

Quaver Health·PE™



Missouri PE Correlations **Grades K-5**



Standard	Description	PE Lessons	Health+PE Lessons
Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
S1.E1: Locomotor: Hopping, galloping, running, sliding, skipping, leaping			
S1.E1.K	Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance.	Foot Dribble and Pass: Dribble With Inside of Foot	General Health: What Is a Healthy Behavior?
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	General Health: What Is an Emergency?
		Jump, Balance, Spin, and Roll: Jump and Spin	Social Behavior: Making New Friends
		Jump, Balance, Spin, and Roll: Balance and Roll	Social Behavior: What are Healthy Relationships?
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Social Behavior: Using Kind Words
		Jump Rope: Jump a Short Rope	Responsible Decision Making: What Is a Problem?
		Track & Field: Hop and Gallop	Responsible Decision Making: I Can Make it Better
		Beyond the Gym and Dance: Beyond the Gym I	Healthy Practices and Hygiene: Hygiene Skills
		Beyond the Gym and Dance: Beyond the Gym II	Healthy Practices and Hygiene: My Teeth and Mouth
		Beyond the Gym and Dance: Beyond the Gym III	Healthy Practices and Hygiene: Introducing the Importance of Sleep
			Mental Health and Wellness: What Are Emotions?
			Mental Health and Wellness: When I Feel Worried
			Mental Health and Wellness: Controlling Myself
			Mental Health and Wellness: How Do I Feel?
			Healthy Eating and Nutrition: Food and My Body
			Healthy Eating and Nutrition: Can I Eat Anything I Want?
			Healthy Eating and Nutrition: Eating Habits
	Disease and Illness Prevention: What Is a Checkup?		
	Disease and Illness Prevention: Staying Healthy		
	Safety and Accident Prevention: Safe Play		
	Safety and Accident Prevention: Protecting My Five Senses		



Standard	Description	PE Lessons	Health+PE Lessons
S1.E2: Locomotor: jogging, running			
S1.E3: Locomotor: Jumping & landing, horizontal plane			
S1.E3.K	Performs jumping and landing actions with balance. Note: This outcome applies to both horizontal and vertical jumping & landing.	Jump, Balance, Spin, and Roll: Jump and Spin	Social Behavior: Making New Friends
		Jump, Balance, Spin, and Roll: Balance and Roll	Healthy Practices and Hygiene: Introducing the Importance of Sleep
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Mental Health and Wellness: When I Feel Worried
		Jump Rope: Jump a Short Rope	Mental Health and Wellness: How Do I Feel?
		Track & Field: Hop and Gallop	Healthy Eating and Nutrition: Can I Eat Anything I Want?
			Healthy Eating and Nutrition: Eating Habits
			Disease and Illness Prevention: What Is a Checkup?
			Safety and Accident Prevention: Safe Play
		Safety and Accident Prevention: Protecting My Five Senses	
S1.E4: Locomotor: Jumping & landing, vertical plane			
S1.E5: Locomotor: Dance			
S1.E5.K	Performs locomotor skills in response to teacher-led creative dance.	Beyond the Gym and Dance: Beyond the Gym I	Responsible Decision Making: I Can Make it Better
		Beyond the Gym and Dance: Beyond the Gym II	Healthy Practices and Hygiene: My Teeth and Mouth
		Beyond the Gym and Dance: Beyond the Gym III	PE Toolbox: Dance Category
		PE Toolbox: Dance Category	
S1.E6: Locomotor: Combinations			
S1.E7: Non-Locomotor* (stability): Balance, Weight transfer			
S1.E7.Ka	Maintains momentary stillness on different bases of support.	Foot Dribble and Pass: Dribble With Inside of Foot	General Health: What Is an Emergency?
		Jump, Balance, Spin, and Roll: Balance and Roll	Social Behavior: Learning to Listen
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Responsible Decision Making: Discovering Short and Long-Term Goals
			Healthy Practices and Hygiene: What Is Exercise?
			Healthy Eating and Nutrition: Eating Habits
			Healthy Eating and Nutrition: Harmful Effects - Substances
			Safety and Accident Prevention: What Is Personal Safety?

Standard	Description	PE Lessons	Health+PE Lessons
S1.E7.Kb	* Place a variety of body parts into high, middle and low levels.	Jump, Balance, Spin, and Roll: Jump and Spin	General Health: What Is an Emergency?
		Jump, Balance, Spin, and Roll: Balance and Roll	Social Behavior: Making New Friends
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Social Behavior: What are Healthy Relationships?
			Responsible Decision Making: Discovering Short and Long-Term Goals
			Healthy Practices and Hygiene: What Is Exercise?
			Mental Health and Wellness: Controlling Myself
			Healthy Eating and Nutrition: Can I Eat Anything I Want?
			Healthy Eating and Nutrition: Eating Habits
		Healthy Eating and Nutrition: Harmful Effects - Substances	
S1.E10: Non-Locomotor (stability): Curling & stretching; twisting & bending			
S1.E10.K	Contrasts the actions of curling and stretching.	Jump, Balance, Spin, and Roll: Balance and Roll	Social Behavior: Learning to Listen
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Healthy Eating and Nutrition: Eating Habits
		Beyond the Gym and Dance: Beyond the Gym II	
S1.E9.K	Rolls sideways in a narrow body shape.	Jump, Balance, Spin, and Roll: Balance and Roll	Responsible Decision Making: Discovering Short and Long-Term Goals
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Healthy Eating and Nutrition: Harmful Effects - Substances
S1.E7.Kb	Forms wide, narrow, curled and twisted body shapes.	Beyond the Gym and Dance: Beyond the Gym I	Social Behavior: Learning to Listen
		Jump, Balance, Spin, and Roll: Balance and Roll	Responsible Decision Making: Discovering Short and Long-Term Goals
			Healthy Eating and Nutrition: Eating Habits
		Healthy Eating and Nutrition: Harmful Effects - Substances	
S1.E7.Kc	* Contrasts the action of pushing and pulling	Beyond the Gym and Dance: Beyond the Gym II	Social Behavior: Learning to Listen
		Jump, Balance, Spin, and Roll: Balance and Roll	Healthy Eating and Nutrition: Eating Habits
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	
S1.E11: Non-Locomotor (stability): Combinations			
S1.E11.K	* Identifies and demonstrates a variety of non-locomotor movement vocabulary	Jump, Balance, Spin, and Roll: Balance and Roll	Healthy Eating and Nutrition: Eating Habits

Standard	Description	PE Lessons	Health+PE Lessons
S1.E13: Manipulative: Underhand throw, Overhand Throw			
S1.E13.K	Throws underhand with opposite foot forward.	Throw: Self-Toss	Healthy Practices and Hygiene: My Teeth and Mouth
		Throw: Underhand Throw	Healthy Practices and Hygiene: What Is Exercise?
		Throw: Assess - Throw	Mental Health and Wellness: When I Feel Worried
S1.E16: Manipulative: Catching			
S1.E16.Ka	Drops a ball and catches it before it bounces twice.	Catch: Catch After a Bounce	Responsible Decision Making: I Can Make it Better
		Catch: Catch a Self-Toss	Responsible Decision Making: Discovering Short and Long-Term Goals
		Catch: Assess - Catch	Responsible Decision Making: Explore - Getting Help with Online Safety
S1.E16.Kb	Catches a large ball tossed by a skilled thrower.	Throw: Assess - Throw	Healthy Practices and Hygiene: What Is Exercise?
S1.E16.Kc	* Toss a ball and catch it before it bounces twice.	Catch: Catch After a Bounce	Responsible Decision Making: I Can Make it Better
		Catch: Catch a Self-Toss	Responsible Decision Making: Discovering Short and Long-Term Goals
		Catch: Assess - Catch	Responsible Decision Making: Explore - Getting Help with Online Safety
S1.E16.Kd	* Drops a ball and catches it at the peak of the bounce.	Catch: Catch After a Bounce	Responsible Decision Making: I Can Make it Better
		Catch: Catch a Self-Toss	Responsible Decision Making: Discovering Short and Long-Term Goals
		Catch: Assess - Catch	Responsible Decision Making: Explore - Getting Help with Online Safety
S1.E17: Manipulative: Dribbling/ball control with hands			
S1.E17.K	Dribbles a ball with one hand, attempting the second contact.	Hand Dribble and Pass: Dribble With One Hand I	Healthy Practices and Hygiene: Introducing the Importance of Sleep
		Hand Dribble and Pass: Dribble With One Hand II	Mental Health and Wellness: What Are Emotions?
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: When I Feel Worried
S1.E18: Manipulative: Dribbling/ball control with feet			
S1.E18.K	Taps a ball using the inside of the foot, sending it forward.	Foot Dribble and Pass: Sole Roll and Tap	General Health: What Is an Emergency?
		Foot Dribble and Pass: Dribble With Inside of Foot	Social Behavior: Learning to Listen
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Making New Friends
		Kick: Kick a Stationary Ball I	Social Behavior: What are Healthy Relationships?
		Kick: Assess - Kick	Responsible Decision Making: What Is a Problem?

Standard	Description	PE Lessons	Health+PE Lessons
S1.E19: Manipulative: Passing & receiving with feet			
S1.E20: Manipulative: Dribbling in combination			
S1.E21: Manipulative: Kicking			
S1.E21.Ka	Kicks a stationary ball from a stationary position, demonstrating 2 of the 5 critical elements of a mature kicking pattern.	Kick: Kick a Stationary Ball I	General Health: What Is an Emergency?
		Kick: Kick a Stationary Ball II	Social Behavior: Making New Friends
		Kick: Assess - Kick	Social Behavior: What are Healthy Relationships?
S1.E21.Kb	* Kick a stationary ball, using a running approach (without hesitating or stopping) prior to the kick.	PE Toolbox: Approach and Kick a Stationary Ball (Video Demonstration)	PE Toolbox: Approach and Kick a Stationary Ball (Video Demonstration)
S1.E22: Manipulative: Volleying, underhand			
S1.E22.K	Volleys a lightweight object (balloon), sending it upward.	Volley: Volley to Self I	Mental Health and Wellness: Controlling Myself
		Volley: Volley to Self II	Mental Health and Wellness: How Do I Feel?
		Volley: Assess - Volley	Healthy Eating and Nutrition: Food and My Body
S1.E23: Manipulative: Volleying, overhead			
S1.E24: Manipulative: Striking, short implement			
S1.E24.K	Strikes a light-weight object with a paddle or short-handled racket.	Strike with Manipulative: Strike With Hand	Disease and Illness Prevention: Staying Healthy
		Strike with Manipulative: Strike With Short Handle	Safety and Accident Prevention: Helmets and Seatbelts
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: What Is Personal Safety?
S1.E25: Manipulative: Striking, long implement			
S1.E25.K	* Striking off batting tees.	PE Toolbox: Strike Off Elevation	PE Toolbox: Strike Off Elevation
S1.E27: Manipulative: Jumping rope			
S1.E27.Ka	Executes a single jump with self-turned rope.	Jump Rope: Jump a Short Rope	Disease and Illness Prevention: What Is a Checkup?
		Jump Rope: Swing and Jump a Long Rope	Disease and Illness Prevention: Cold and Flu
		Jump Rope: Assess - Jump Rope	Disease and Illness Prevention: What Is Medicine?
S1.E27.Kb	Jumps a long rope with teacher-assisted turning.	Jump Rope: Swing and Jump a Long Rope	Disease and Illness Prevention: Cold and Flu
		Jump Rope: Assess - Jump Rope	Disease and Illness Prevention: What Is Medicine?

Standard	Description	PE Lessons	Health+PE Lessons
Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.			
S2.E1: Movement concepts: Space--self or personal; general space			
S2.E1.Ka	Differentiates between movement in personal (self-space) and general space.	Kick: Kick a Stationary Ball II	Social Behavior: Making New Friends
		Throw: Underhand Throw	Social Behavior: Using Kind Words
			Healthy Practices and Hygiene: Hygiene Skills
S2.E1.Kb	Moves in personal space to a rhythm.	Beyond the Gym and Dance: Beyond the Gym I	General Health: What Is a Healthy Behavior?
		Beyond the Gym and Dance: Beyond the Gym II	Social Behavior: Using Kind Words
		Beyond the Gym and Dance: Beyond the Gym III	Responsible Decision Making: What Is a Problem?
		PE Toolbox: Dance Category	Healthy Practices and Hygiene: What Is Exercise?
			Disease and Illness Prevention: Cold and Flu
			Safety and Accident Prevention: Helmets and Seatbelts
S2.E1.Kc	* Demonstrates safe movement through general space.	Kick: Kick a Stationary Ball II	Social Behavior: Making New Friends
		Throw: Underhand Throw	Social Behavior: Using Kind Words
		Track & Field: Slide, Skip, and Walk	Healthy Practices and Hygiene: Hygiene Skills
		Track & Field: Assess - Track & Field	Healthy Practices and Hygiene: My Teeth and Mouth
			Safety and Accident Prevention: Protecting My Five Senses
S2.E2: Movement concepts: Pathways, shapes, levels, extensions			
S2.E2.Ka	Travels safely in straight, curved and zig-zag pathways.	Jump, Balance, Spin, and Roll: Jump and Spin	Healthy Eating and Nutrition: Can I Eat Anything I Want?
		Track & Field: Hop and Gallop	Safety and Accident Prevention: Safe Play
		Track & Field: Assess - Track & Field	
S2.E2.Kb	* Travels demonstrating extensions (large/small; wide/narrow; far/near).	Jump, Balance, Spin, and Roll: Jump and Spin	Healthy Eating and Nutrition: Can I Eat Anything I Want?
		Track & Field: Hop and Gallop	Safety and Accident Prevention: Safe Play
		Track & Field: Assess - Track & Field	
S2.E3: Movement concepts: Speed, direction, force			
S2.E3.K	Travels safely in general space with different speeds, force and directions.	Track & Field: Slide, Skip, and Walk	Safety and Accident Prevention: Protecting My Five Senses
		Track & Field: Assess - Track & Field	



Standard	Description	PE Lessons	Health+PE Lessons
S2.E5: Movement concepts: Strategies & tactics			
S2.E5.K	* Demonstrates control while engaging safely in fleeing and chasing activities.	Strike with Manipulative: Strike With Hand	Safety and Accident Prevention: Safe Play
		Track & Field: Hop and Gallop	
S2.E6: Movement Concepts: Body Awareness			
S2.E6.K	* Identify selected body parts, skills, and movement concepts.	Foot Dribble and Pass: Dribble With Inside of Foot	General Health: What Is a Healthy Behavior?
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	General Health: What Is an Emergency?
		Catch: Catch After a Bounce	Social Behavior: Making New Friends
		Catch: Catch a Self-Toss	Social Behavior: What are Healthy Relationships?
		Hand Dribble and Pass: Dribble With One Hand II	Social Behavior: Using Kind Words
		Volley: Volley to Self I	Responsible Decision Making: What Is a Problem?
		Volley: Volley to Self II	Responsible Decision Making: I Can Make it Better
		Volley: Assess - Volley	Responsible Decision Making: Discovering Short and Long-Term Goals
		Jump, Balance, Spin, and Roll: Jump and Spin	Healthy Practices and Hygiene: My Teeth and Mouth
		Jump, Balance, Spin, and Roll: Balance and Roll	Healthy Practices and Hygiene: What Is Exercise?
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Healthy Practices and Hygiene: Introducing the Importance of Sleep
		Track & Field: Hop and Gallop	Mental Health and Wellness: What Are Emotions?
		Track & Field: Slide, Skip, and Walk	Mental Health and Wellness: Controlling Myself
		Track & Field: Assess - Track & Field	Mental Health and Wellness: How Do I Feel?
		Beyond the Gym and Dance: Beyond the Gym I	Healthy Eating and Nutrition: Food and My Body
		Beyond the Gym and Dance: Beyond the Gym II	Healthy Eating and Nutrition: Can I Eat Anything I Want?
		Beyond the Gym and Dance: Beyond the Gym III	Healthy Eating and Nutrition: Eating Habits
			Healthy Eating and Nutrition: Harmful Effects - Substances
			Disease and Illness Prevention: What Is a Checkup?
			Disease and Illness Prevention: Staying Healthy
	Safety and Accident Prevention: What Is Personal Safety?		
	Safety and Accident Prevention: Safe Play		
	Safety and Accident Prevention: Protecting My Five Senses		

