K-12 Louisiana Student Standards for Physical Education

Kindergarten and Grade 1

Domain 1: Motor Skills Development

1. Demonstrate a variety of locomotor skills while changing pathway, direction, levels, and/or effort.
2. Demonstrate non-locomotor skills in response to auditory and visual cues.
3. Jump and land in a closed environment.
4. Jump rope in a closed environment.
5. Demonstrate static balance using a variety of body parts and/or equipment in a closed environment.
6. Transfer weight between different body parts by rocking and rolling in a closed environment.
7. Demonstrate rhythmic dance steps and sequences in a closed environment.
8. Throw an object in closed practice activities using variations of force.
9. Catch an object in closed practice activities.
10. Strike an object with hands in closed practice activities.
11. Strike an object with an implement in closed practice activities.
12. Kick a ball in closed practice activities using variations of force.
13. Bounce a ball in closed practice activities using variations of force.
14. Roll a ball underhand in closed practice activities.

Domain 2: Movement and Fitness Application

1. Describe non-locomotor and movement concepts related to the body, space, effort, flow, and relationships.
2. Recognize movement concepts associated with locomotor and manipulative skills.
3. Use awareness of personal and general space to accomplish movement tasks.
4. Use the critical elements of fundamental motor skills to improve performance.
5. Apply different degrees of force, speed, and/or direction in response to auditory and/or visual cues.
6. Demonstrate an understanding of how players, movements, equipment, space, and/or rules affect each other in different physical activities.

Domain 3: Health-Enhancing Physical Activity and Fitness

1. Differentiate between physical activity and inactivity.
2. Identify opportunities to increase physical activity throughout the day.
3. Recognize the difference between healthy and unhealthy food and beverage choices.
4. Recognize physiological changes in the body during physical activities.
5. Recognize activities that can be used to improve the health-related fitness components.
6. Demonstrate an understanding of cardiovascular endurance by recognizing that the heart is a muscle that grows stronger with physical activity.

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7. Demonstrate an understanding of muscular strength and endurance by identifying ways to strengthen muscles.
8. Attempt age-appropriate fitness exercises with teacher guidance, including squats, lunges, push-ups, planks, and jumping jacks.
9. Demonstrate an understanding of flexibility by identifying ways to stretch muscles in the upper and lower body.
10. Participate in age-appropriate fitness assessment.

Domain 4: Personal and Social Responsibility

1. Demonstrate an understanding of safety rules and procedures.
2. Follow directions and handle equipment safely.
3. Demonstrate how to work independently while maintaining safety in shared spaces.
4. Demonstrate an understanding of how appropriate attire, footwear, and equipment support safe participation in physical activities.
5. Identify how personal actions affect participation in games and activities.
6. Demonstrate cooperation and sharing in a variety of games and activities.
7. Demonstrate willingness to work with a variety of partners in games and activities.
8. Demonstrate an understanding of water safety skills.

Domain 5: Value of Physical Activity

1. Recognize ways that physical activity positively affects personal health and well-being.
2. Attempt new physical activities in class and/or free time.
3. Participate in a variety of physical activities and identify activities they enjoy.
4. Recognize individual strengths and challenges related to physical activity and movement.
5. Recognize that physical activities can meet the need for self-expression.

Grades 2 and 3

Domain 1: Motor Skills Development

1. Demonstrate combinations of locomotor and non-locomotor skills in open and/or closed environments.
2. Jump and land in an open environment.
3. Attempt skills and tricks while jumping rope in a closed environment.
4. Balance on different body parts while demonstrating different levels, shapes, and/or patterns.
5. Transfer weight between different body parts while changing pathway, direction, levels, and/or effort in a closed environment.
6. Combine sequences of rolling, jumping/landing, and/or balance skills in a closed environment.
7. Demonstrate rhythmic dance steps and sequences using a variety of locomotor and non-locomotor skills.
8. Throw an object overhand using appropriate form and variations of force.
9. Throw an object underhand using appropriate form and variations of force.
10. Catch an object in closed and/or open practice activities.
11. Strike an object with hands to control force and aim.
12. Strike an object with an implement to control force and aim.
13. Kick a ball in closed practice activities to control force and aim.
14. Dribble with hands in practice activities.
15. Dribble with feet in practice activities.

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16. Roll a ball underhand to control force and aim in practice activities.

Domain 2: Movement and Fitness Application

1. Demonstrate an understanding of critical elements of locomotor, non-locomotor, and manipulative skills.
2. Demonstrate an understanding of how the features of an object or movement concept change the way a skill needs to be performed.
3. Apply movement concepts of a task in open practice activities.
4. Modify movement to meet the demands of a task.
5. Recognize offensive and defensive situations.
6. Identify the actions needed to score in a game.
7. Demonstrate an understanding of how appropriate practice improves performance.

