vigorous activity that increases breathing and heart rate.

Course: Personal/Social Responsibility
NCES.PE.2.PR.4 - Use behavioral strategies that are responsible and enhance respect of self and others and value activity.
NCES.PE.2.PR.4.1 - Explain the value of working cooperatively in group settings.
NCES.PE.2.PR.4.2 - Summarize the benefits of positive social interaction to make activities more enjoyable.
NCES.PE.2.PR.4.3 - Use safe practices when engaging in physical education activities with little or no prompting.

Grade: Grade 3

Course: Motor Skills
NCES.PE.3.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.
NCES.PE.3.MS.1.1 - Execute combinations of simple locomotor skills and manipulative skills.
NCES.PE.3.MS.1.2 - Apply basic manipulative skills while moving/traveling.
NCES.PE.3.MS.1.3 - Execute mature form when combining locomotor skills with changes in direction.
NCES.PE.3.MS.1.4 - Use variations of different locomotor skills with rhythmic patterns and smooth transitions.

Course: Movement Concepts
NCES.PE.3.MC.2 - Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.
NCES.PE.3.MC.2.1 - Illustrate how practice, attention, and effort are required to improve skills.
NCES.PE.3.MC.2.2 - Integrate the essential elements of correct form for the five fundamental manipulative skills.
NCES.PE.3.MC.2.3 - Evaluate individual skills using a rubric based on critical cues.
NCES.PE.3.MC.2.4 - Illustrate a variety of activities that are associated with four or more of the five
components of health-related fitness.

Course: Health-Related Fitness
NCES.PE.3.HF.3 - Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.
   NCES.PE.3.HF.3.1 - Summarize four or more of the five health-related fitness assessments and the associated exercises.
   NCES.PE.3.HF.3.2 - Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.
   NCES.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.

Course: Personal/Social Responsibility
NCES.PE.3.PR.4 - Use behavioral strategies that are responsible and enhance respect of self and others and value activity.
   NCES.PE.3.PR.4.1 - Use self-control to demonstrate personal responsibility and respect for self and others.
   NCES.PE.3.PR.4.2 - Use cooperation and communication skills to achieve common goals.
   NCES.PE.3.PR.4.3 - Explain the importance of working productively with others.

Grade: Grade 4
Course: Motor Skills
NCES.PE.4.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.
   NCES.PE.4.MS.1.1 - Execute combinations of more complex locomotor skills and manipulative skills in various physical activity settings.
   NCES.PE.4.MS.1.2 - Create movement skill sequences commonly associated with various sports and activities.
   NCES.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.
   NCES.PE.4.MS.1.4 - Identify tempo in slow and fast rhythms.

Course: Movement Concepts
NCES.PE.4.MC.2 - Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.
   NCES.PE.4.MC.2.1 - Apply basic concepts of movement to improve individual performance.
   NCES.PE.4.MC.2.2 - Apply elements of form or motor development principles to help others improve their performance.
   NCES.PE.4.MC.2.3 - Evaluate skills in a game situation using a rubric based on critical concepts.
   NCES.PE.4.MC.2.4 - Classify examples of health-related fitness into the five components.

Course: Health-Related Fitness
NCES.PE.4.HF.3 - Understand the importance of achieving and maintaining a health-enhancing level of
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Physical Education

Physical fitness.

NCES.PE.4.HF.3.1 - Understand why and how to complete a valid and reliable health-enhancing pre- and post-fitness assessment, including monitoring of the heart.
NCES.PE.4.HF.3.2 - Evaluate oneself in terms of the five recommended behaviors for obesity prevention.
NCES.PE.4.HF.3.3 - Use physiological indicators to adjust physical activity.

Course: Personal/Social Responsibility
NCES.PE.4.PR.4 - Use behavioral strategies that are responsible and enhance respect of self and others and value activity.
NCES.PE.4.PR.4.1 - Use self-control through structure, expectations, and engagement to demonstrate personal responsibility and respect for self and others.
NCES.PE.4.PR.4.2 - Use cooperation and communication skills to achieve common goals.
NCES.PE.4.PR.4.3 - Understand the importance of culture and ethnicity in developing self-awareness and working productively with others.

Grade: Grade 5

Course: Motor Skills
NCES.PE.5.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.
NCES.PE.5.MS.1.1 - Execute combinations of more complex locomotor skills and manipulative skills specific to individual, dual, and team activities.
NCES.PE.5.MS.1.2 - Use increasingly complex skills with power and accuracy.
NCES.PE.5.MS.1.3 - Illustrate mature form in combining locomotor and manipulative skills for traditional and non traditional activities.
NCES.PE.5.MS.1.4 - Create movement sequences that are smooth and fluid and have several different rhythmic patterns.