Standard	Description	PE Lessons	Health+PE Lessons
Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.			
S3.E1: Physical activity knowledge			
S3.E1.Ka	Identifies active-play opportunities outside physical education class.	Jump Rope: Assess - Jump Rope	Disease and Illness Prevention: What Is Medicine?
		Beyond the Gym and Dance: Beyond the Gym III	PE Toolbox: Beyond the Gym
		PE Toolbox: Beyond the Gym	Safety and Accident Prevention: Safe Play
S3.E1.Kb	* Explains ways to be active every day.	PE 101: Moving My Body	General Health: Exploring My Health
			General Health: What Is a Healthy Behavior?
			Disease and Illness Prevention: Staying Healthy
S3.E2: Engages in physical activity			
S3.E2.K	* Meet the national standard of 60 minutes of daily physical activity.	QuaverEd provides resources for teachers to help students achieve this expectation.	
S3.E3: Fitness knowledge			
S3.E3.K	Recognizes that when you move fast, your heart beats faster and you breathe faster.	PE 101: Moving My Body	General Health: Exploring My Health
		PE 101: Equipment and Safety	General Health: What Is a Healthy Behavior?
S3.E4: Fitness knowledge			
S3.E5: Assessment & program planning			
S3.E6: Nutrition			
S3.E6.K	Recognizes that food provides energy for physical activity.	PE 101: Moving My Body	General Health: Exploring My Health
			Healthy Eating and Nutrition: Food and My Body
Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.			
S4.E1: Personal responsibility			
S4.E1.K	Follows directions in group settings (e.g., safe behaviors, following rules, taking turns).	PE 101: Sporting Behavior	General Health: What Is Healthy Help?
S4.E2: Personal responsibility			
S4.E2.K	Acknowledges responsibility for behavior when prompted.	PE 101: Moving My Body	General Health: Exploring My Health
		Jump Rope: Assess - Jump Rope	Disease and Illness Prevention: What Is Medicine?
S4.E3: Accepting feedback			

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Standard	Description	PE Lessons	Health+PE Lessons
S4.E3.K	Follows instruction/directions when prompted.	Beyond the Gym and Dance: Beyond the Gym I	General Health: What Is a Healthy Behavior?
		PE 101: Equipment and Safety	General Health: What Is Healthy Help?
		PE 101: Sporting Behavior	Responsible Decision Making: What Is a Problem?
		PE Toolbox: Feedback Sandwich	PE Toolbox: Feedback Sandwich
S4.E4: Working with others			
S4.E4.K	Shares equipment and space with others.	Throw: Underhand Throw	Healthy Practices and Hygiene: My Teeth and Mouth
		Throw: Assess - Throw	Healthy Practices and Hygiene: What Is Exercise?
		Hand Dribble and Pass: Dribble With One Hand II	Mental Health and Wellness: What Are Emotions?
		Volley: Volley to Self I	Mental Health and Wellness: Controlling Myself
		Jump, Balance, Spin, and Roll: Jump and Spin	Healthy Eating and Nutrition: Can I Eat Anything I Want?
		Strike with Manipulative: Strike With Short Handle	Safety and Accident Prevention: Helmets and Seatbelts
S4.E5: Rules & etiquette			
S4.E5.K	Recognizes the established protocol for class activities.	PE 101: Sporting Behavior	General Health: What Is Healthy Help?
S4.E6: Safety			
S4.E6.K	Follows teacher directions for safe participation and proper use of equipment with minimal reminders.	Catch: Assess - Catch	Responsible Decision Making: Explore - Getting Help with Online Safety
		Volley: Volley to Self II	Mental Health and Wellness: How Do I Feel?
		Volley: Assess - Volley	Healthy Eating and Nutrition: Food and My Body
		Jump Rope: Swing and Jump a Long Rope	Healthy Eating and Nutrition: Harmful Effects - Substances
		Strike with Manipulative: Assess - Strike With Manipulative	Disease and Illness Prevention: Cold and Flu
		Track & Field: Slide, Skip, and Walk	Safety and Accident Prevention: What Is Personal Safety?
			Safety and Accident Prevention: Protecting My Five Senses
Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			
S5.E1: Health			
S5.E1.K	Recognizes that physical activity is important for good health.	PE 101: Moving My Body	General Health: Exploring My Health
		PE 101: Equipment and Safety	General Health: What Is a Healthy Behavior?
			Disease and Illness Prevention: Staying Healthy
S5.E2: Challenge			

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Standard	Description	PE Lessons	Health+PE Lessons
S5.E2.K	Acknowledges that some physical activities are challenging/difficult.	Beyond the Gym and Dance: Beyond the Gym II	PE Toolbox: Steps to Persevere
		PE Toolbox: Steps to Persevere	
S5.E3: Self-expression and Enjoyment			
S5.E3.Ka	Identifies physical activities that are enjoyable.	Beyond the Gym and Dance: Beyond the Gym III	Disease and Illness Prevention: What Is a Checkup?
			Disease and Illness Prevention: Staying Healthy
S5.E3.Kb	Discusses the enjoyment of playing with friends.	Beyond the Gym and Dance: Beyond the Gym III	Social Behavior: What are Healthy Relationships?
		Jump Rope: Assess - Jump Rope	Disease and Illness Prevention: What Is Medicine?
S5.E4: Social Interaction			

Standard	Description	PE Lessons	Health+PE Lessons
Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
S1.E1: Locomotor: Hopping, galloping, running, sliding, skipping, leaping			
S1.E1.1	Hops, gallops, jogs and slides using a mature pattern.	Track & Field: Hop, Gallop, Slide, and Skip	Safety and Accident Prevention: Safe and Unsafe Touch
		Track & Field: Assess - Track & Field	
S1.E2: Locomotor: jogging, running			
S1.E3: Locomotor: Jumping & landing, horizontal plane			
S1.E3.1	Demonstrates 2 of the 5 critical elements for jumping and landing in a horizontal plane using two-foot takeoffs and landings.	Jump, Balance, Spin, and Roll: Jump and Spin	Healthy Eating and Nutrition: Food Allergies
S1.E4: Locomotor: Jumping & landing, vertical plane			
S1.E4.1	Demonstrates 2 of the 5 critical elements for jumping and landing in a vertical plane.	Jump, Balance, Spin, and Roll: Jump and Spin	Healthy Eating and Nutrition: Food Allergies
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	
S1.E5: Locomotor: Dance			
S1.E5.1	Combines locomotor and non-locomotor skills in a teacher designed dance.	Beyond the Gym and Dance: Beyond the Gym I	Social Behavior: Building Relationships with Trusted Adults
		Beyond the Gym and Dance: Beyond the Gym II	PE Toolbox: Dance Category
		Beyond the Gym and Dance: Beyond the Gym III	
		PE Toolbox: Dance Category	
S1.E6: Locomotor: Combinations			
S1.E7: Non-Locomotor* (stability): Balance, Weight transfer			
S1.E7.1a	Maintains stillness on different bases of support with different body shapes.	Jump, Balance, Spin, and Roll: Balance and Roll	Healthy Eating and Nutrition: A Balanced Diet
S1.E7.1b	* Move feet into a high level by placing the weight on the hands and landing with control	Jump, Balance, Spin, and Roll: Balance and Roll	Healthy Eating and Nutrition: A Balanced Diet
S1.E7.1c	* Move in symmetrical positions	Jump, Balance, Spin, and Roll: Balance and Roll	Healthy Eating and Nutrition: A Balanced Diet
S1.E8.1	Transfers weight from one body part to another in self-space in dance and gymnastics environments.	Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Sharing My Strengths
		Throw: Self-Toss and Underhand Throw II	Healthy Practices and Hygiene: How to Brush
		Jump, Balance, Spin, and Roll: Balance and Roll	Healthy Eating and Nutrition: A Balanced Diet
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	PE Toolbox: Dance Category
		Beyond the Gym and Dance: Beyond the Gym I	
		PE Toolbox: Dance Category	

Standard	Description	PE Lessons	Health+PE Lessons
S1.E10: Non-Locomotor (stability): Curling & stretching; twisting & bending			
S1.E10.1	Demonstrates twisting, curling, bending and stretching actions.	Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Sharing My Strengths
		Beyond the Gym and Dance: Beyond the Gym II	
S1.E9.1	Rolls with either a narrow or curled body shape.	Jump, Balance, Spin, and Roll: Balance and Roll	Healthy Eating and Nutrition: Avoidance - Substances
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	
S1.E11: Non-Locomotor (stability): Combinations			
S1.E13: Manipulative: Underhand throw, Overhand Throw			
S1.E13.1a	Throws underhand, demonstrating 2 of the 5 critical elements of a mature pattern.	Throw: Self-Toss and Underhand Throw I	Healthy Practices and Hygiene: How to Brush
		Throw: Self-Toss and Underhand Throw II	Healthy Practices and Hygiene: What is Exercise? - Going Deeper
		Throw: Assess - Throw	Mental Health and Wellness: Sharing Happiness
			Safety and Accident Prevention: Head Lice
S1.E13.1b	* Throw a ball demonstrating an overhand technique, side orientation to the target, and stepping in opposition.	PE Toolbox: Overhand Throw (Video Demonstration)	PE Toolbox: Overhand Throw (Video Demonstration)
S1.E16: Manipulative: Catching			
S1.E16.1a	Catches a soft object from a self-toss before it bounces.	Catch: Catch a Self-Toss	Responsible Decision Making: Understanding What Worked
		Catch: Catch Without Trapping	Responsible Decision Making: Short and Long-Term Goals
		Catch: Assess - Catch	Responsible Decision Making: Getting Help with Online Safety
		Throw: Self-Toss and Underhand Throw I	Healthy Practices and Hygiene: Skeletal, Muscular, Circulatory, and Respiratory S
S1.E16.1b	Catches various sizes of balls self-tossed or tossed by a skilled thrower.	Catch: Catch a Self-Toss	Responsible Decision Making: Understanding What Worked
		Catch: Catch Without Trapping	Responsible Decision Making: Short and Long-Term Goals
		Catch: Assess - Catch	Responsible Decision Making: Getting Help with Online Safety
S1.E17: Manipulative: Dribbling/ball control with hands			
S1.E17.1a	Dribbles continuously in self-space using the preferred hand.	Hand Dribble and Pass: Dribble With One Hand I	Healthy Practices and Hygiene: Importance of Sleep
		Hand Dribble and Pass: Dribble With One Hand II	Mental Health and Wellness: Sharing Happiness
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: Recognizing Stress

Standard	Description	PE Lessons	Health+PE Lessons
S1.E17.1b	* Continuously dribble a ball, using the hands or feet, without losing control.	Foot Dribble and Pass: Dribble While Walking I	General Health: What Is an Emergency? - Going Deeper
		Foot Dribble and Pass: Dribble While Walking II	Social Behavior: Expressing Your Feelings
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Sharing My Strengths
		Hand Dribble and Pass: Dribble With One Hand I	Healthy Practices and Hygiene: Importance of Sleep
		Hand Dribble and Pass: Dribble With One Hand II	Mental Health and Wellness: Sharing Happiness
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: Recognizing Stress
S1.E18: Manipulative: Dribbling/ball control with feet			
S1.E18.1	Taps or dribbles a ball using the inside of the foot while walking in general space.	Foot Dribble and Pass: Dribble While Walking I	General Health: What Is an Emergency? - Going Deeper
		Foot Dribble and Pass: Dribble While Walking II	Social Behavior: Expressing Your Feelings
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Sharing My Strengths
S1.E19: Manipulative: Passing & receiving with feet			
S1.E20: Manipulative: Dribbling in combination			
S1.E21: Manipulative: Kicking			
S1.E21.1	Approaches a stationary ball and kicks it forward, demonstrating 2 of the 5 critical elements of a mature pattern.	Kick: Kick a Stationary Ball	Social Behavior: Building Relationships with Trusted Adults
		Kick: Approach a Stationary Ball	Social Behavior: Standing Up for Myself
		Kick: Assess - Kick	Responsible Decision Making: Working Through Problems
S1.E22: Manipulative: Volleying, underhand			
S1.E22.1	Volleys an object with an open palm, sending it upward.	Volley: Volley to Self	Mental Health and Wellness: Choosing a Positive Mindset
		Volley: Volley to a Partner	Mental Health and Wellness: Showing My Feelings
		Volley: Assess - Volley	Healthy Eating and Nutrition: Portion Control
S1.E23: Manipulative: Volleying, overhead			
S1.E24: Manipulative: Striking, short implement			
S1.E24.1a	Strikes a ball with a short-handled implement, sending it upward.	Strike with Manipulative: Strike With Hand	Disease and Illness Prevention: Staying Healthy - Going Deeper
		Strike with Manipulative: Strike With Short Handle	Safety and Accident Prevention: Common Injuries
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Choosing Safe Situations
S1.E24.1b	* Strike a ball repeatedly with a paddle.	Strike with Manipulative: Strike With Short Handle	Safety and Accident Prevention: Common Injuries
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Choosing Safe Situations
S1.E25: Manipulative: Striking, long implement			
S1.E25.1	* Consistently strike a ball with a bat from a tee or cone, using a correct grip and side orientation	PE Toolbox: Strike Off Elevation	PE Toolbox: Strike Off Elevation

Standard	Description	PE Lessons	Health+PE Lessons
S1.E27: Manipulative: Jumping rope			
S1.E27.1a	Jumps forward or backward consecutively using a self-turned rope.	Jump Rope: Jump a Short Rope	Disease and Illness Prevention: What Is a Checkup? - Going Deeper
		Jump Rope: Turn and Jump a Long Rope	Disease and Illness Prevention: Cold and Flu - Going Deeper
S1.E27.1b	Jumps a long rope up to 5 times consecutively with teacher-assisted turning.	Jump Rope: Turn and Jump a Long Rope	Disease and Illness Prevention: Cold and Flu - Going Deeper
		Jump Rope: Assess - Jump Rope	Disease and Illness Prevention: What are Vaccines?
Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.			
S2.E1: Movement concepts: Space--self or personal; general space			
S2.E1.1	Moves in self-space and general space in response to designated beats/rhythms.	Beyond the Gym and Dance: Beyond the Gym I	Social Behavior: Building Relationships with Trusted Adults
		Beyond the Gym and Dance: Beyond the Gym II	Responsible Decision Making: Understanding What Worked
		Beyond the Gym and Dance: Beyond the Gym III	Responsible Decision Making: Getting Help with Online Safety
		Catch: Assess - Catch	Healthy Practices and Hygiene: How to Brush
		Throw: Self-Toss and Underhand Throw II	Mental Health and Wellness: Showing My Feelings
		Volley: Volley to a Partner	Healthy Eating and Nutrition: Portion Control
		Volley: Assess - Volley	Healthy Eating and Nutrition: A Balanced Diet
		PE Toolbox: Dance Category	Disease and Illness Prevention: Cold and Flu - Going Deeper
			Disease and Illness Prevention: Staying Healthy - Going Deeper
			Safety and Accident Prevention: Common Injuries
	Safety and Accident Prevention: Safe and Unsafe Touch		
	PE Toolbox: Dance Category		
S2.E2: Movement concepts: Pathways, shapes, levels, extensions			
S2.E2.1a	Travels demonstrating low, middle and high levels.	Foot Dribble and Pass: Dribble While Walking II	Social Behavior: Expressing Your Feelings
		Kick: Approach a Stationary Ball	Social Behavior: Standing Up for Myself
		Jump, Balance, Spin, and Roll: Jump and Spin	Healthy Eating and Nutrition: Food Allergies
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Safety and Accident Prevention: Choosing Safe Situations
		Track & Field: Assess - Track & Field	
S2.E2.1b	Travels demonstrating a variety of relationships with objects (e.g., over, under, around, through).	Track & Field: Walk, Run, Over, and Under	Healthy Eating and Nutrition: Food Allergies
		Track & Field: Assess - Track & Field	Safety and Accident Prevention: Choosing Safe Situations
			Safety and Accident Prevention: Head Lice

Standard	Description	PE Lessons	Health+PE Lessons
S2.E3: Movement concepts: Speed, direction, force			
S2.E3.1a	Differentiates between fast and slow speeds.	PE 101: Moving My Body	General Health: My Health, My Responsibility
		Track & Field: Walk, Run, Over, and Under	Healthy Eating and Nutrition: Avoidance - Substances
S2.E3.1b	Differentiates between strong and light force.	Kick: Approach a Stationary Ball	Social Behavior: Building Relationships with Trusted Adults
		Catch: Catch Without Trapping	Responsible Decision Making: Getting Help with Online Safety
		Catch: Assess - Catch	Healthy Practices and Hygiene: What is Exercise? - Going Deeper
		Throw: Self-Toss and Underhand Throw II	
S2.E5: Movement concepts: Strategies & tactics			
S2.E5.1	* Demonstrates skills of chasing, fleeing, and dodging to avoid or catch others.	Foot Dribble and Pass: Dribble While Walking I	General Health: Who Is a Healthy Helper?
		Strike with Manipulative: Strike With Hand	Healthy Eating and Nutrition: Avoidance - Substances
		Track & Field: Hop, Gallop, Slide, and Skip	Disease and Illness Prevention: What are Vaccines?
S2.E6: Movement Concepts: Body Awareness			
S2.E6.1	* Identify major body parts (e.g. head, neck, arm, shoulders, elbow, legs, knee, hip, feet, back, fingers, toes)	PE 101: Moving My Body	General Health: My Health, My Responsibility
		Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.			
S3.E1: Physical activity knowledge			
S3.E1.1	Discusses the benefits of being active and exercising and/ or playing.	PE 101: Moving My Body	General Health: My Health, My Responsibility
		Throw: Assess - Throw	Healthy Practices and Hygiene: What is Exercise? - Going Deeper
		PE Toolbox: Beyond the Gym	PE Toolbox: Beyond the Gym
S3.E2: Engages in physical activity			
S3.E2.1	* Meet the national standard of 60 minutes of daily physical activity.	QuaverEd provides resources for teachers to help students achieve this expectation.	
S3.E3: Fitness knowledge			
S3.E3.1a	Identifies the heart as a muscle that grows stronger with exercise, play and physical activity.	PE 101: Moving My Body	General Health: My Health, My Responsibility
			Healthy Practices and Hygiene: What is Exercise? - Going Deeper
S3.E3.1b	* Understands body temperature changes are related to heart rate changes as a result of physical activity (e.g. perspiration/ sweat).	PE 101: Moving My Body	General Health: My Health, My Responsibility
		Throw: Assess - Throw	Responsible Decision Making: Working Through Problems
			Healthy Practices and Hygiene: What is Exercise? - Going Deeper
S3.E4: Fitness knowledge			