Domain 3: Health-Enhancing Physical Activity and Fitness

1. Track daily physical activity and measure progress toward current guidelines.
2. Demonstrate an understanding of physical activity guidelines and identify opportunities to meet those guidelines.
3. Identify foods that nourish the body and provide energy for physical activity.
4. Demonstrate methods for measuring and assessing heart rate during physical activity.
5. Demonstrate an understanding of activities that can improve the health-related fitness components.
6. Demonstrate activities that increase heart rate to build cardiovascular endurance.
7. Demonstrate activities to improve muscular strength and endurance.
8. Demonstrate basic form while performing fitness exercises, including squats, lunges, push-ups, planks, and jumping jacks.
9. Demonstrate stretching muscles to improve flexibility.
10. Recognize the importance of appropriate warm-up and cool-down activities.
11. Participate in fitness assessments that include measures of at least core strength, cardiovascular endurance, and upper-body strength, and use the results to track progress toward personal fitness goals.
12. Demonstrate an understanding of the FITT principle (Frequency, Intensity, Time, Type).

Domain 4: Personal and Social Responsibility

1. Demonstrate personal responsibility during teacher-directed activities.
2. Identify and follow equipment-specific safety rules.
3. Demonstrate an understanding of how appropriate attire, footwear, and equipment support safe participation in physical activities.
4. Participate and make appropriate decisions during games and activities.
5. Utilize cooperative skills to solve problems during a variety of games and activities.
6. Demonstrate positive cooperation and respect for peers, regardless of differences, during a variety of games and activities.
7. Demonstrate cooperation with others to resolve conflicts during games and activities.
8. Demonstrate an understanding of water safety skills.

Domain 5: Value of Physical Activity

1. Identify and discuss how physical activity positively affects personal health and well-being.
2. Participate in physical activities during class and/or free time based on personal interests.
3. Participate in a variety of physical activities and describe why certain activities are enjoyable or

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meaningful.
4. Identify the benefits and ways to overcome the challenges related to physical activity.
5. Select and/or participate in preferred physical activities that meet the need for self-expression.
6. Describe how participation in physical activities can support positive social interactions.

Grades 4 and 5

Domain 1: Motor Skills Development

1. Demonstrate combinations of locomotor and non-locomotor skills in an open environment.
2. Demonstrate a variety of skills and tricks while jumping rope.
3. Demonstrate balance during dynamic practice tasks.
4. Transfer weight between different body parts while changing pathway, direction, levels, and/or effort in an open environment.
5. Combine sequences of rolling, jumping/landing, and/or balancing in an open environment.
6. Demonstrate rhythmic dance steps and sequences using a variety of locomotor, non-locomotor, and manipulative skills.
7. Throw an object overhand using appropriate form to control force and aim in open practice activities.
8. Catch with hand(s) and/or an implement in open practice activities.
9. Strike an object with hand(s) above waist in practice activities.
10. Strike an object with hand(s) below waist in practice activities.
11. Strike an object with a long-handled implement using appropriate form and aiming toward a target.
12. Strike an object with a short-handled implement using appropriate form and aiming toward a target.
13. Kick a ball with appropriate form in closed and/or open practice activities.
14. Dribble with hands using appropriate form in closed and/or open practice activities.
15. Dribble with feet using appropriate form in closed and/or open practice activities.
16. Roll a ball underhand using appropriate form and to control force and aim in open practice activities.
17. Send and receive an object with appropriate form in closed and/or open practice activities.
18. Demonstrate the ability to travel while controlling an object to reach or strike a target.

Domain 2: Movement and Fitness Application

1. Identify similar skills and/or concepts across related activities.
2. Demonstrate an understanding of the importance of weight transfer when propelling an object.
3. Modify movement based on the task and/or environment in open practice activities.
4. Demonstrate offensive and defensive positioning in simple game settings.
5. Demonstrate problem-solving strategies in simple game settings.
6. Use critical elements to analyze activity performance and provide feedback to self and others.
7. Identify methods to improve skills using the principles of practice.

Domain 3: Health-Enhancing Physical Activity and Fitness

1. Analyze daily physical activity and measure progress toward current guidelines.
2. Analyze current physical activity levels in relation to physical activity guidelines and identify opportunities to meet those guidelines.
3. Demonstrate an understanding of how food and beverage choices impact physical activity performance and personal health.