Course: Movement Concepts
NCES.PE.5.MC.2 - Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.
NCES.PE.5.MC.2.1 - Select scientific principles and/or concepts that have an effect on the quality of complex movement.
NCES.PE.5.MC.2.2 - Evaluate movement and game skills in order to provide feedback that will lead to improvement.
NCES.PE.5.MC.2.3 - Identify basic offensive and defensive strategies in modified game situations.
NCES.PE.5.MC.2.4 - Analyze the five components of health-related physical fitness in terms of their relationship to various activities.

Course: Health-Related Fitness
NCES.PE.5.HF.3 - Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.
NCES.PE.5.HF.3.1 - Understand how to achieve the gender- and age-related health-related physical fitness standards defined by an approved fitness assessment.
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NCES.PE.5.HF.3.2 - Implement strategies to achieve health-related physical fitness.
NCES.PE.5.HF.3.3 - Select physical activities that develop/maintain each of the five components of health-related fitness.

Course: Personal/Social Responsibility
NCES.PE.5.PR.4 - Use behavioral strategies that are responsible and enhance respect of self and others and value activity.
  NCES.PE.5.PR.4.1 - Use self-control to work independently in developing responsibility and respect for self and others.
  NCES.PE.5.PR.4.2 - Use cooperation and communication skills to achieve common goals.
  NCES.PE.5.PR.4.3 - Understand the importance of culture and ethnicity in developing self-awareness and working productively with others.

Grade: Grade 6

Course: Motor Skills
NCES.PE.6.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.
  NCES.PE.6.MS.1.1 - Use some specialized skills that are refined and appropriate for modified game play.
  NCES.PE.6.MS.1.2 - Integrate locomotor and manipulative skills with partner, in small-group, and in small-sided game situations.
  NCES.PE.6.MS.1.3 - Explain the importance of practice to improve skill level.
  NCES.PE.6.MS.1.4 - Use movement combinations in rhythmic activities.

Course: Movement Concepts
NCES.PE.6.MC.2 - Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.
  NCES.PE.6.MC.2.1 - Apply principles of practice and conditioning that enhance movement performance.
  NCES.PE.6.MC.2.2 - Explain the mechanics of various skills or sequences of movement to improve performance.
  NCES.PE.6.MC.2.3 - Explain when and why to use strategies and tactics within game play.
  NCES.PE.6.MC.2.4 - Use information from a variety of sources, both internal and external, to guide and improve personal health.

Course: Health-Related Fitness
NCES.PE.6.HF.3 - Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.
  NCES.PE.6.HF.3.1 - Apply strategies that result in the achievement of gender- and age-related standards on approved fitness assessments.
  NCES.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.
  NCES.PE.6.HF.3.3 - Evaluate personal fitness programs in terms of the basic principles of training.
Physical Education

Course: Personal/Social Responsibility

NCES.PE.6.PR.4 - Use behavioral strategies that are responsible and enhance respect of self and others and value activity.
  NCES.PE.6.PR.4.1 - Use appropriate strategies to seek greater independence from adults when completing assigned tasks.
  NCES.PE.6.PR.4.2 - Use well-developed cooperation skills to accomplish group goals in both cooperative and competitive situations.
  NCES.PE.6.PR.4.3 - Analyze conflicts that arise in competitive activities to determine the most appropriate ways of resolving the conflicts.

Grade: Grade 7

Course: Motor Skills

NCES.PE.7.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.
  NCES.PE.7.MS.1.1 - Execute complex combinations of movement specific to game, sport, or physical activity settings in at least one of the following activities or compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance or gymnastics.
  NCES.PE.7.MS.1.2 - Illustrate fundamental motor skills and complex skills that contribute to movement proficiency in small-sided game situations.
  NCES.PE.7.MS.1.3 - Execute basic offensive and defensive strategies for an invasion game or net/wall activity.
  NCES.PE.7.MS.1.4 - Create movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music.

Course: Movement Concepts

NCES.PE.7.MC.2 - Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.
  NCES.PE.7.MC.2.1 - Apply concepts from other disciplines, such as physics, to movement skills.
  NCES.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.
  NCES.PE.7.MC.2.3 - Apply game strategies and tactics at appropriate times and in appropriate ways.
  NCES.PE.7.MC.2.4 - Understand the relationship between one’s social life and healthy habits such as physical activity, nutrition, and sleep.