Standard	Description	PE Lessons	Health+PE Lessons
S3.E5: Assessment & program planning			
S3.E5.1	* Demonstrates skills necessary to improve fitness levels (e.g. FITNESSGRAM)	QuaverEd will be developing a comprehensive resource to fulfill this expectation.	
S3.E6: Nutrition			
S3.E6.1	Differentiates between healthy and unhealthy foods.	PE 101: Moving My Body	General Health: My Health, My Responsibility
			Healthy Eating and Nutrition: A Balanced Diet
Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.			
S4.E1: Personal responsibility			
S4.E1.1	Accepts personal responsibility by using equipment and space appropriately.	PE 101: Equipment and Safety	General Health: What Influences My Health Behaviors?
S4.E2: Personal responsibility			
S4.E2.1	Follows the rules and parameters of the learning environment.	Foot Dribble and Pass: Dribble While Walking I	General Health: What Is an Emergency? - Going Deeper
		Catch: Assess - Catch	Responsible Decision Making: Getting Help with Online Safety
S4.E3: Accepting feedback			
S4.E3.1	Responds appropriately to general feedback from the teacher.	Beyond the Gym and Dance: Beyond the Gym I	Healthy Eating and Nutrition: Food Allergies
		Jump, Balance, Spin, and Roll: Jump and Spin	PE Toolbox: Feedback Sandwich
		PE Toolbox: Feedback Sandwich	
S4.E4: Working with others			
S4.E4.1	Works independently with others in a variety of class environments (e.g., small and large groups).	Beyond the Gym and Dance: Beyond the Gym II	General Health: Who Is a Healthy Helper?
		PE 101: Sporting Behavior	Social Behavior: Building Relationships with Trusted Adults
		Kick: Kick a Stationary Ball	
S4.E5: Rules & etiquette			
S4.E5.1	Exhibits the established protocols for class activities.	PE 101: Sporting Behavior	General Health: Who Is a Healthy Helper?
S4.E6: Safety			
S4.E6.1	Follows teacher directions for safe participation and proper use of equipment without teacher reminders.	Foot Dribble and Pass: Dribble While Walking I	General Health: What Is an Emergency? - Going Deeper
		Track & Field: Walk, Run, Over, and Under	Healthy Eating and Nutrition: Avoidance - Substances
		Track & Field: Assess - Track & Field	Safety and Accident Prevention: Head Lice



Standard	Description	PE Lessons	Health+PE Lessons
Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			
S5.E1: Health			
S5.E1.1	Identifies physical activity as a component of good health.	PE 101: Moving My Body	General Health: My Health, My Responsibility
			Healthy Practices and Hygiene: What is Exercise? - Going Deeper
S5.E2: Challenge			
S5.E2.1	Recognizes that challenge in physical activities can lead to success.	Beyond the Gym and Dance: Beyond the Gym II	PE Toolbox: Steps to Persevere
		PE Toolbox: Steps to Persevere	
S5.E3: Self-expression and Enjoyment			
S5.E3.1a	Describes positive feelings that result from participating in physical activities.	Beyond the Gym and Dance: Beyond the Gym III	Social Behavior: Expressing Your Feelings
			Healthy Practices and Hygiene: What is Exercise? - Going Deeper
S5.E3.1b	Discusses personal reasons (i.e. the "why") for enjoying physical activities.	Beyond the Gym and Dance: Beyond the Gym III	Social Behavior: Expressing Your Feelings
		Foot Dribble and Pass: Dribble While Walking II	Mental Health and Wellness: Recognizing Stress
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	
S5.E4: Social Interaction			



Standard	Description	PE Lessons	Health+PE Lessons
Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
S1.E1: Locomotor: Hopping, galloping, running, sliding, skipping, leaping			
S1.E1.2	Skips using a mature pattern.	Track & Field: Locomotor Skills	General Health: Why Do I Need Healthy Help?
			Safety and Accident Prevention: Strangers
			Safety and Accident Prevention: Safety with Spiders and Insects
S1.E2: Locomotor: jogging, running			
S1.E2.2a	Runs with a mature pattern.	Track & Field: Locomotor Skills	General Health: Influences at Home and School
			Safety and Accident Prevention: Strangers
S1.E2.2b	Travels showing differentiation between jogging and sprinting.	Track & Field: Locomotor Skills	Disease and Illness Prevention: What Happens at the Doctor?
			Safety and Accident Prevention: Strangers
S1.E3: Locomotor: Jumping & landing, horizontal plane			
S1.E3.2	Demonstrates 4 of the 5 critical elements for jumping and landing in a horizontal plane using a variety of one- and two-foot takeoffs and landings.	Jump, Balance, Spin, and Roll: Jump and Spin	Healthy Practices and Hygiene: Consequences of Poor Hygiene
		Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll	Healthy Eating and Nutrition: The Role of Vitamins and Minerals
		Track & Field: Over and Under	Healthy Eating and Nutrition: Reactions From My Food
			Healthy Eating and Nutrition: The Role Water Plays
			Disease and Illness Prevention: Dimensions of Health
		Safety and Accident Prevention: Safety with Spiders and Insects	
S1.E4: Locomotor: Jumping & landing, vertical plane			
S1.E4.2	Demonstrates 4 of the 5 critical elements for jumping and landing in a vertical plane.	Track & Field: Locomotor Skills	Healthy Practices and Hygiene: Consequences of Poor Hygiene
		Track & Field: Over and Under	Safety and Accident Prevention: Strangers
			Safety and Accident Prevention: Safety with Spiders and Insects



Standard	Description	PE Lessons	Health+PE Lessons
S1.E5: Locomotor: Dance			
S1.E5.2	Performs a teacher and/or student designed rhythmic activity with correct response to simple rhythms.	Beyond the Gym and Dance: Beyond the Gym I	General Health: My Health at Home
		PE 101: Moving My Body	General Health: Why Do I Need Healthy Help?
		PE Toolbox: Dance Category	Social Behavior: Asking for Help
			Social Behavior: Building Relationships With Trusted Adults - Going Deep
			Social Behavior: Bullies, Bystanders, and Victims
			Responsible Decision Making: Problems Big and Small
			Responsible Decision Making: Making Healthy Decisions
			Responsible Decision Making: Importance of Goal Setting
			Responsible Decision Making: Introduce - Communicating Online
			Healthy Practices and Hygiene: Brushing and Flossing
			Healthy Practices and Hygiene: Discovering What Exercise is Right for Me
			Mental Health and Wellness: What My Feelings Mean
			Mental Health and Wellness: Choosing a Growth Mindset
			Mental Health and Wellness: Identifying Strong Feelings
			Healthy Eating and Nutrition: The Role of Vitamins and Minerals
			Healthy Eating and Nutrition: The Role Water Plays
	Disease and Illness Prevention: Introducing Disease Awareness		
	Disease and Illness Prevention: Use and Misuse of Medications		
	Safety and Accident Prevention: Playground Safety		
	Safety and Accident Prevention: Strangers		
	PE Toolbox: Dance Category		
S1.E6: Locomotor: Combinations			
S1.E7: Non-Locomotor* (stability): Balance, Weight transfer			
S1.E7.2a	Balances on different bases of support, combining levels and shapes.	Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll	Healthy Eating and Nutrition: The Role Water Plays
S1.E7.2b	Balances in an inverted position with stillness and supportive base.	Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll	Healthy Eating and Nutrition: The Role Water Plays

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Standard	Description	PE Lessons	Health+PE Lessons
S1.E8.2a	Transfers weight from feet to different body parts/bases of support for balance and/or travel.	PE 101: Moving My Body	General Health: My Health at Home
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Healthy Eating and Nutrition: Reporting - Substances
S1.E8.2b	* Move feet into a high level by placing the weight on the hands and landing with control.	PE 101: Moving My Body	General Health: My Health at Home
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Healthy Eating and Nutrition: Reporting - Substances
S1.E10: Non-Locomotor (stability): Curling & stretching; twisting & bending			
S1.E10.2	Differentiates among twisting, curling, bending and stretching actions.	Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll	General Health: Reducing Emergency-Causing Hazards
			Healthy Practices and Hygiene: Consequences of Poor Hygiene
			Healthy Eating and Nutrition: The Role of Vitamins and Minerals
S1.E9.2	Rolls in different directions with either a narrow or curled body shape.	Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll	General Health: Why Do I Need Healthy Help?
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Healthy Eating and Nutrition: Reporting - Substances
S1.E11: Non-Locomotor (stability): Combinations			
S1.E11.2	Combines balances and transfers into a three-part sequence (i.e., dance, gymnastics).	Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll	Healthy Practices and Hygiene: Consequences of Poor Hygiene
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Healthy Practices and Hygiene: Discovering What Exercise is Right for Me
		PE Toolbox: Dance Category	Mental Health and Wellness: What My Feelings Mean
			Mental Health and Wellness: My Personal Stressors
			Disease and Illness Prevention: Dimensions of Health
			PE Toolbox: Dance Category
S1.E13: Manipulative: Underhand throw, Overhand Throw			
S1.E13.2	Throws underhand using a mature pattern.	Throw: Overhand Throw I	Healthy Practices and Hygiene: Brushing and Flossing
		Throw: Overhand Throw II	Healthy Practices and Hygiene: Discovering What Exercise is Right for Me
		Throw: Assess - Throw	
S1.E14.2a	Throws overhand, demonstrating 2 of the 5 critical elements of a mature pattern.	Throw: Overhand Throw I	
		Throw: Overhand Throw II	
S1.E14.2b	* Throw a ball with different levels of force, toward a target, demonstrating an overhand technique, side orientation to the target, and stepping in opposition.	Throw: Overhand Throw I	
		Throw: Overhand Throw II	

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Standard	Description	PE Lessons	Health+PE Lessons
S1.E16: Manipulative: Catching			
S1.E16.2	Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.	Catch: Catch a Ball Tossed Underhand	Responsible Decision Making: Making Healthy Decisions
		Catch: Catch a Ball Thrown Overhand	Responsible Decision Making: Importance of Goal Setting
		Catch: Assess - Catch	Responsible Decision Making: Introduce - Communicating Online
S1.E17: Manipulative: Dribbling/ball control with hands			
S1.E17.2a	Dribbles in self-space with preferred hand demonstrating a mature pattern.	Hand Dribble and Pass: Dribble While Walking I	Healthy Practices and Hygiene: What Does Sleep Do for Me?
		Hand Dribble and Pass: Dribble While Walking II	Mental Health and Wellness: What My Feelings Mean
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: My Personal Stressors
S1.E17.2b	Dribbles using the preferred hand while walking in general space.	Hand Dribble and Pass: Dribble While Walking I	Healthy Practices and Hygiene: What Does Sleep Do for Me?
		Hand Dribble and Pass: Dribble While Walking II	Mental Health and Wellness: What My Feelings Mean
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: My Personal Stressors
S1.E17.2c	* Continuously dribble a ball, using the hands or feet, without losing control.	Hand Dribble and Pass: Dribble While Walking I	Healthy Practices and Hygiene: What Does Sleep Do for Me?
		Hand Dribble and Pass: Dribble While Walking II	Mental Health and Wellness: What My Feelings Mean
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: My Personal Stressors
S1.E18: Manipulative: Dribbling/ball control with feet			
S1.E18.2a	Dribbles with the feet in general space with control of ball and body.	Foot Dribble and Pass: Dribble While Walking I	General Health: Reducing Emergency-Causing Hazards
		Foot Dribble and Pass: Dribble While Walking II	Social Behavior: Asking for Help
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Qualities of a Good Friend
S1.E18.2b	* Continuously dribble a ball, using the hands or feet, without losing control.	Foot Dribble and Pass: Dribble While Walking I	General Health: Why Do I Need Healthy Help?
		Foot Dribble and Pass: Dribble While Walking II	General Health: Reducing Emergency-Causing Hazards
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Asking for Help
		Kick: Kick a Ball Moving on the Ground	Social Behavior: Qualities of a Good Friend
		Kick: Kick a Ball Moving in the Air	Social Behavior: Bullies, Bystanders, and Victims
		Kick: Assess - Kick	Responsible Decision Making: Problems Big and Small
		Hand Dribble and Pass: Dribble While Walking I	Healthy Practices and Hygiene: What Does Sleep Do for Me?
		Hand Dribble and Pass: Dribble While Walking II	Mental Health and Wellness: What My Feelings Mean
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Safety and Accident Prevention: Strangers
Track & Field: Locomotor Skills	Safety and Accident Prevention: Safety with Spiders and Insects		

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Standard	Description	PE Lessons	Health+PE Lessons
S1.E19: Manipulative: Passing & receiving with feet			
S1.E20: Manipulative: Dribbling in combination			
S1.E21: Manipulative: Kicking			
S1.E21.2a	Uses a continuous running approach and kicks a moving ball, demonstrating 3 of the 5 critical elements of a mature pattern.	Kick: Kick a Ball Moving on the Ground	Social Behavior: Bullies, Bystanders, and Victims
		Kick: Kick a Ball Moving in the Air	Responsible Decision Making: Problems Big and Small
		Kick: Assess - Kick	
S1.E21.2b	* Use the inside or instep of the foot to kick a slowly rolling ball into the air or along the ground.	Kick: Kick a Ball Moving on the Ground	Social Behavior: Bullies, Bystanders, and Victims
		Kick: Kick a Ball Moving in the Air	Responsible Decision Making: Problems Big and Small
		Kick: Assess - Kick	
S1.E22: Manipulative: Volleying, underhand			
S1.E22.2a	Volleys an object upward with consecutive hits.	Volley: Volley to a Partner I	Mental Health and Wellness: Choosing a Growth Mindset
		Volley: Volley to a Partner II	Mental Health and Wellness: Identifying Strong Feelings
		Volley: Assess - Volley	Healthy Eating and Nutrition: The Role of Vitamins and Minerals
S1.E22.2b	* Use at least three different body parts to strike a ball toward a target.	Kick: Kick a Ball Moving on the Ground	Social Behavior: Bullies, Bystanders, and Victims
		Kick: Kick a Ball Moving in the Air	Responsible Decision Making: Problems Big and Small
		Kick: Assess - Kick	Disease and Illness Prevention: Dimensions of Health
		Strike with Manipulative: Strike Off Ground or Elevation I	Safety and Accident Prevention: Playground Safety
		Strike with Manipulative: Strike Off Ground or Elevation II	Safety and Accident Prevention: Saying No in Risky Situations
		Strike with Manipulative: Assess - Strike With Manipulative	
S1.E23: Manipulative: Volleying, overhead			
S1.E24: Manipulative: Striking, short implement			
S1.E24.2	* Strike a ball repeatedly with a paddle toward a target.	Strike with Manipulative: Strike Off Ground or Elevation I	Disease and Illness Prevention: Dimensions of Health
		Strike with Manipulative: Strike Off Ground or Elevation II	Safety and Accident Prevention: Playground Safety
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Saying No in Risky Situations
S1.E25: Manipulative: Striking, long implement			
S1.E25.2a	Strikes a ball off a tee or cone with a bat, using correct grip and side orientation/ proper body orientation.	Strike with Manipulative: Strike Off Ground or Elevation I	Safety and Accident Prevention: Playground Safety
		Strike with Manipulative: Strike Off Ground or Elevation II	Safety and Accident Prevention: Saying No in Risky Situations
		Strike with Manipulative: Assess - Strike With Manipulative	
S1.E25.2b	* Striking a self-tossed ball to different distances.	Strike with Manipulative: Strike Off Ground or Elevation I	Disease and Illness Prevention: Dimensions of Health
		Strike with Manipulative: Strike Off Ground or Elevation II	Safety and Accident Prevention: Playground Safety