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4. Assess heart rate during physical activity to determine and achieve the appropriate level of intensity.
5. Demonstrate an understanding of how specific activities improve each health-related fitness component.
6. Demonstrate activities to improve each health-related component.
7. Perform fitness exercises, including squats, lunges, push-ups, planks, and jumping jacks, with increasing proficiency.
8. Recognize each component of skill-related fitness.
9. Demonstrate appropriate warm-up and cool-down for a variety of activities.
10. Participate in fitness assessments that include measures of at least core strength, cardiovascular endurance, and upper-body strength, and use the results to track progress toward personal fitness goals.
11. Use the FITT principle (Frequency, Intensity, Time, Type) to create a fitness plan.

Domain 4: Personal and Social Responsibility

1. Demonstrate an understanding of rules, etiquette, and fair play in different games and activities.
2. Demonstrate good sportsmanship to ensure safety in team activities.
3. Demonstrate an understanding of how appropriate attire, footwear, and equipment support safe participation in physical activities.
4. Utilize self-reflection of physical activity levels and fitness for individual improvement.
5. Utilize self-reflection during games and activities to improve performance, support others, and strengthen team unity.
6. Work with others to plan and support teamwork in different roles to improve play in a variety of games and activities.
7. Independently apply conflict-resolution strategies to support positive interactions during games and activities.
8. Demonstrate an understanding of water safety skills.

Domain 5: Value of Physical Activity

1. Examine the health benefits of participating in various physical activities.
2. Explain the reasons for selecting physical activities during class and/or free time based on personal interests.
3. Participate in a variety of physical activities and identify activities that can support health and enjoyment throughout life.
4. Analyze the benefits and ways to overcome the challenges related to physical activity.
5. Analyze how selection and participation in preferred physical activities meet the need for self-expression.
6. Analyze how participation in physical activities can support positive social interactions.

Grades 6-8

Domain 1: Motor Skills Development

1. Create and perform movement sequences in dance, gymnastics, or fitness that show control, coordination, and rhythm.
2. Throw with appropriate form for distance and/or accuracy in practice activities and small-sided games.

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3. Catch with appropriate form with or without an implement in practice activities and small-sided games.
4. Send and receive with appropriate form and in combination with locomotor skills in small-sided games.
5. Dribble with appropriate form while changing speed and/or direction in practice activities and small-sided games.
6. Strike with appropriate form in practice activities and small-sided games.
7. Strike with appropriate form using a long-handled implement in practice activities and small-sided games.
8. Demonstrate appropriate form of forehand and backhand strokes with an implement in practice activities and modified small-sided games.
9. Volley with appropriate form using a body part or a short-handled implement during practice activities and modified net/wall games.
10. Serve underhand and/or overhand with the hand using appropriate form in practice activities and small-sided games.
11. Serve underhand and/or overhand with an implement using appropriate form in practice activities and small-sided games.
12. Demonstrate defensive ready position in practice activities and small-sided games.
13. Model basic offensive strategies in practice activities and small-sided games.
14. Use multiple tactics and skills to create open space in practice activities and small-sided games.
15. Shoot on goal with appropriate form in practice activities and small-sided games.
16. Demonstrate appropriate technique in self-selected individual or group lifetime activities.
17. Demonstrate appropriate form when participating in health-related fitness activities.
18. Demonstrate appropriate form when participating in skill-related fitness activities.

Domain 2: Movement and Fitness Application

1. Demonstrate creating open space by using a variety of offensive strategies.
2. Demonstrate reducing open space by using a variety of defensive strategies.
3. Demonstrate creating open space by manipulating an opponent's position through movement and by adjusting force.
4. Demonstrate defensive tactics and plays in practice activities and/or small-sided game play.
5. Demonstrate the ability to return to a ready position to reduce offensive options for opponents.
6. Demonstrate one or more offensive shots using appropriate placement, force, or timing.
7. Demonstrate a variety of shots to open space during practice activities.
8. Demonstrate an appropriate shot for the situation by varying the speed, force, or trajectory of the object.
9. Evaluate how movement principles affect different skills to help improve performance for self or others.
10. Analyze the situation and make adjustments to ensure the safety of self and others.
11. Follow appropriate safety procedures in self-selected activities.

Domain 3: Health-Enhancing Physical Activity and Fitness

1. Demonstrate activities that promote physical health and explain the benefits of being active.
2. Demonstrate an understanding of major muscle groups and body systems and their interactions during physical activity.
3. Demonstrate an understanding of health-related and skill-related fitness components.