Course: Health-Related Fitness

NCES.PE.7.HF.3 - Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.
  NCES.PE.7.HF.3.1 - Use the gender- and age-related health-related physical fitness standards defined by an approved fitness assessment to self evaluate fitness levels.
  NCES.PE.7.HF.3.2 - Analyze data to examine the relationship between physical activity and caloric intake.
  NCES.PE.7.HF.3.3 - Illustrate a variety of training methods.
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Course: Personal/Social Responsibility
NCES.PE.7.PR.4 - Use behavioral strategies that are responsible and enhance respect of self and others and value activity.
- NCES.PE.7.PR.4.1 - Contrast between appropriate and inappropriate strategies to seek greater independence from adults when completing assigned tasks.
- NCES.PE.7.PR.4.2 - Contrast between appropriate and inappropriate strategies for communicating ideas and feelings.
- NCES.PE.7.PR.4.3 - Understand the role of diversity in physical activity respecting limitations and strengths of members of a variety of groups.

Grade: Grade 8

Course: Motor Skills
NCES.PE.8.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.
- NCES.PE.8.MS.1.1 - Execute proficiently 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 or gymnastics.
- NCES.PE.8.MS.1.2 - Analyze fundamental motor skills and specialized skills that contribute to movement proficiency in small-sided game situations.
- NCES.PE.8.MS.1.3 - Apply basic strategy and tactics that contribute to successful participation.
- NCES.PE.8.MS.1.4 - Use movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music.

Course: Movement Concepts
NCES.PE.8.MC.2 - Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.
- NCES.PE.8.MC.2.1 - Integrate increasingly complex discipline-specific knowledge, such as biomechanics, with movement skills.
- NCES.PE.8.MC.2.2 - Compare movement concepts and principles, and critical elements of activity, of performances representing different levels of skill.
- NCES.PE.8.MC.2.3 - Integrate strategies and tactics within game play.
- NCES.PE.8.MC.2.4 - Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills.

Course: Health-Related Fitness
NCES.PE.8.HF.3 - Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.
- NCES.PE.8.HF.3.1 - Evaluate progress toward achieving health-related fitness standards, using the results to make improvements.
- NCES.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.
- NCES.PE.8.HF.3.3 - Use a variety of resources to assess, monitor, and improve personal fitness.
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Course: Personal/Social Responsibility
NCES.PE.8.PR.4 - Use behavioral strategies that are responsible and enhance respect of self and others and value activity.
   NCES.PE.8.PR.4.1 - Analyze a variety of settings and situations to determine appropriate safety, ethics, and the form of social interaction.
   NCES.PE.8(PR.4.2 - Exemplify well-developed cooperation skills to accomplish group goals in both cooperative and competitive situations.
   NCES.PE.8(PR.4.3 - Compare factors in different cultures that influence the choice of physical activity and nutrition.

Grade: Grade 9
Course: Motor Skills
NCES.PE.9.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.
   NCES.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, or gymnastics.
   NCES.PE.9.MS.1.2 - Apply fundamental motor skills and complex skills needed to participate successfully in at least three lifetime activities.
   NCES.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 activities.
   NCES.PE.9.MS.1.4 - Create movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music.

Course: Movement Concepts
NCES.PE.9.MC.2 - Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.
   NCES.PE.9.MC.2.1 - Create plans for establishing and maintaining lifelong health-enhancing behaviors based on concepts of health, fitness, and nutrition.
   NCES.PE.9.MC.2.2 - Use complex movement principles to evaluate and improve performance.
   NCES.PE.9.MC.2.3 - Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills.

Course: Health-Related Fitness
NCES.PE.9.HF.3 - Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.
   NCES.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.
   NCES.PE.9.HF.3.2 - Analyze career and occupational opportunities in terms of the required skills, fitness components, and personal interests.
   NCES.PE.9.HF.3.3 - Analyze the relationship between the six sport-related components and the five components of health-related components of fitness.
Course: Personal/Social Responsibility

NCES.PE.9.PR.4 - Use behavioral strategies that are responsible and enhance respect of self and others and value activity.
  NCES.PE.9.PR.4.1 - Implement leadership skills to promote responsibility in self and others.
  NCES.PE.9.PR.4.2 - Select the most appropriate ways of responding and mediate to settle conflicts.
  NCES.PE.9.PR.4.3 - Explain the influence of physical activity on cultural competence and the development of self-awareness.