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Standard	Description	PE Lessons	Health+PE Lessons
S1.E27: Manipulative: Jumping rope			
S1.E27.2a	Jumps a self-turned rope consecutively forward and backward with a mature pattern.	Jump Rope: Jump a Short Rope	Disease and Illness Prevention: What Happens at the Doctor?
S1.E27.2b	Jumps a long rope up to 5 times consecutively with student turners.	Jump Rope: Turn and Jump a Long Rope	Disease and Illness Prevention: Introducing Disease Awareness
		Jump Rope: Assess - Jump Rope	Disease and Illness Prevention: Use and Misuse of Medications
Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.			
S2.E1: Movement concepts: Space--self or personal; general space			
S2.E1.2	Combines locomotor skills in general space to a rhythm.	Beyond the Gym and Dance: Beyond the Gym II	Mental Health and Wellness: What My Feelings Mean
		Beyond the Gym and Dance: Beyond the Gym III	Mental Health and Wellness: My Personal Stressors
		PE Toolbox: Dance Category	Healthy Eating and Nutrition: The Role of Vitamins and Minerals
			Disease and Illness Prevention: Introducing Disease Awareness
			Disease and Illness Prevention: Dimensions of Health
		PE Toolbox: Dance Category	
S2.E2: Movement concepts: Pathways, shapes, levels, extensions			
S2.E2.2	Combines shapes, levels, extensions and pathways into simple travel, dance and gymnastics sequences.	Beyond the Gym and Dance: Beyond the Gym II	General Health: Influences at Home and School
		Track & Field: Over and Under	Social Behavior: Building Relationships With Trusted Adults - Going Deep
		Track & Field: Assess - Track & Field	Social Behavior: Bullies, Bystanders, and Victims
		PE Toolbox: Dance Category	Responsible Decision Making: Problems Big and Small
			Responsible Decision Making: Making Healthy Decisions
			Responsible Decision Making: Importance of Goal Setting
			Mental Health and Wellness: My Personal Stressors
			Healthy Eating and Nutrition: Reactions From My Food
			Safety and Accident Prevention: Saying No in Risky Situations
			Safety and Accident Prevention: Safety with Spiders and Insects
		PE Toolbox: Dance Category	
S2.E3: Movement concepts: Speed, direction, force			
S2.E3.2a	Varies time and force with gradual increases and decreases.	Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	General Health: Influences at Home and School
		Strike with Manipulative: Assess - Strike With Manipulative	Healthy Eating and Nutrition: Reporting - Substances
S2.E3.2b	* Differentiates between bound and free (flow)	PE Toolbox: Dance Category	PE Toolbox: Dance Category
		Beyond the Gym and Dance: Beyond the Gym I	



Standard	Description	PE Lessons	Health+PE Lessons
S2.E5: Movement concepts: Strategies & tactics			
S2.E5.2	* Applies appropriate cooperative, social, and teamwork skills while participating in game situations	PE 101: Sporting Behavior	General Health: Why Do I Need Healthy Help?
		Foot Dribble and Pass: Dribble While Walking I	General Health: Reducing Emergency-Causing Hazards
		Throw: Overhand Throw I	Social Behavior: Asking for Help
		Throw: Assess - Throw	Healthy Practices and Hygiene: Brushing and Flossing
		Jump Rope: Jump a Short Rope	Mental Health and Wellness: My Personal Stressors
			Mental Health and Wellness: Identifying Strong Feelings
	Disease and Illness Prevention: What Happens at the Doctor?		
S2.E6: Movement Concepts: Body Awareness			
S2.E6.2a	* Identify human body systems (e.g. heart— circulatory system, lungs— respiratory system, muscle—muscular system, bones— skeletal system)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
S2.E6.2b	* Show on the body a few of the major bones (e.g. patella, ribs, phalanges, femur)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. ()			
S3.E1: Physical activity knowledge			
S3.E1.2a	* Describes behaviors that are physically active and physically in-active.	PE 101: Moving My Body	General Health: My Health at Home
S3.E1.2b	Describes large-motor and/or manipulative physical activities for participation outside physical education class (e.g., before and after school, at home, at the park, with friends, with the family).	Beyond the Gym and Dance: Beyond the Gym III	PE Toolbox: Beyond the Gym
		PE Toolbox: Beyond the Gym	
S3.E1.2c	* Identifies the recommended amount of physical activity for children.	PE 101: Moving My Body	General Health: My Health at Home
S3.E1.2d	* Describe how being physically active can help a person feel better.	PE 101: Moving My Body	General Health: My Health at Home
S3.E1.2e	* Describe the benefits of being physically active.	PE 101: Moving My Body	General Health: My Health at Home
S3.E1.2f	* Describe the benefits of drinking plenty of water before, during, and after physical activity.	PE 101: Moving My Body	Healthy Eating and Nutrition: The Role Water Plays
			General Health: My Health at Home
S3.E2: Engages in physical activity			
S3.E2.2	* Meet the national standard of 60 minutes of daily physical activity.	QuaverEd will is developing a comprehensive resource to fulfill this expectation.	

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Standard	Description	PE Lessons	Health+PE Lessons
S3.E3: Fitness knowledge			
S3.E3.2b	Identifies physical activities that contribute to fitness.	PE 101: Moving My Body	General Health: My Health at Home
		Beyond the Gym and Dance: Beyond the Gym III	Healthy Practices and Hygiene: Discovering What Exercise is Right for Me
S3.E4: Fitness knowledge			
S3.E4.2	* Identifies proper warm up and cool down procedures (e.g. static/dynamic stretching)	PE 101: Moving My Body	General Health: My Health at Home
S3.E5: Assessment & program planning			
S3.E5.2	* Demonstrates skills necessary to improve fitness levels (e.g. FITNESSGRAM)	QuaverEd will is developing a comprehensive resource to fulfill this expectation.	
S3.E6: Nutrition			
S3.E6.2	* Recognizes how energy balance correlates to nutrition and physical activity (caloric intake and expenditure)	PE 101: Moving My Body	General Health: My Health at Home
S3.E6.3a	* Recognizes that daily hydration choices relate to physical activity	Foot Dribble and Pass: Dribble While Walking II	General Health: Influences at Home and School
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Healthy Eating and Nutrition: The Role of Vitamins and Minerals
		Jump, Balance, Spin, and Roll: Tuck Jump, Balance, and Roll	
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	
		Beyond the Gym and Dance: Beyond the Gym I	
		Beyond the Gym and Dance: Beyond the Gym II	
		Beyond the Gym and Dance: Beyond the Gym III	
Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.			
S4.E1: Personal responsibility			
S4.E1.2	Practices skills with minimal teacher prompting.	Catch: Assess - Catch	Responsible Decision Making: Introduce - Communicating Online
		Jump Rope: Jump a Short Rope	Disease and Illness Prevention: What Happens at the Doctor?
S4.E2: Personal responsibility			
S4.E2.2	Accepts responsibility for class protocols with behavior and performance actions.	PE 101: Sporting Behavior	General Health: Why Do I Need Healthy Help?
		Jump Rope: Turn and Jump a Long Rope	Disease and Illness Prevention: Introducing Disease Awareness
		Strike with Manipulative: Strike Off Ground or Elevation II	Safety and Accident Prevention: Playground Safety

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Standard	Description	PE Lessons	Health+PE Lessons
S4.E3: Accepting feedback			
S4.E3.2	Accepts specific corrective feedback from the teacher.	Beyond the Gym and Dance: Beyond the Gym I	Healthy Practices and Hygiene: Brushing and Flossing
		Throw: Overhand Throw I	Disease and Illness Prevention: Use and Misuse of Medications
		Throw: Overhand Throw II	PE Toolbox: Feedback Sandwich
		PE Toolbox: Feedback Sandwich	
S4.E4: Working with others			
S4.E4.2	Works independently with others in partner environments.	PE 101: Moving My Body	General Health: My Health at Home
		Kick: Kick a Ball Moving on the Ground	Social Behavior: Building Relationships With Trusted Adults - Going Deep
		Kick: Kick a Ball Moving in the Air	Social Behavior: Bullies, Bystanders, and Victims
		Kick: Assess - Kick	Responsible Decision Making: Problems Big and Small
		Catch: Catch a Ball Tossed Underhand	Responsible Decision Making: Making Healthy Decisions
		Catch: Catch a Ball Thrown Overhand	Responsible Decision Making: Importance of Goal Setting
		Hand Dribble and Pass: Dribble While Walking I	Healthy Practices and Hygiene: What Does Sleep Do for Me?
		Volley: Volley to a Partner I	Mental Health and Wellness: Choosing a Growth Mindset
		Volley: Volley to a Partner II	Mental Health and Wellness: Identifying Strong Feelings
S4.E5: Rules & etiquette			
S4.E5.2	Recognizes and adheres to the role of rules and etiquette in teacher-designed physical activities	PE 101: Sporting Behavior	General Health: Why Do I Need Healthy Help?
		Foot Dribble and Pass: Dribble While Walking II	Social Behavior: Asking for Help
S4.E6: Safety			
S4.E6.2a	Works independently and safely in physical education.	PE 101: Equipment and Safety	General Health: Influences at Home and School
		Jump Rope: Jump a Short Rope	Disease and Illness Prevention: What Happens at the Doctor?
		Strike with Manipulative: Strike Off Ground or Elevation I	Safety and Accident Prevention: Playground Safety
		Strike with Manipulative: Strike Off Ground or Elevation II	
S4.E6.2b	Works safely with physical education equipment.	PE 101: Equipment and Safety	General Health: Influences at Home and School
		Jump Rope: Jump a Short Rope	Disease and Illness Prevention: What Happens at the Doctor?
		Jump Rope: Turn and Jump a Long Rope	Disease and Illness Prevention: Introducing Disease Awareness
		Strike with Manipulative: Strike Off Ground or Elevation I	Safety and Accident Prevention: Playground Safety
		Strike with Manipulative: Strike Off Ground or Elevation II	



Standard	Description	PE Lessons	Health+PE Lessons
S4.E6.2c	* Be able to identify safety rules for playing on playgrounds, swimming, and playing sports.	PE 101: Equipment and Safety	General Health: Influences at Home and School
		PE 101: Sporting Behavior	General Health: Why Do I Need Healthy Help?
		Foot Dribble and Pass: Dribble While Walking II	General Health: Reducing Emergency-Causing Hazards
		Kick: Kick a Ball Moving on the Ground	Social Behavior: Asking for Help
		Kick: Kick a Ball Moving in the Air	Social Behavior: Building Relationships With Trusted Adults - Going Deep
		Kick: Assess - Kick	Social Behavior: Bullies, Bystanders, and Victims
		Throw: Overhand Throw I	Responsible Decision Making: Problems Big and Small
		Jump Rope: Jump a Short Rope	Healthy Practices and Hygiene: Consequences of Poor Hygiene
		Strike with Manipulative: Strike Off Ground or Elevation I	Healthy Practices and Hygiene: Brushing and Flossing
		Strike with Manipulative: Strike Off Ground or Elevation II	Disease and Illness Prevention: What Happens at the Doctor?
S4.E6.2d	* Describe how to be a safe pedestrian	PE 101: Equipment and Safety	Safety and Accident Prevention: Playground Safety
			Safety and Accident Prevention: Helmets and Seatbelts
			Safety and Accident Prevention: Protecting My Five Senses
			General Health: Influences at Home and School
		General Health: Reducing Emergency-Causing Hazards	
Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			
S5.E1: Health			
S5.E1.2	Recognizes the value of "good health balance." (Refer to S3.E6.2)	PE 101: Moving My Body	General Health: My Health at Home
S5.E2: Challenge			
S5.E2.2	Compares physical activities that bring confidence and challenge.	Beyond the Gym and Dance: Beyond the Gym II PE Toolbox: Steps to Persevere	PE Toolbox: Steps to Persevere
S5.E3: Self-expression and Enjoyment			
S5.E3.2	Identifies physical activities that provide self-expression (e.g., dance, gymnastics routines, practice tasks in games environments).	Beyond the Gym and Dance: Beyond the Gym I	General Health: Influences at Home and School
		Beyond the Gym and Dance: Beyond the Gym II	Social Behavior: Qualities of a Good Friend
		Beyond the Gym and Dance: Beyond the Gym III	PE Toolbox: Dance Category
		PE Toolbox: Dance Category	
S5.E4: Social Interaction			

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Standard	Description	PE Lessons	Health+PE Lessons
Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
S1.E1: Locomotor: Hopping, galloping, running, sliding, skipping, leaping			
S1.E1.3	Leaps using a mature pattern.	Track & Field: Leap	Safety and Accident Prevention: Safety with Spiders and Insects - Going Deeper
		Track & Field: Assess - Track & Field	
S1.E2: Locomotor: jogging, running			
S1.E2.3	Travels showing differentiation between sprinting and running.	Track & Field: Locomotor Skills	General Health: When Should I Ask for Help?
			Safety and Accident Prevention: Safe Spaces in the Community
S1.E3: Locomotor: Jumping & landing, horizontal plane			
S1.E3.3	Jumps and lands in the horizontal and vertical planes using a mature pattern. Note: This outcome applies to both horizontal and vertical jumping & landing.	Jump, Balance, Spin, and Roll: Jump from Various Heights	Healthy Eating and Nutrition: Making Nutritional Choices
		Jump, Balance, Spin, and Roll: Jump and Balance	Healthy Eating and Nutrition: The Role Water Plays - Going Deeper
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Healthy Eating and Nutrition: Peer Influence - Substances
		Jump Rope: Short Jump Rope Tricks	Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper
		Jump Rope: Long Jump Rope Tricks	Disease and Illness Prevention: Disease Awareness
		Jump Rope: Assess - Jump Rope	Disease and Illness Prevention: Avoiding Misuse of Medications
		Track & Field: Leap	Safety and Accident Prevention: Safety with Spiders and Insects - Going Deeper
		Track & Field: Assess - Track & Field	
S1.E4: Locomotor: Jumping & landing, vertical plane			
S1.E5: Locomotor: Dance			
S1.E5.3	Performs teacher-selected and developmentally appropriate dance steps and movement patterns.	Beyond the Gym and Dance: Beyond the Gym I	PE Toolbox: Dance Category
		PE Toolbox: Dance Category	
S1.E6: Locomotor: Combinations			
S1.E6.3	Performs a sequence of locomotor skills, transitioning from one skill to another smoothly and without hesitation.	Beyond the Gym and Dance: Beyond the Gym I	General Health: When Should I Ask for Help?
		Beyond the Gym and Dance: Beyond the Gym III	Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Syst
		Throw: Overhand Throw I	Mental Health and Wellness: Healthy Coping Strategies
		Hand Dribble and Pass: Dribble While Jogging II	Mental Health and Wellness: Overcoming My Weaknesses
		Volley: Volley to a Partner I	Safety and Accident Prevention: Safe Spaces in the Community
		Track & Field: Locomotor Skills	
		Track & Field: Assess - Track & Field	

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Standard	Description	PE Lessons	Health+PE Lessons
S1.E7: Non-Locomotor* (stability): Balance, Weight transfer			
S1.E8.3a	Transfers weight from feet to hands for momentary weight support.	PE 101: Moving My Body	Healthy Practices and Hygiene: What Exercise Is Right for Me?
		Jump, Balance, Spin, and Roll: Jump and Balance	Mental Health and Wellness: Overcoming My Weaknesses
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Healthy Eating and Nutrition: Peer Influence - Substances
		Track & Field: Locomotor Skills	Safety and Accident Prevention: Safe Spaces in the Community
		Track & Field: Leap	Safety and Accident Prevention: Safety with Spiders and Insects - Going Deeper
		Track & Field: Assess - Track & Field	PE Toolbox: Dance Category
		Beyond the Gym and Dance: Beyond the Gym I	
		PE Toolbox: Dance Category	
S1.E8.3b	* Transfer weight, from feet to hands, at fast and slow speeds, using large extensions: mule-kick, handstand, cartwheel.	PE 101: Moving My Body	Healthy Practices and Hygiene: What Exercise Is Right for Me?
		Jump, Balance, Spin, and Roll: Jump and Balance	Mental Health and Wellness: Overcoming My Weaknesses
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Healthy Eating and Nutrition: Peer Influence - Substances
		Track & Field: Locomotor Skills	Safety and Accident Prevention: Safe Spaces in the Community
		Track & Field: Leap	Safety and Accident Prevention: Safety with Spiders and Insects - Going Deeper
		Track & Field: Assess - Track & Field	PE Toolbox: Dance Category
		Beyond the Gym and Dance: Beyond the Gym I	
		PE Toolbox: Dance Category	
S1.E8.3c	* Balance with obvious control, on a variety of moving objects, such as balance boards and scooters.	PE Toolbox: Iditarod Race	PE Toolbox: Iditarod Race
		PE Toolbox: Holiday Tree Build-Off	PE Toolbox: Holiday Tree Build-Off
		Jump, Balance, Spin, and Roll: Jump and Balance	Healthy Eating and Nutrition: The Role Water Plays - Going Deeper
S1.E12.3a	Balances on different bases of support, demonstrating muscular tension and extensions of free body parts.	Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Mental Health and Wellness: Overcoming My Weaknesses
		Track & Field: Locomotor Skills	Healthy Eating and Nutrition: Peer Influence - Substances
		Track & Field: Leap	Safety and Accident Prevention: Safe Spaces in the Community
		Track & Field: Assess - Track & Field	Safety and Accident Prevention: Safety with Spiders and Insects - Going Deeper