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4. Demonstrate an understanding of how the five health-related fitness components impact overall physical health.
5. Perform fitness exercises, including squats, lunges, push-ups, planks, and jumping jacks, with proper technique to improve muscular strength and endurance.
6. Demonstrate an understanding of the FITT principle (Frequency, Intensity, Time, Type) and how it corresponds to health-related fitness components.
7. Demonstrate an understanding of the principles of training (specificity, overload, and progression) and apply the principles to a fitness plan.
8. Design and implement a personal or group warm-up and/or cool-down routine for a class or chosen physical activity.
9. Participate in fitness assessments that measure at least core strength, cardiovascular endurance, and upper-body strength, and use the results to create and implement a personal fitness plan.
10. Create a personal exercise plan applying the FITT principle to a selected health-related fitness component.
11. Monitor and compare heart rate and perceived exertion to understand the intensity of various physical activities.
12. Demonstrate an understanding of how tracking fitness, with and/or without technology, can support health and activity goals.

Domain 4: Personal and Social Responsibility

1. Demonstrate personal and social responsibility by being safe, respectful, cooperative, and supportive.
2. Demonstrate responsibility for individual improvement of levels of physical activity and fitness.
3. Demonstrate motivation and self-management by using positive strategies and self-monitoring to participate in physical activity both in and outside of school.
4. Demonstrate self-responsibility and collaboration by using positive and corrective feedback to self and peers to improve performance.
5. Demonstrate respect and cooperation by encouraging others and following rules/guidelines to resolve conflicts during physical activity.
6. Demonstrate cooperation by participating positively, respecting differences, and working with others to support teamwork and problem-solving during physical activity.
7. Demonstrate understanding and application of rules and etiquette by appropriately participating in, self-directing, and/or officiating individual and group physical activities.
8. Demonstrate safe and appropriate use of physical activity and fitness equipment by following safety protocols independently and identifying potential safety concerns.
9. Identify signs and symptoms of concussions and other common injuries and explain the importance of reporting them to a responsible adult.

Domain 5: Value of Physical Activity

1. Analyze the relationship between physical activity levels and personal health and well-being.
2. Participate in a variety of lifetime physical activities and evaluate participation based on personal interests and opportunities.
3. Identify challenging physical activities and apply strategies to overcome individual and group challenges.
4. Participate in physical activities that allow for enjoyment and self-expression and identify ways to enhance both.
5. Identify and participate in physical activities for social interaction and explain the social benefits of participation.

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Grades 9-12

Domain 1: Motor Skills Development

1. Demonstrate competency in a variety of movement forms and manipulative skills in team and individual sports.
2. Demonstrate competency in a variety of activity-specific skills in lifetime sports and activities.
3. Demonstrate growth in movement skills in a variety of physical activities that help improve health-related fitness.
4. Demonstrate appropriate form and technique during cardiovascular fitness activities, including jumping jacks.
5. Demonstrate appropriate form and technique in muscular strength and endurance activities, including squats, lunges, push-ups, and planks.
6. Demonstrate appropriate form and technique in flexibility and mobility exercises.
7. Demonstrate appropriate form and technique in skill-related fitness activities.

Domain 2: Movement and Fitness Application

1. Demonstrate knowledge of principles and tactics while participating in at least one team and one individual sport.
2. Demonstrate knowledge of movement concepts and principles while participating in lifetime activities.
3. Demonstrate knowledge of movement concepts and principles while participating in at least one specialized activity.
4. Analyze and evaluate movement concepts and principles to improve performance of self and others in skills and/or specialized activities.

Domain 3: Health-Enhancing Physical Activity and Fitness

1. Identify and apply health-related fitness principles (cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition) when participating in at least one team sport and one individual sport.
2. Evaluate the safety, risks, and barriers of lifetime fitness activities and identify strategies to overcome them.
3. Participate in fitness assessments that measure at least core strength, cardiovascular endurance, and upper-body strength, and use the results and basic fitness principles to develop and follow a personal fitness plan.
4. Assess personal fitness and set goals to improve physical health and support lifelong fitness.
5. Create a fitness and/or health plan that uses community resources to maintain or improve lifelong fitness goals.
6. Demonstrate an understanding of how to continue or adjust a personal fitness plan after graduation to stay healthy and active.

Domain 4: Personal and Social Responsibility

1. Recognize benefits and challenges of physical activities and modify activity patterns as needed.
2. Demonstrate effective collaboration and respect for others during games and activities by using communication, problem-solving, and critical thinking.
3. Apply safe practices and proper etiquette appropriate to the physical activity or exercise setting.
4. Analyze risks for concussions and other common injuries, describe proper response and recovery

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protocols, and demonstrate strategies to prevent injuries during physical activity.

Domain 5: Value of Physical Activity

1. Self-select a physical activity and analyze the value and positive benefits for one's personal health.
2. Evaluate and select lifetime physical activities based on personal interests, goals, and opportunities for participation throughout life.
3. Select and participate in learning a new physical activity that is appropriately challenging.
4. Select and participate in physical activities that allow for self-expression.
5. Select and participate in physical activities that support social interaction and demonstrate an understanding of their benefits, supporting lifetime physical fitness.

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