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Standard	Description	PE Lessons	Health+PE Lessons
S1.E12.3b	Combines balance and weight transfers with movement concepts to create and perform a dance.	PE 101: Moving My Body	Healthy Practices and Hygiene: What Exercise Is Right for Me?
		Jump, Balance, Spin, and Roll: Jump and Balance	Mental Health and Wellness: Overcoming My Weaknesses
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Healthy Eating and Nutrition: Peer Influence - Substances
		Track & Field: Locomotor Skills	Safety and Accident Prevention: Safe Spaces in the Community
		Track & Field: Leap	Safety and Accident Prevention: Safety with Spiders and Insects - Going Deeper
		Track & Field: Assess - Track & Field	PE Toolbox: Dance Category
		Beyond the Gym and Dance: Beyond the Gym I	
		PE Toolbox: Dance Category	
S1.E10: Non-Locomotor (stability): Curling & stretching; twisting & bending			
S1.E10.3	Moves into and out of gymnastics balances with curling, twisting and stretching actions.	Jump, Balance, Spin, and Roll: Jump and Balance	Healthy Eating and Nutrition: The Role Water Plays - Going Deeper
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Healthy Eating and Nutrition: Peer Influence - Substances
S1.E11: Non-Locomotor (stability): Combinations			
S1.E11.3	Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance.	Beyond the Gym and Dance: Beyond the Gym II	PE Toolbox: Dance Category
		PE Toolbox: Dance Category	
S1.E13: Manipulative: Underhand throw, Overhand Throw			
S1.E13.3	Throws underhand to a partner or target with reasonable accuracy.	Catch: Catch a Ball Tossed Underhand	Responsible Decision Making: Setting My Intentions
		Catch: Assess - Catch	Responsible Decision Making: Communicating Online
		Throw: Overhand Throw I	Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Syst
		Throw: Overhand Throw II	Healthy Practices and Hygiene: Brushing and Flossing - Going Deeper
		Throw: Assess - Throw	Healthy Practices and Hygiene: What Exercise Is Right for Me?
S1.E14.3	Throws overhand, demonstrating 3 of the 5 critical elements of a mature pattern, in non-dynamic environments (closed skills), for distance and/or force.	Throw: Overhand Throw I	Healthy Practices and Hygiene: Nervous, Digestive, Immune, and Integumentary Syst
		Throw: Overhand Throw II	Healthy Practices and Hygiene: Brushing and Flossing - Going Deeper
S1.E16: Manipulative: Catching			
S1.E16.3a	Catches a gently tossed hand-size ball from a partner, demonstrating 4 of the 5 critical elements of a mature pattern.	Catch: Catch a Ball Tossed Underhand	Responsible Decision Making: Setting My Intentions
		Catch: Catch a Ball Thrown Overhand	Responsible Decision Making: Time Management and Goal Setting
		Catch: Assess - Catch	Responsible Decision Making: Communicating Online

Standard	Description	PE Lessons	Health+PE Lessons
S1.E16.3b	* Consistently catch a ball with bare hands, a glove or a scoop.	Catch: Catch a Ball Tossed Underhand	Responsible Decision Making: Setting My Intentions
		Catch: Catch a Ball Thrown Overhand	Responsible Decision Making: Time Management and Goal Setting
S1.E17: Manipulative: Dribbling/ball control with hands			
S1.E17.3a	Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body.	Hand Dribble and Pass: Dribble While Jogging I	Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper
		Hand Dribble and Pass: Dribble While Jogging II	Mental Health and Wellness: Healthy Coping Strategies
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: Managing My Stress
S1.E17.3b	* Hand dribble and foot dribble a ball and maintain control while traveling within a group.	Foot Dribble and Pass: Dribble While Jogging I	Social Behavior: Resolving Conflicts
		Foot Dribble and Pass: Dribble While Jogging II	Social Behavior: Healthy and Unhealthy Friendships
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Responsible Decision Making: Evaluating Solutions and Consequences
		Hand Dribble and Pass: Dribble While Jogging I	Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper
		Hand Dribble and Pass: Dribble While Jogging II	Mental Health and Wellness: Healthy Coping Strategies
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: Managing My Stress
S1.E18: Manipulative: Dribbling/ball control with feet			
S1.E18.3a	Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.	Foot Dribble and Pass: Dribble While Jogging I	Social Behavior: Resolving Conflicts
		Foot Dribble and Pass: Dribble While Jogging II	Social Behavior: Healthy and Unhealthy Friendships
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Responsible Decision Making: Evaluating Solutions and Consequences
S1.E18.3b	* Hand dribble and foot dribble a ball and maintain control while traveling within a group.	Foot Dribble and Pass: Dribble While Jogging I	Social Behavior: Resolving Conflicts
		Foot Dribble and Pass: Dribble While Jogging II	Social Behavior: Healthy and Unhealthy Friendships
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Responsible Decision Making: Evaluating Solutions and Consequences
		Hand Dribble and Pass: Dribble While Jogging I	Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper
		Hand Dribble and Pass: Dribble While Jogging II	Mental Health and Wellness: Healthy Coping Strategies
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: Managing My Stress
S1.E19: Manipulative: Passing & receiving with feet			
S1.E19.3	Passes and receives a ball with the insides of the feet to a stationary partner, "giving" on reception before returning the pass.	Kick: Assess - Kick	Responsible Decision Making: Evaluating Solutions and Consequences

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Standard	Description	PE Lessons	Health+PE Lessons
S1.E20: Manipulative: Dribbling in combination			
S1.E21: Manipulative: Kicking			
S1.E21.3a	Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each.	Kick: Kick a Moving Ball I	Social Behavior: Healthy and Unhealthy Influences
		Kick: Kick a Moving Ball II	Social Behavior: Assertiveness and Bullying
		Kick: Assess - Kick	Responsible Decision Making: Evaluating Solutions and Consequences
S1.E21.3b	Uses a continuous running approach and kicks a stationary ball for accuracy.	Kick: Kick a Moving Ball I	Social Behavior: Healthy and Unhealthy Influences
		Kick: Kick a Moving Ball II	Social Behavior: Assertiveness and Bullying
		Kick: Assess - Kick	Responsible Decision Making: Evaluating Solutions and Consequences
S1.E22: Manipulative: Volleying, underhand			
S1.E22.3a	Strikes/volleys an object with an underhand or sidearm striking pattern, sending it forward over a net, to the wall or over a line to a partner, while demonstrating 4 of the 5 critical elements of a mature pattern.	Volley: Volley to a Partner I	Mental Health and Wellness: Overcoming My Weaknesses
		Volley: Volley to a Partner II	Mental Health and Wellness: When I Feel Angry
		Volley: Assess - Volley	Healthy Eating and Nutrition: Where Do Nutrients Come From?
S1.E22.3b	* Strike a softly thrown, lightweight ball back to a partner using a variety of body parts and combinations of body parts, such as the forearm volleyball bump the thigh trap/pass in soccer.	Volley: Volley to a Partner I	Mental Health and Wellness: Overcoming My Weaknesses
		Volley: Volley to a Partner II	Mental Health and Wellness: When I Feel Angry
		Volley: Assess - Volley	Healthy Eating and Nutrition: Where Do Nutrients Come From?
S1.E23: Manipulative: Volleying, overhead			
S1.E24: Manipulative: Striking, short implement			
S1.E24.3a	Strikes an object with a short-handled implement, sending it forward over a low net or to a wall.	Strike with Manipulative: Strike Off Ground or Elevation	Disease and Illness Prevention: Healthy Balance
		Strike with Manipulative: Strike Over a Net	Safety and Accident Prevention: Water Safety
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Personal Safety Assistance*
S1.E24.3b	Strikes an object with a short-handled implement while demonstrating 3 of the 5 critical elements of a mature pattern.	Strike with Manipulative: Strike Off Ground or Elevation	Disease and Illness Prevention: Healthy Balance
		Strike with Manipulative: Strike Over a Net	Safety and Accident Prevention: Water Safety
S1.E24.3c	* Consistently strike a softly thrown ball with a bat or paddle demonstrating an appropriate grip, side to the target, and swing plane.	Strike with Manipulative: Strike Off Ground or Elevation	Disease and Illness Prevention: Healthy Balance
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Personal Safety Assistance*

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Standard	Description	PE Lessons	Health+PE Lessons
S1.E25: Manipulative: Striking, long implement			
S1.E25.3a	Strikes a ball with a long-handled implement (e.g., hockey stick, bat, golf club), sending it forward, while using proper grip for the implement. Note: Use batting tee or ball tossed by teacher for batting.	Strike with Manipulative: Strike Over a Net	Safety and Accident Prevention: Water Safety
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Personal Safety Assistance*
S1.E25.3b	* Consistently strike a softly thrown ball with a bat or paddle demonstrating an appropriate grip, side to the target, and swing plane.	Strike with Manipulative: Strike Over a Net	Safety and Accident Prevention: Water Safety
S1.E27: Manipulative: Jumping rope			
S1.E27.3	Performs intermediate jump-rope skills (e.g., a variety of tricks, running in and out of long rope) for both long and short ropes.	Jump Rope: Short Jump Rope Tricks	Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper
		Jump Rope: Long Jump Rope Tricks	Disease and Illness Prevention: Disease Awareness
		Jump Rope: Assess - Jump Rope	Disease and Illness Prevention: Avoiding Misuse of Medications
Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.			
S2.E1: Movement concepts: Space--self or personal; general space			
S2.E1.3	* Demonstrate safe movement through general space in a variety of movement contexts	Foot Dribble and Pass: Dribble While Jogging I	General Health: Fire Safety
		Foot Dribble and Pass: Dribble While Jogging II	Social Behavior: Resolving Conflicts
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Healthy and Unhealthy Friendships
		Catch: Assess - Catch	Responsible Decision Making: Communicating Online
		Hand Dribble and Pass: Dribble While Jogging I	Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper
		Volley: Volley to a Partner I	Mental Health and Wellness: Overcoming My Weaknesses
S2.E2: Movement concepts: Pathways, shapes, levels, extensions			
S2.E2.3	* Employs a variety of pathways, shapes, extensions and levels while moving in various locomotor patterns.	Track & Field: Locomotor Skills	General Health: When Should I Ask for Help?
		Track & Field: Leap	Safety and Accident Prevention: Safe Spaces in the Community
		Track & Field: Assess - Track & Field	Safety and Accident Prevention: Safety with Spiders and Insects - Going Deeper
		PE Toolbox: Dance Category	PE Toolbox: Dance Category

Standard	Description	PE Lessons	Health+PE Lessons
S2.E3: Movement concepts: Speed, direction, force			
S2.E3.3	Combines movement concepts (direction, levels, force, time) with skills, as directed by the teacher or as is appropriate for the situation.	Foot Dribble and Pass: Dribble While Jogging I	General Health: Fire Safety
		Kick: Kick a Moving Ball II	Social Behavior: Assertiveness and Bullying
		Catch: Catch a Ball Thrown Overhand	Responsible Decision Making: Time Management and Goal Setting
		Hand Dribble and Pass: Dribble While Jogging I	Healthy Practices and Hygiene: What Does Sleep Do for Me? - Going Deeper
		Volley: Volley to a Partner II	Mental Health and Wellness: When I Feel Angry
		Volley: Assess - Volley	Healthy Eating and Nutrition: Where Do Nutrients Come From?
		Jump, Balance, Spin, and Roll: Jump from Various Heights	Healthy Eating and Nutrition: Making Nutritional Choices
		Jump Rope: Short Jump Rope Tricks	Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper
		Jump Rope: Long Jump Rope Tricks	Disease and Illness Prevention: Disease Awareness
		Strike with Manipulative: Strike Off Ground or Elevation	Disease and Illness Prevention: Healthy Balance
		Strike with Manipulative: Strike Over a Net	Safety and Accident Prevention: Water Safety
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Personal Safety Assistance*
Track & Field: Locomotor Skills	Safety and Accident Prevention: Safe Spaces in the Community		
S2.E5: Movement concepts: Strategies & tactics			
S2.E5.3	* Apply chasing, fleeing and dodging in a variety of complex and changing game-like situations	Foot Dribble and Pass: Dribble While Jogging I	General Health: Fire Safety
		Foot Dribble and Pass: Dribble While Jogging II	Social Behavior: Resolving Conflicts
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Healthy and Unhealthy Friendships
		Strike with Manipulative: Strike Off Ground or Elevation	Disease and Illness Prevention: Healthy Balance
		Track & Field: Locomotor Skills	Safety and Accident Prevention: Safe Spaces in the Community
S2.E6: Movement Concepts: Body Awareness			
S2.E6.3a	* Identify the parts of the circulatory and respiratory systems of the body (circulatory—heart, blood, veins, arteries; respiratory—lungs, mouth, nose bronchial, tubes, trachea)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
S2.E6.3b	* Tell why muscles and bones are important to movement	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)

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Standard	Description	PE Lessons	Health+PE Lessons
Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.			
S3.E1: Physical activity knowledge			
S3.E1.3a	Tracks participation in physical activities outside physical education class.	PE 101: Moving My Body	General Health: My Health at School
S3.E1.3b	Identifies physical activity as a way to become healthier.	PE 101: Moving My Body	General Health: My Health at School
		PE 101: Equipment and Safety	General Health: Cultural Influences on Health
		Jump Rope: Short Jump Rope Tricks	Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper
S3.E1.3c	* Identify different types of physical activity (Physical Activity Pyramid).	PE 101: Moving My Body	General Health: My Health at School
		Health Toolbox: Beyond the Gym	Health Toolbox: Beyond the Gym
S3.E1.3d	* Set a realistic personal goal to be physically active.	PE 101: Sporting Behavior	General Health: My Health at School
S3.E2: Engages in physical activity			
S3.E2.3a	* Meet the national standard of 60 minutes of daily physical activity.	QuaverEd provides resources for teachers to help students achieve this expectation.	
S3.E2.3b	* Engages in moderate to vigorous physical activity for at least 50% of the physical education class time.		
S3.E3: Fitness knowledge			
S3.E3.3	Provides examples of physical activity to enhance fitness.	PE 101: Moving My Body	General Health: My Health at School
			Healthy Practices and Hygiene: What Exercise Is Right for Me?
S3.E4: Fitness knowledge			
S3.E4.3	Recognizes the importance of warm-up and cool-down relative to vigorous physical activity.	PE 101: Moving My Body	General Health: My Health at School
S3.E5: Assessment & program planning			
S3.E5.3	Demonstrates, with teacher direction, the health-related fitness components.	PE 101: Moving My Body	General Health: My Health at School
		QuaverEd will is developing a comprehensive resource to fulfill this expectation.	
S3.E6: Nutrition			
S3.E6.3b	Identifies foods that are beneficial for before and after physical activity.	PE 101: Moving My Body	General Health: My Health at School
			Healthy Eating and Nutrition: Making Nutritional Choices

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Standard	Description	PE Lessons	Health+PE Lessons
Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.			
S4.E1: Personal responsibility			
S4.E1.3	Exhibits personal responsibility in teacher directed activities.	Foot Dribble and Pass: Dribble While Jogging II	Social Behavior: Resolving Conflicts
S4.E2: Personal responsibility			
S4.E2.3	Works independently for extended periods of time.	Hand Dribble and Pass: Dribble While Jogging II	Mental Health and Wellness: Healthy Coping Strategies
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: Managing My Stress
S4.E3: Accepting feedback			
S4.E3.3	Accepts and implements specific corrective feedback from the teacher.	Beyond the Gym and Dance: Beyond the Gym I	Mental Health and Wellness: Managing My Stress
		Jump, Balance, Spin, and Roll: Jump from Various Heights	Disease and Illness Prevention: What Happens at the Doctor? - Going Deeper
		Jump Rope: Short Jump Rope Tricks	PE Toolbox: Feedback Sandwich
		PE Toolbox: Feedback Sandwich	
S4.E4: Working with others			
S4.E4.3a	Works cooperatively with others.	Beyond the Gym and Dance: Beyond the Gym II	General Health: When Should I Ask for Help?
		PE 101: Sporting Behavior	Social Behavior: Healthy and Unhealthy Friendships
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Healthy and Unhealthy Influences
		Kick: Kick a Moving Ball I	Social Behavior: Assertiveness and Bullying
		Kick: Kick a Moving Ball II	Responsible Decision Making: Setting My Intentions
		Catch: Catch a Ball Tossed Underhand	Responsible Decision Making: Time Management and Goal Setting
		Catch: Catch a Ball Thrown Overhand	Responsible Decision Making: Communicating Online
		Catch: Assess - Catch	Healthy Practices and Hygiene: Brushing and Flossing - Going Deeper
		Throw: Overhand Throw II	Healthy Practices and Hygiene: What Exercise Is Right for Me?
		Throw: Assess - Throw	Mental Health and Wellness: Overcoming My Weaknesses
		Volley: Volley to a Partner I	Mental Health and Wellness: When I Feel Angry
		Volley: Volley to a Partner II	Healthy Eating and Nutrition: Where Do Nutrients Come From?
		Volley: Assess - Volley	Healthy Eating and Nutrition: The Role Water Plays - Going Deeper
		Jump, Balance, Spin, and Roll: Jump and Balance	Disease and Illness Prevention: Disease Awareness
Jump Rope: Long Jump Rope Tricks	Disease and Illness Prevention: Avoiding Misuse of Medications		
Jump Rope: Assess - Jump Rope			

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Standard	Description	PE Lessons	Health+PE Lessons
S4.E4.3b	Praises others for their success in movement performance.	Beyond the Gym and Dance: Beyond the Gym III	General Health: When Should I Ask for Help?
		PE 101: Sporting Behavior	Healthy Practices and Hygiene: What Exercise Is Right for Me?
		Throw: Assess - Throw	
S4.E5: Rules & etiquette			
S4.E5.3	Recognizes and adheres to the role of rules and etiquette in physical activity with peers	Throw: Overhand Throw II	Healthy Practices and Hygiene: Brushing and Flossing - Going Deeper
S4.E6: Safety			
S4.E6.3a	Works independently and safely in physical activity settings.	Catch: Catch a Ball Thrown Overhand	Responsible Decision Making: Time Management and Goal Setting
		Hand Dribble and Pass: Dribble While Jogging II	Mental Health and Wellness: Healthy Coping Strategies
		Volley: Volley to a Partner II	Mental Health and Wellness: When I Feel Angry
		Jump, Balance, Spin, and Roll: Jump from Various Heights	Healthy Eating and Nutrition: Making Nutritional Choices
		Jump, Balance, Spin, and Roll: Jump and Balance	Healthy Eating and Nutrition: The Role Water Plays - Going Deeper
		Strike with Manipulative: Strike Off Ground or Elevation	Disease and Illness Prevention: Healthy Balance
		Strike with Manipulative: Strike Over a Net	Safety and Accident Prevention: Water Safety
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Personal Safety Assistance*
S4.E6.3b	* Willingly uses appropriate safety equipment with various equipment (bike helmet).	Beyond the Gym and Dance: Beyond the Gym III	Health Toolbox: Beyond the Gym
		Health Toolbox: Beyond the Gym	Health Toolbox: Equipment and Safety
		Health Toolbox: Equipment and Safety	General Health: Cultural Influences on Health
		PE 101: Equipment and Safety	
S4.E6.3c	* Describe how to ride a bike, skateboard, inline skates, scooter safely	PE 101: Equipment and Safety	Safety and Accident Prevention: Helmets and Seatbelts
			Safety and Accident Prevention: Protecting My Five Senses
			General Health: Cultural Influences on Health
			Safety and Accident Prevention: Water Safety
Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			
S5.E1: Health			
S5.E1.3	Discusses the relationship between physical activity and good health.	PE 101: Moving My Body	General Health: My Health at School
S5.E2: Challenge			
S5.E2.3	Discusses the challenge that comes from learning a new physical activity.	Beyond the Gym and Dance: Beyond the Gym II	PE Toolbox: Steps to Persevere
		PE Toolbox: Steps to Persevere	

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Standard	Description	PE Lessons	Health+PE Lessons
S5.E3: Self-expression and Enjoyment			
S5.E3.3	Reflects on the reasons for enjoying selected physical activities.	Beyond the Gym and Dance: Beyond the Gym III	General Health: Cultural Influences on Health
		PE 101: Equipment and Safety	PE Toolbox: Beyond the Gym
		PE Toolbox: Beyond the Gym	
S5.E4: Social Interaction			
S5.E4.3	Describes the positive social interactions that come when engaged with others in physical activity.	Beyond the Gym and Dance: Beyond the Gym III	General Health: Cultural Influences on Health
		PE Toolbox: Beyond the Gym	PE Toolbox: Beyond the Gym

Standard	Description	PE Lessons	Health+PE Lessons
Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
S1.E1: Locomotor: Hopping, galloping, running, sliding, skipping, leaping			
S1.E1.4	Uses various locomotor skills in a variety of small-sided practice tasks, dance and educational gymnastics experiences.	Beyond the Gym and Dance: Beyond the Gym III	Responsible Decision Making: Steps to Achieving My Goal
		Catch: Catch in Action	Healthy Eating and Nutrition: Refusal Skills - Substances
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Disease and Illness Prevention: Caring for My Mental Health
		Jump Rope: Short Jump Rope Tricks	Safety and Accident Prevention: Situational Awareness
		Track & Field: Locomotor Skills	Safety and Accident Prevention: Sharp Objects*
		Track & Field: Long Jump	
		Track & Field: Assess - Track & Field	
S1.E2: Locomotor: jogging, running			
S1.E2.4	Runs for distance using a mature pattern.	Track & Field: Locomotor Skills	Safety and Accident Prevention: Situational Awareness
S1.E3: Locomotor: Jumping & landing, horizontal plane			
S1.E3.4	Uses spring-and step takeoffs and landings specific to gymnastics. Note: This outcome applies to both horizontal and vertical jumping & landing.	Jump, Balance, Spin, and Roll: Full Turn Jump	Healthy Eating and Nutrition: Nutritional Goals
		Jump, Balance, Spin, and Roll: Balance	Healthy Eating and Nutrition: Refusal Skills - Substances
S1.E4: Locomotor: Jumping & landing, vertical plane			
S1.E5: Locomotor: Dance			
S1.E5.4	Performs teacher-selected and developmentally appropriate dance steps and movement patterns.	Beyond the Gym and Dance: Beyond the Gym I	PE Toolbox: Dance Category
		PE Toolbox: Dance Category	
S1.E6: Locomotor: Combinations			
S1.E6.4	Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed small-sided practice tasks.	Hand Dribble and Pass: Dribble While Jogging	Healthy Practices and Hygiene: Setting Sleep Routines
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: When I Feel Anxious
S1.E7: Non-Locomotor* (stability): Balance, Weight transfer			
S1.E7.4	Balances on different bases of support on apparatus, demonstrating levels and shapes.	Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Healthy Eating and Nutrition: Refusal Skills - Substances
S1.E8.4	Transfers weight from feet to hands, varying speed and using large extensions (e.g., mule kick, handstand, cartwheel).	Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Healthy Eating and Nutrition: Refusal Skills - Substances



Standard	Description	PE Lessons	Health+PE Lessons
S1.E10: Non-Locomotor (stability): Curling & stretching; twisting & bending			
S1.E10.4	Moves into and out of balances on apparatus with curling, twisting and stretching actions.	Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Healthy Eating and Nutrition: Refusal Skills - Substances
S1.E11: Non-Locomotor (stability): Combinations			
S1.E11.4	Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a partner.	Beyond the Gym and Dance: Beyond the Gym I	PE Toolbox: Dance Category
		PE Toolbox: Dance Category	
		Beyond the Gym and Dance: Beyond the Gym II	
S1.E12.4	Combines traveling with balance and weight transfers to create a gymnastics sequence with and without equipment or apparatus.	Jump, Balance, Spin, and Roll: Balance	Healthy Eating and Nutrition: Nutritional Goals
S1.E13: Manipulative: Underhand throw, Overhand Throw			
S1.E13.4	Throws underhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects.	Throw: Throw While Moving I	Healthy Practices and Hygiene: Creating Healthy Habits
		Throw: Throw While Moving II	Healthy Practices and Hygiene: Exploring Lifetime Benefits of Healthy Teeth
S1.E14.4a	Throws overhand using a mature pattern in non-dynamic environments (closed skills).	Throw: Throw While Moving I	Healthy Practices and Hygiene: Creating Healthy Habits
		Throw: Throw While Moving II	Healthy Practices and Hygiene: Exploring Lifetime Benefits of Healthy Teeth
S1.E15.4b	* Throw a variety of objects (frisbees, deck tennis rings, footballs), demonstrating both accuracy and distance.	Throw: Throw While Moving I	Healthy Practices and Hygiene: Creating Healthy Habits
		Throw: Throw While Moving II	Healthy Practices and Hygiene: Exploring Lifetime Benefits of Healthy Teeth
S1.E15.4a	Throws to a moving partner with reasonable accuracy in a nondynamic environment (closed skills).	Throw: Throw While Moving I	Healthy Practices and Hygiene: Exploring Lifetime Benefits of Healthy Teeth
		Throw: Throw While Moving II	Healthy Practices and Hygiene: Exercise and My Well-Being
		Throw: Assess - Throw	Mental Health and Wellness: Managing Overwhelming Emotions
		Hand Dribble and Pass: Passing	
S1.E14.4b	Throws overhand to a partner or at a target with accuracy at a reasonable distance.	Throw: Throw While Moving I	Healthy Practices and Hygiene: Creating Healthy Habits
		Throw: Throw While Moving II	Healthy Practices and Hygiene: Exploring Lifetime Benefits of Healthy Teeth



Standard	Description	PE Lessons	Health+PE Lessons
S1.E16: Manipulative: Catching			
S1.E16.4	Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a non-dynamic environment (closed skills).	Catch: Catch in Various Positions	Responsible Decision Making: Evaluating My Decisions
		Catch: Catch in Action	Responsible Decision Making: Steps to Achieving My Goal
		Catch: Assess - Catch	Responsible Decision Making: Sharing Information Online
		Throw: Assess - Throw	Healthy Practices and Hygiene: Exercise and My Well-Being
		Hand Dribble and Pass: Passing	Mental Health and Wellness: Managing Overwhelming Emotions
S1.E17: Manipulative: Dribbling/ball control with hands			
S1.E17.4a	Dribbles in self-space with both the preferred and the nonpreferred hands using a mature pattern.	Hand Dribble and Pass: Dribble While Jogging	Healthy Practices and Hygiene: Setting Sleep Routines
		Hand Dribble and Pass: Passing	Mental Health and Wellness: Managing Overwhelming Emotions
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: When I Feel Anxious
S1.E17.4b	Dribbles in general space with control of ball and body while increasing and decreasing speed.	Hand Dribble and Pass: Dribble While Jogging	Healthy Practices and Hygiene: Setting Sleep Routines
		Hand Dribble and Pass: Passing	Mental Health and Wellness: Managing Overwhelming Emotions
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: When I Feel Anxious
S1.E18: Manipulative: Dribbling/ball control with feet			
S1.E18.4	Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed.	Foot Dribble and Pass: Passing	General Health: Preventing an Emergency
		Foot Dribble and Pass: Receiving	Social Behavior: Reading Body Language
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Respecting Individual Differences
S1.E19: Manipulative: Passing & receiving with feet			
S1.E19.4b	Passes and receives a ball with the outsides and insides of the feet to a stationary partner, "giving" on reception before returning the pass	Foot Dribble and Pass: Passing	General Health: Preventing an Emergency
		Foot Dribble and Pass: Receiving	Social Behavior: Reading Body Language
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Respecting Individual Differences
S1.E20: Manipulative: Dribbling in combination			
S1.E20.4a	Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting).	Foot Dribble and Pass: Passing	General Health: Preventing an Emergency
		Foot Dribble and Pass: Receiving	Social Behavior: Reading Body Language
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Respecting Individual Differences
		Kick: Kick a Moving Ball I	Social Behavior: Healthy and Unhealthy Influences - Going Deeper
		Hand Dribble and Pass: Dribble While Jogging	Healthy Practices and Hygiene: Setting Sleep Routines
		Hand Dribble and Pass: Passing	Mental Health and Wellness: Managing Overwhelming Emotions

Standard	Description	PE Lessons	Health+PE Lessons
S1.E20.4b	* Dribbles, then passes a ball to a moving receiver.	Foot Dribble and Pass: Passing	General Health: Preventing an Emergency
		Foot Dribble and Pass: Receiving	Social Behavior: Reading Body Language
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Respecting Individual Differences
		Kick: Kick a Moving Ball I	Social Behavior: Healthy and Unhealthy Influences - Going Deeper
		Throw: Throw While Moving I	Healthy Practices and Hygiene: Creating Healthy Habits
		Hand Dribble and Pass: Dribble While Jogging	Healthy Practices and Hygiene: Setting Sleep Routines
		Hand Dribble and Pass: Passing	Mental Health and Wellness: Managing Overwhelming Emotions
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: When I Feel Anxious
		Volley: Underhand Pass	Mental Health and Wellness: Improving Myself
		Strike with Manipulative: Strike Over a Net With a Partner	Safety and Accident Prevention: Introduce - Advocating for Accident Prevention
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Setting Personal Boundaries
S1.E20.4c	* Hand dribble and foot dribble a ball while changing directions and changing from foot to foot and hand to hand.	Foot Dribble and Pass: Receiving	Social Behavior: Reading Body Language
		Hand Dribble and Pass: Dribble While Jogging	Healthy Practices and Hygiene: Setting Sleep Routines
		Hand Dribble and Pass: Passing	Mental Health and Wellness: Managing Overwhelming Emotions
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: When I Feel Anxious
S1.E21: Manipulative: Kicking			
S1.E21.4	Kicks a ground ball, a lofted ball, and punts using mature patterns.	Kick: Kick a Moving Ball I	Social Behavior: Healthy and Unhealthy Influences - Going Deeper
		Kick: Kick a Moving Ball II	Social Behavior: Standing Up for Others
		Kick: Assess - Kick	Responsible Decision Making: Learning from Situations
S1.E22: Manipulative: Volleying, underhand			
S1.E22.4	Strikes/volleys underhand using a mature pattern in a dynamic environment (e.g., 2 square, 4 square, handball).	Volley: Underhand Pass	Mental Health and Wellness: Improving Myself
		Volley: Overhead Pass	Mental Health and Wellness: Expressing Empathy
		Volley: Assess - Volley	Healthy Eating and Nutrition: Introducing Food Labels
S1.E23: Manipulative: Volleying, overhead			
S1.E23.4a	Strikes/volleys a ball with a two-hand overhead pattern, sending it upward, demonstrating 4 of the 5 critical elements of a mature pattern.	Volley: Underhand Pass	Mental Health and Wellness: Improving Myself
		Volley: Overhead Pass	Mental Health and Wellness: Expressing Empathy
		Volley: Assess - Volley	Healthy Eating and Nutrition: Introducing Food Labels
S1.E23.4b	* In a small group, keep an object (ball, foot bag) continuously in the air without catching it.	Volley: Underhand Pass	Mental Health and Wellness: Improving Myself
		Volley: Overhead Pass	Mental Health and Wellness: Expressing Empathy
		Volley: Assess - Volley	Healthy Eating and Nutrition: Introducing Food Labels

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Standard	Description	PE Lessons	Health+PE Lessons
S1.E24: Manipulative: Striking, short implement			
S1.E24.4a	Strikes an object with a short-handled implement while demonstrating a mature pattern.	Strike with Manipulative: Strike Off Elevation With a Partner	Disease and Illness Prevention: Personal Health Habits
		Strike with Manipulative: Strike Over a Net With a Partner	Safety and Accident Prevention: Introduce - Advocating for Accident Prevention
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Setting Personal Boundaries
S1.E24.4b	Strikes an object with a short-handled implement, alternating hits with a partner, over a low net or against a wall.	Strike with Manipulative: Strike Over a Net With a Partner	Safety and Accident Prevention: Introduce - Advocating for Accident Prevention
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Setting Personal Boundaries
S1.E24.4c	* Continuously strike a ball to a wall or a partner with a paddle, using forehand and backhand strokes.	Strike with Manipulative: Strike Off Elevation With a Partner	Disease and Illness Prevention: Personal Health Habits
		Strike with Manipulative: Strike Over a Net With a Partner	Safety and Accident Prevention: Introduce - Advocating for Accident Prevention
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Setting Personal Boundaries
S1.E25: Manipulative: Striking, long implement			
S1.E25.4	Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis racket, badminton racket), while demonstrating 3 of the 5 critical elements of a mature pattern for the implement (grip, stance, body orientation, swing plane and follow-through).	Strike with Manipulative: Strike Off Elevation With a Partner	Disease and Illness Prevention: Personal Health Habits
		Strike with Manipulative: Strike Over a Net With a Partner	Safety and Accident Prevention: Introduce - Advocating for Accident Prevention
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Setting Personal Boundaries
S1.E27: Manipulative: Jumping rope			
S1.E27.4	Creates a jump-rope routine with either a short or long rope.	Jump Rope: Short Jump Rope Tricks	Disease and Illness Prevention: Caring for My Mental Health
		Jump Rope: Long Jump Rope Tricks	Disease and Illness Prevention: Communicable and Noncommunicable Diseases
		Jump Rope: Assess - Jump Rope	Disease and Illness Prevention: Why Do I Need a Prescription?
Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.			
S2.E1: Movement concepts: Space--self or personal; general space			
S2.E1.4a	Safely applies the concept of general space to combination skills involving traveling (e.g., dribbling and traveling).	Foot Dribble and Pass: Passing	General Health: Preventing an Emergency
		Throw: Throw While Moving I	Healthy Practices and Hygiene: Creating Healthy Habits
		Hand Dribble and Pass: Dribble While Jogging	Mental Health and Wellness: Managing Overwhelming Emotions
S2.E1.4c	Dribbles in general space with changes in direction and speed	Foot Dribble and Pass: Passing	General Health: Preventing an Emergency
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: When I Feel Anxious

Standard	Description	PE Lessons	Health+PE Lessons
S2.E2: Movement concepts: Pathways, shapes, levels, extensions			
S2.E2.4	Combines movement concepts with skills in small-sided practice tasks, gymnastics and dance environments.	Beyond the Gym and Dance: Beyond the Gym I	Responsible Decision Making: Steps to Achieving My Goal
		Beyond the Gym and Dance: Beyond the Gym II	Healthy Eating and Nutrition: Refusal Skills - Substances
		Catch: Catch in Action	Mental Health and Wellness: Managing Overwhelming Emotions
		Hand Dribble and Pass: Passing	PE Toolbox: Dance Category
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	
		PE Toolbox: Dance Category	
S2.E3: Movement concepts: Speed, direction, force			
S2.E3.4a	Applies the movement concepts of speed, endurance and pacing for various locomotor movement (e.g. running).	Track & Field: Locomotor Skills	Safety and Accident Prevention: Situational Awareness
S2.E3.4b	Applies the concepts of direction and force in various activities (e.g. when striking an object with a short-handled implement, sending it toward a designated target).	Strike with Manipulative: Strike Off Elevation With a Partner	Disease and Illness Prevention: Personal Health Habits
		Strike with Manipulative: Strike Over a Net With a Partner	Safety and Accident Prevention: Introduce - Advocating for Accident Prevention
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Setting Personal Boundaries
S2.E5: Movement concepts: Strategies & tactics			
S2.E5.4a	* Applies simple offensive and defensive strategies and tactics in complex and changing game-like situations.	Foot Dribble and Pass: Passing	General Health: Preventing an Emergency
		Strike with Manipulative: Strike Off Elevation With a Partner	Disease and Illness Prevention: Personal Health Habits
		Track & Field: Locomotor Skills	Safety and Accident Prevention: Situational Awareness
S2.E5.4c	Recognizes the types of skills needed for different games and sports situations (e.g. kicks, throws).	Kick: Assess - Kick	Responsible Decision Making: Learning from Situations
S2.E6: Movement Concepts: Body Awareness			
S2.E6.4a	* Label major muscles (e.g. abdominals, quadriceps, biceps) and bones (e.g. tibia, fibula, radius)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)
S2.E6.4b	* Recognize what systems work together to move your body (e.g. muscular and skeletal)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)



Standard	Description	PE Lessons	Health+PE Lessons
Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. ()			
S3.E1: Physical activity knowledge			
S3.E1.4a	Analyzes opportunities for participating in physical activity outside physical education class.	PE 101: Moving My Body	General Health: Health in My Community
		Beyond the Gym and Dance: Beyond the Gym III	PE Toolbox: Beyond the Gym
		PE Toolbox: Beyond the Gym	
S3.E1.4b	* Track progress toward personal goal to be physically active.	PE 101: Moving My Body	General Health: Health in My Community
S3.E1.4c	* Describe the recommended amount of physical activity for children.	PE 101: Moving My Body	General Health: Health in My Community
S3.E1.4d	* Identify ways to increase daily physical activity.	PE 101: Moving My Body	General Health: Health in My Community
		Beyond the Gym and Dance: Beyond the Gym III	
S3.E1.4e	* Identify different types of physical activities.	PE 101: Moving My Body	General Health: Health in My Community
		Health Toolbox: Beyond the Gym	Health Toolbox: Beyond the Gym
S3.E1.4f	* Describe the importance of choosing a variety of ways to be physically active.	PE 101: Moving My Body	General Health: Health in My Community
S3.E1.4g	* Explain positive outcomes for being physically active.	PE 101: Moving My Body	General Health: Health in My Community
		Health Toolbox: Beyond the Gym	Health Toolbox: Beyond the Gym
S3.E1.4h	* Identify short-term and long-term benefits of moderate and vigorous physical activity, such as improving cardiovascular health, strength, endurance, and flexibility and reducing the risks for chronic diseases.	PE 101: Moving My Body	General Health: Health in My Community
			General Health: Discover - Managing My Health Influences
			Healthy Practices and Hygiene: Exercise and My Well-Being
			Healthy Eating and Nutrition: Nutritional Goals
S3.E2: Engages in physical activity			
S3.E2.4a	* Meet the national standard of 60 minutes of daily physical activity.	QuaverEd provides resources for teachers to help students achieve this expectation.	
S3.E2.4b	* Engages in moderate to vigorous physical activity for at least 50% of the physical education class time.		
S3.E3: Fitness knowledge			
S3.E3.4	Identifies the components of health-related fitness and recognize activities that contribute to the development of each component.	PE 101: Moving My Body	General Health: Health in My Community



Standard	Description	PE Lessons	Health+PE Lessons
S3.E4: Fitness knowledge			
S3.E4.4	Demonstrates warm-up and cooldown relative to the cardiorespiratory fitness assessment.	QuaverEd will is developing a comprehensive resource to fulfill this expectation.	
S3.E5: Assessment & program planning			
S3.E5.4a	* Uses fitness assessments to set goals for achieving or maintaining healthy fitness levels(e.g. FITNESSGRAM)	QuaverEd will is developing a comprehensive resource to fulfill this expectation.	
S3.E5.4b	Identifies areas of needed remediation from personal test and, with teacher assistance, identifies strategies for progress in those areas.		
S3.E6: Nutrition			
S3.E6.4	Discusses the importance of hydration and hydration choices relative to physical activities.	PE 101: Moving My Body	General Health: Health in My Community
Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.			
S4.E1: Personal responsibility			
S4.E1.4	Exhibits responsible behavior in independent group situations.	PE 101: Equipment and Safety	General Health: Discover - Managing My Health Influences
		PE 101: Sporting Behavior	General Health: Finding the Right Healthy Helper
S4.E2: Personal responsibility			
S4.E2.4	Reflects on personal social behavior in physical activity.	PE 101: Sporting Behavior	General Health: Finding the Right Healthy Helper
		Jump, Balance, Spin, and Roll: Balance	Healthy Eating and Nutrition: Nutritional Goals
S4.E3: Accepting feedback			
S4.E3.4	Listens respectfully to corrective feedback from others (e.g., peers, adults).	Beyond the Gym and Dance: Beyond the Gym I	PE Toolbox: Feedback Sandwich
		PE Toolbox: Feedback Sandwich	
S4.E4: Working with others			
S4.E4.4a	Praises the movement performance of others both more- and less-skilled.	Beyond the Gym and Dance: Beyond the Gym I	General Health: Finding the Right Healthy Helper
		PE 101: Sporting Behavior	Healthy Eating and Nutrition: Negative Effects of Food
		Jump, Balance, Spin, and Roll: Full Turn Jump	Disease and Illness Prevention: Communicable and Noncommunicable Diseases
		Jump Rope: Long Jump Rope Tricks	Disease and Illness Prevention: Why Do I Need a Prescription?
		Jump Rope: Assess - Jump Rope	



Standard	Description	PE Lessons	Health+PE Lessons
S4.E4.4b	Accepts players of all skill levels into the physical activity.	Beyond the Gym and Dance: Beyond the Gym I	General Health: Health in My Community
		PE 101: Moving My Body	General Health: Discover - Managing My Health Influences
		PE 101: Equipment and Safety	General Health: Finding the Right Healthy Helper
		PE 101: Sporting Behavior	Healthy Practices and Hygiene: Creating Healthy Habits
		Throw: Throw While Moving I	Disease and Illness Prevention: Communicable and Noncommunicable Diseases
		Jump Rope: Long Jump Rope Tricks	Disease and Illness Prevention: Why Do I Need a Prescription?
		Jump Rope: Assess - Jump Rope	
S4.E5: Rules & etiquette			
S4.E5.4	Exhibits etiquette and adherence to rules in a variety of physical activities	PE 101: Sporting Behavior	General Health: Finding the Right Healthy Helper
		Kick: Kick a Moving Ball II	Social Behavior: Standing Up for Others
		Volley: Assess - Volley	Healthy Eating and Nutrition: Introducing Food Labels
		Jump Rope: Short Jump Rope Tricks	Disease and Illness Prevention: Caring for My Mental Health
		Jump Rope: Assess - Jump Rope	Disease and Illness Prevention: Why Do I Need a Prescription?
		Track & Field: Locomotor Skills	Safety and Accident Prevention: Situational Awareness

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Standard	Description	PE Lessons	Health+PE Lessons
S4.E6: Safety			
S4.E6.4a	Works safely with peers and equipment in physical activity settings.	PE 101: Moving My Body	General Health: Health in My Community
		PE 101: Equipment and Safety	General Health: Discover - Managing My Health Influences
		Kick: Kick a Moving Ball II	Social Behavior: Standing Up for Others
		Kick: Assess - Kick	Responsible Decision Making: Learning from Situations
		Catch: Catch in Various Positions	Responsible Decision Making: Evaluating My Decisions
		Throw: Throw While Moving I	Healthy Practices and Hygiene: Creating Healthy Habits
		Throw: Assess - Throw	Healthy Practices and Hygiene: Exercise and My Well-Being
		Volley: Underhand Pass	Mental Health and Wellness: Improving Myself
		Volley: Overhead Pass	Mental Health and Wellness: Expressing Empathy
		Volley: Assess - Volley	Healthy Eating and Nutrition: Introducing Food Labels
		Jump, Balance, Spin, and Roll: Full Turn Jump	Healthy Eating and Nutrition: Negative Effects of Food
		Jump, Balance, Spin, and Roll: Balance	Healthy Eating and Nutrition: Nutritional Goals
		Jump Rope: Short Jump Rope Tricks	Disease and Illness Prevention: Caring for My Mental Health
		Jump Rope: Long Jump Rope Tricks	Disease and Illness Prevention: Communicable and Noncommunicable Diseases
		Jump Rope: Assess - Jump Rope	Disease and Illness Prevention: Why Do I Need a Prescription?
Track & Field: Long Jump	Safety and Accident Prevention: Sharp Objects*		
S4.E6.4b	* Identify safety precautions for playing and working outdoors in different kinds of environmental conditions.	PE 101: Equipment and Safety	Safety and Accident Prevention: Helmets and Seatbelts
			Safety and Accident Prevention: Protecting My Five Senses
			Safety and Accident Prevention: Water Safety
			General Health: Discover - Managing My Health Influences
			Safety and Accident Prevention: Situational Awareness
S4.E6.4c	* Identify ways to reduce injury as a pedestrian.	PE 101: Equipment and Safety	Safety and Accident Prevention: Helmets and Seatbelts
			Safety and Accident Prevention: Protecting My Five Senses
			Safety and Accident Prevention: Water Safety
			General Health: Discover - Managing My Health Influences
		Safety and Accident Prevention: Situational Awareness	

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Standard	Description	PE Lessons	Health+PE Lessons
Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			
S5.E1: Health			
S5.E1.4	Examines the health benefits of participating in physical activity.	PE 101: Moving My Body	General Health: Health in My Community Healthy Practices and Hygiene: Exercise and My Well-Being
S5.E2: Challenge			
S5.E2.4	Rates the enjoyment of participating in challenging and mastered physical activities.	Beyond the Gym and Dance: Beyond the Gym II PE Toolbox: Steps to Persevere	PE Toolbox: Steps to Persevere
S5.E3: Self-expression and Enjoyment			
S5.E3.4	Ranks the enjoyment of participating in different physical activities	Beyond the Gym and Dance: Beyond the Gym III PE Toolbox: Beyond the Gym	PE Toolbox: Beyond the Gym
S5.E4: Social Interaction			
S5.E4.4	Describes and compares the positive social interactions when engaged in partner, small-group and large-group physical activities.	Beyond the Gym and Dance: Beyond the Gym III PE Toolbox: Beyond the Gym	PE Toolbox: Beyond the Gym

Standard	Description	PE Lessons	Health+PE Lessons
Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
S1.E1: Locomotor: Hopping, galloping, running, sliding, skipping, leaping			
S1.E1.5a	Demonstrates mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics and dance.	Beyond the Gym and Dance: Beyond the Gym III	Healthy Eating and Nutrition: Effects on My Body and Mind - Substances
		PE Toolbox: Dance Category	PE Toolbox: Dance Category
S1.E1.5b	Combines locomotor and manipulative skills in a variety of small-sided practice tasks/games environments	Beyond the Gym and Dance: Beyond the Gym III	Social Behavior: Appreciating Diversity
		Jump, Balance, Spin, and Roll: Full Turn Jump	Healthy Practices and Hygiene: Exercise and My Well-Being - Going Deeper
		Foot Dribble and Pass: Foot Passing in Action	Safety and Accident Prevention: Evaluating Personal Safety*
		Throw: Throw While Moving I	
S1.E1.5c	Combines traveling with manipulative skills for execution to a target (e.g., scoring in soccer, hockey and basketball).	Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Appreciating Diversity
		Throw: Throw While Moving II	Healthy Practices and Hygiene: Lifetime Benefits of Healthy Teeth
		Hand Dribble and Pass: Passing	Healthy Practices and Hygiene: Setting Sleep Routines - Going Deeper
S1.E2: Locomotor: jogging, running			
S1.E2.5	Uses appropriate pacing for a variety of running distances	Track & Field: Locomotor Skills	Safety and Accident Prevention: Human Trafficking and Gangs
S1.E3: Locomotor: Jumping & landing, horizontal plane			
S1.E3.5	Combines jumping and landing patterns with locomotor and manipulative skills in dance, educational gymnastics and small-sided practice tasks and games environments. Note: This outcome applies to both horizontal and vertical jumping & landing.	Beyond the Gym and Dance: Beyond the Gym I	Healthy Eating and Nutrition: Eating Disorders
		Jump, Balance, Spin, and Roll: Full Turn Jump	Healthy Eating and Nutrition: Nutritional Goals - Going Deeper
		Jump, Balance, Spin, and Roll: Balance	Healthy Eating and Nutrition: Effects on My Body and Mind - Substances
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Disease and Illness Prevention: Where to Go if I Feel Sad
		Jump Rope: Short Jump Rope Tricks	Disease and Illness Prevention: Managing Common Illnesses and Diseases
		Jump Rope: Long Jump Rope Tricks	Disease and Illness Prevention: Importance of Reading Medication Labels
		Jump Rope: Assess - Jump Rope	Safety and Accident Prevention: Dangers of Guns and Other Weapons
		Track & Field: Long Jump	PE Toolbox: Dance Category
	PE Toolbox: Dance Category		

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Standard	Description	PE Lessons	Health+PE Lessons
S1.E4: Locomotor: Jumping & landing, vertical plane			
S1.E5: Locomotor: Dance			
S1.E5.5	Combines locomotor skills in cultural as well as creative dances (self and group) with correct rhythm and pattern.	Beyond the Gym and Dance: Beyond the Gym II	Healthy Practices and Hygiene: Lifetime Benefits of Healthy Teeth
		PE Toolbox: Dance Category	PE Toolbox: Dance Category
S1.E6: Locomotor: Combinations			
S1.E6.5	* Applies locomotor and manipulative skill combinations in various movement activities.	Catch: Catch in Various Positions	Responsible Decision Making: Using Data to Inform My Decisions
		Catch: Catch in Action	Responsible Decision Making: Tracking My Progress and Perseverance
		Catch: Assess - Catch	Healthy Practices and Hygiene: Lifetime Benefits of Healthy Teeth
		Throw: Throw While Moving II	Healthy Practices and Hygiene: Exercise and My Well-Being - Going Deeper
		Throw: Assess - Throw	Healthy Eating and Nutrition: Food Labels
S1.E7: Non-Locomotor* (stability): Balance, Weight transfer			
S1.E7.5	Combines balance and transferring weight in a gymnastics sequence or dance with a partner.	Beyond the Gym and Dance: Beyond the Gym I	PE Toolbox: Dance Category
		PE Toolbox: Dance Category	
		Beyond the Gym and Dance: Beyond the Gym II	
		Beyond the Gym and Dance: Beyond the Gym III	
S1.E8.5	Transfers weight In tumbling/gymnastics, dance, games and sports skills environments.	Jump, Balance, Spin, and Roll: Balance	General Health: Creating an Emergency Plan
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Social Behavior: Appreciating Diversity
		Beyond the Gym and Dance: Beyond the Gym II	Responsible Decision Making: Problem Solving Strategies
		PE Toolbox: Dance Category	Responsible Decision Making: Using Data to Inform My Decisions
			Responsible Decision Making: Tracking My Progress and Perseverance
			Mental Health and Wellness: Consequences of Stress
			Mental Health and Wellness: Managing Multiple Feelings
			Healthy Eating and Nutrition: Nutritional Goals - Going Deeper
			Healthy Eating and Nutrition: Effects on My Body and Mind - Substances
			Safety and Accident Prevention: Dangers of Guns and Other Weapons
	PE Toolbox: Dance Category		

Standard	Description	PE Lessons	Health+PE Lessons
S1.E10: Non-Locomotor (stability): Curling & stretching; twisting & bending			
S1.E10.5	Performs curling, twisting and stretching actions with correct application in dance, gymnastics, small sided practice tasks and games environments	Beyond the Gym and Dance: Beyond the Gym I	General Health: Managing My Health Influences
		Foot Dribble and Pass: Passing and Receiving Review	General Health: Creating an Emergency Plan
		Jump, Balance, Spin, and Roll: Balance	Healthy Eating and Nutrition: Nutritional Goals - Going Deeper
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Healthy Eating and Nutrition: Effects on My Body and Mind - Substances
		PE Toolbox: Dance Category	PE Toolbox: Dance Category
S1.E11: Non-Locomotor (stability): Combinations			
S1.E11.5	Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a group.	Beyond the Gym and Dance: Beyond the Gym II	PE Toolbox: Dance Category
		PE Toolbox: Dance Category	
S1.E12.5	Combines actions, balances and weight transfers to create a gymnastics sequence with a partner on equipment or apparatus.	Jump, Balance, Spin, and Roll: Balance	Healthy Eating and Nutrition: Nutritional Goals - Going Deeper
S1.E13: Manipulative: Underhand throw, Overhand Throw			
S1.E13.5a	* Throws underhand, with accuracy, in dynamic situations.	Throw: Throw While Moving I	Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper
		Throw: Throw While Moving II	Healthy Practices and Hygiene: Lifetime Benefits of Healthy Teeth
S1.E13.5b	* Throw a variety of objects (frisbees, deck tennis rings, footballs), demonstrating both accuracy and distance.	Throw: Throw While Moving II	Healthy Practices and Hygiene: Lifetime Benefits of Healthy Teeth
S1.E15.5a	Throws with accuracy, both partners moving.	Throw: Throw While Moving I	Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper
		Throw: Throw While Moving II	Healthy Practices and Hygiene: Lifetime Benefits of Healthy Teeth
		Throw: Assess - Throw	Healthy Practices and Hygiene: Exercise and My Well-Being - Going Deeper
S1.E15.5b	Throws with reasonable accuracy in dynamic, small-sided practice tasks.	Throw: Throw While Moving I	Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper
		Throw: Throw While Moving II	Healthy Practices and Hygiene: Lifetime Benefits of Healthy Teeth
		Throw: Assess - Throw	Healthy Practices and Hygiene: Exercise and My Well-Being - Going Deeper

Standard	Description	PE Lessons	Health+PE Lessons
S1.E13.5c	Throws overhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects.	Throw: Throw While Moving I	Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper
		Throw: Throw While Moving II	Healthy Practices and Hygiene: Lifetime Benefits of Healthy Teeth
		Throw: Assess - Throw	Healthy Practices and Hygiene: Exercise and My Well-Being - Going Deeper
S1.E13.5d	Throws overhand to a large target with accuracy.	Throw: Throw While Moving I	Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper
		Throw: Throw While Moving II	Healthy Practices and Hygiene: Lifetime Benefits of Healthy Teeth
		Throw: Assess - Throw	Healthy Practices and Hygiene: Exercise and My Well-Being - Going Deeper
S1.E16: Manipulative: Catching			
S1.E16.5a	Catches a batted ball above the head, at chest or waist level, and along the ground using a mature pattern in a non-dynamic environment (closed skills).	Strike with Manipulative: Strike Off Elevation With a Partner	Disease and Illness Prevention: Home, School, and Community
S1.E16.5b	Catches with accuracy, both partners moving.	Catch: Catch in Various Positions	Responsible Decision Making: Using Data to Inform My Decisions
		Catch: Catch in Action	Responsible Decision Making: Tracking My Progress and Perseverance
		Catch: Assess - Catch	Responsible Decision Making: Identity Protection
S1.E16.5c	Catches with reasonable accuracy in dynamic, small-sided practice tasks.	Catch: Catch in Various Positions	Responsible Decision Making: Using Data to Inform My Decisions
		Catch: Catch in Action	Responsible Decision Making: Tracking My Progress and Perseverance
		Catch: Assess - Catch	Responsible Decision Making: Identity Protection
		Throw: Throw While Moving I	Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper
S1.E17: Manipulative: Dribbling/ball control with hands			
S1.E17.5	Combines hand dribbling with other skills during 1v1 practice tasks.	Hand Dribble and Pass: Passing	Healthy Practices and Hygiene: Setting Sleep Routines - Going Deeper
		Hand Dribble and Pass: Protecting	Mental Health and Wellness: When to Ask for Help
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: Consequences of Stress
S1.E18: Manipulative: Dribbling/ball control with feet			
S1.E18.5	Combines foot dribbling with other skills in 1v1 practice tasks.	Foot Dribble and Pass: Foot Passing in Action	Social Behavior: Having Difficult Conversations
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Appreciating Diversity

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Standard	Description	PE Lessons	Health+PE Lessons
S1.E19: Manipulative: Passing & receiving with feet			
S1.E20: Manipulative: Dribbling in combination			
S1.E20.5a	Dribbles with hands or feet with mature patterns in a variety of small-sided game forms.	Foot Dribble and Pass: Foot Passing in Action	Social Behavior: Having Difficult Conversations
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Appreciating Diversity
		Hand Dribble and Pass: Passing	Healthy Practices and Hygiene: Setting Sleep Routines - Going Deeper
		Hand Dribble and Pass: Protecting	Mental Health and Wellness: When to Ask for Help
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: Consequences of Stress
S1.E20.5b	* Hand dribble and foot dribble a ball while preventing an opponent from stealing the ball.	Foot Dribble and Pass: Foot Passing in Action	Social Behavior: Having Difficult Conversations
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Social Behavior: Appreciating Diversity
		Kick: Assess - Kick	Responsible Decision Making: Problem Solving Strategies
		Hand Dribble and Pass: Protecting	Mental Health and Wellness: When to Ask for Help
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: Consequences of Stress
		Beyond the Gym and Dance: Beyond the Gym III	Healthy Eating and Nutrition: Effects on My Body and Mind - Substances
		PE Toolbox: Dance Category	PE Toolbox: Dance Category
S1.E21: Manipulative: Kicking			
S1.E21.5	Demonstrates mature patterns in kicking and punting in small-sided practice task environments.	Kick: Kick a Moving Ball	Social Behavior: Relationship Boundaries
		Kick: Punt	Social Behavior: Conflict or Bullying?
		Kick: Assess - Kick	Responsible Decision Making: Problem Solving Strategies
S1.E22: Manipulative: Volleying, underhand			
S1.E22.5	Volleys underhand using a mature pattern in a dynamic environment (e.g., 2 square, 4 square, handball). - Applies skill in various situations*. * Applies skill in various situations.	Volley: Underhand and Overhead Pass	Mental Health and Wellness: Using My Strengths to Help Others
		Volley: Volley in Action	Mental Health and Wellness: Managing Multiple Feelings
		Volley: Assess - Volley	Healthy Eating and Nutrition: Food Labels
S1.E23: Manipulative: Volleying, overhead			
S1.E23.5	Strikes/volleys a ball using a two-hand overhead pattern, sending it upward to a target.	Volley: Volley in Action	Mental Health and Wellness: Managing Multiple Feelings
		Volley: Assess - Volley	Healthy Eating and Nutrition: Food Labels
S1.E24: Manipulative: Striking, short implement			
S1.E24.5a	Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment.	Strike with Manipulative: Strike Off Elevation With a Partner	Disease and Illness Prevention: Home, School, and Community
		Strike with Manipulative: Strike Over a Net With a Partner	Safety and Accident Prevention: Advocating for Accident Prevention
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Evaluating Personal Safety*

Standard	Description	PE Lessons	Health+PE Lessons
S1.E24.5b	* Continuously strike toward a target or a partner with a paddle, using forehand and backhand strokes.	PE 101: Moving My Body	General Health: Finding Healthy Help Online
		Strike with Manipulative: Strike Off Elevation With a Partner	Social Behavior: Appreciating Diversity
		Strike with Manipulative: Strike Over a Net With a Partner	Responsible Decision Making: Tracking My Progress and Perseverance
		Strike with Manipulative: Assess - Strike With Manipulative	Mental Health and Wellness: Using My Strengths to Help Others
			Healthy Eating and Nutrition: Food Labels
			Disease and Illness Prevention: Where to Go if I Feel Sad
			Disease and Illness Prevention: Home, School, and Community
			Safety and Accident Prevention: Advocating for Accident Prevention
		Safety and Accident Prevention: Evaluating Personal Safety*	
S1.E25: Manipulative: Striking, long implement			
S1.E25.5a	Strikes a pitched ball with a bat using a mature pattern.	Strike with Manipulative: Strike Off Elevation With a Partner	Disease and Illness Prevention: Home, School, and Community
S1.E25.5b	Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game.	Strike with Manipulative: Strike Off Elevation With a Partner	Disease and Illness Prevention: Home, School, and Community
		Strike with Manipulative: Strike Over a Net With a Partner	Safety and Accident Prevention: Advocating for Accident Prevention
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Evaluating Personal Safety*
S1.E27: Manipulative: Jumping rope			
S1.E27.5	Creates a jump-rope routine with a partner, using either a short or long rope.	Jump Rope: Short Jump Rope Tricks	Disease and Illness Prevention: Where to Go if I Feel Sad
		Jump Rope: Long Jump Rope Tricks	Disease and Illness Prevention: Managing Common Illnesses and Diseases
		Jump Rope: Assess - Jump Rope	Disease and Illness Prevention: Importance of Reading Medication Labels
Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.			
S2.E1: Movement concepts: Space--self or personal; general space			
S2.E1.5	Combines spatial concepts with locomotor and non-locomotor movements for small groups in gymnastics, dance and games environments	Beyond the Gym and Dance: Beyond the Gym I	General Health: Creating an Emergency Plan
		Foot Dribble and Pass: Passing and Receiving Review	Social Behavior: Appreciating Diversity
		Foot Dribble and Pass: Assess - Foot Dribble and Pass	Healthy Practices and Hygiene: Setting Sleep Routines - Going Deeper
		Hand Dribble and Pass: Passing	Mental Health and Wellness: When to Ask for Help
		Hand Dribble and Pass: Protecting	Mental Health and Wellness: Consequences of Stress
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Safety and Accident Prevention: Human Trafficking and Gangs
		Track & Field: Locomotor Skills	PE Toolbox: Dance Category
		PE Toolbox: Dance Category	



Standard	Description	PE Lessons	Health+PE Lessons
S2.E2: Movement concepts: Pathways, shapes, levels, extensions			
S2.E2.5	Combines movement concepts with skills in small-sided practice tasks in game environments, gymnastics and dance with self-direction.	Beyond the Gym and Dance: Beyond the Gym II	General Health: Creating an Emergency Plan
		Hand Dribble and Pass: Passing	Healthy Practices and Hygiene: Setting Sleep Routines - Going Deeper
		Foot Dribble and Pass: Passing and Receiving Review	PE Toolbox: Dance Category
		PE Toolbox: Dance Category	
S2.E3: Movement concepts: Speed, direction, force			
S2.E3.5a	Applies movement concepts to strategy in game situations.	PE 101: Sporting Behavior	General Health: Finding Healthy Help Online
		Throw: Assess - Throw	Healthy Practices and Hygiene: Exercise and My Well-Being - Going Deeper
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Evaluating Personal Safety*
S2.E3.5b	Applies the concepts of direction and force (e.g. to strike an object with a long-handled implement).	Strike with Manipulative: Strike Off Elevation With a Partner	Disease and Illness Prevention: Home, School, and Community
		Strike with Manipulative: Strike Over a Net With a Partner	Safety and Accident Prevention: Advocating for Accident Prevention
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Evaluating Personal Safety*
S2.E3.5c	Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, dance and gymnastics.	Beyond the Gym and Dance: Beyond the Gym II	Safety and Accident Prevention: Dangers of Guns and Other Weapons
		Foot Dribble and Pass: Foot Passing in Action	PE Toolbox: Dance Category
		Track & Field: Long Jump	
		PE Toolbox: Dance Category	
S2.E5: Movement concepts: Strategies & tactics			
S2.E5.5a	Applies basic offensive and defensive strategies/tactics in invasion small-sided practice tasks.	Foot Dribble and Pass: Passing and Receiving Review	General Health: Creating an Emergency Plan
		Foot Dribble and Pass: Foot Passing in Action	Social Behavior: Having Difficult Conversations
S2.E5.5b	Applies basic offensive and defensive strategies and tactics in net/wall small-sided practice tasks.	Foot Dribble and Pass: Foot Passing in Action	Social Behavior: Having Difficult Conversations
		Volley: Assess - Volley	Healthy Eating and Nutrition: Food Labels
S2.E5.5c	Recognizes and demonstrates strategies and tactics needed for different games and sports situations (e.g. throw, volley or striking action).	Throw: Throw While Moving I	Healthy Practices and Hygiene: Creating Healthy Habits - Going Deeper
		Volley: Underhand and Overhead Pass	Mental Health and Wellness: Using My Strengths to Help Others
		Volley: Volley in Action	Mental Health and Wellness: Managing Multiple Feelings
		Volley: Assess - Volley	Healthy Eating and Nutrition: Food Labels



Standard	Description	PE Lessons	Health+PE Lessons
S2.E6: Movement Concepts: Body Awareness			
S2.E6.5	* Identify the major functions of circulatory (blood flow); respiratory (oxygen); muscular (strength and motor performance) and skeletal (body support) systems	Health Toolbox: My Amazing Body (Skeletal, Muscular, Circulatory, Respiratory Systems)	
Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.			
S3.E1: Physical activity knowledge			
S3.E1.5	Charts and analyzes physical activity outside physical education class for fitness benefits of activities.	PE 101: Moving My Body	General Health: Planning My Healthy Future
S3.E2: Engages in physical activity			
S3.E2.5a	* Meet the national standard of 60 minutes of daily physical activity.	QuaverEd provides resources for teachers to help students achieve this expectation.	
S3.E2.5b	* Engages in moderate to vigorous physical activity for at least 50% of the physical education class time.		
S3.E3: Fitness knowledge			
S3.E3.5	* Identify activities that contribute to the development of each health-related component of fitness.	PE 101: Moving My Body	General Health: Planning My Healthy Future
S3.E4: Fitness knowledge			
S3.E4.5	Identifies the need for warm-up and cool-down relative to various physical activities.	PE 101: Moving My Body	General Health: Planning My Healthy Future
S3.E5: Assessment & program planning			
S3.E5.5a	Analyzes results of fitness assessment (FITNESSGRAM pre- and post-), comparing results to fitness components for good health.	QuaverEd will is developing a comprehensive resource to fulfill this expectation.	
S3.E5.5b	Set goals to address ways to use physical activity to overcome barriers and enhance fitness.	PE 101: Moving My Body	General Health: Planning My Healthy Future
S3.E5.5c	* Identify barriers to participation in physical activity.	QuaverEd will is developing a comprehensive resource to fulfill this expectation.	
S3.E6: Nutrition			
S3.E6.5	Analyzes the impact of food choices relative to physical activity, youth sports and personal health.	PE 101: Moving My Body	General Health: Planning My Healthy Future Healthy Eating and Nutrition: Nutritional Goals - Going Deeper

K-5 Missouri PE Correlations • Fifth Grade



Standard	Description	PE Lessons	Health+PE Lessons
Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.			
S4.E1: Personal responsibility			
S4.E1.5	Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee).	PE 101: Sporting Behavior	General Health: Finding Healthy Help Online
S4.E2: Personal responsibility			
S4.E2.5a	Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities.	Kick: Kick a Moving Ball	Social Behavior: Relationship Boundaries
		PE 101: Sporting Behavior	General Health: Finding Healthy Help Online
S4.E2.5b	Exhibits respect for self with appropriate behavior while engaging in physical activity.	Kick: Kick a Moving Ball	Social Behavior: Relationship Boundaries
S4.E3: Accepting feedback			
S4.E3.5	Gives corrective feedback respectfully to peers.	Beyond the Gym and Dance: Beyond the Gym I	General Health: Finding Healthy Help Online
		PE 101: Sporting Behavior	General Health: Creating an Emergency Plan
		Foot Dribble and Pass: Passing and Receiving Review	Social Behavior: Having Difficult Conversations
		Throw: Throw While Moving I	Disease and Illness Prevention: Managing Common Illnesses and Diseases
		Jump Rope: Long Jump Rope Tricks	Disease and Illness Prevention: Importance of Reading Medication Labels
		Jump Rope: Assess - Jump Rope	PE Toolbox: Feedback Sandwich
S4.E4: Working with others			
S4.E4.5a	Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.	Beyond the Gym and Dance: Beyond the Gym II	Responsible Decision Making: Identity Protection
		Catch: Assess - Catch	Mental Health and Wellness: When to Ask for Help
		Hand Dribble and Pass: Protecting	Mental Health and Wellness: Consequences of Stress
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: Using My Strengths to Help Others
		Volley: Underhand and Overhead Pass	Mental Health and Wellness: Managing Multiple Feelings
		Volley: Volley in Action	Healthy Eating and Nutrition: Food Labels
		Volley: Assess - Volley	Safety and Accident Prevention: Human Trafficking and Gangs
		Track & Field: Locomotor Skills	Safety and Accident Prevention: Dangers of Guns and Other Weapons
		Track & Field: Long Jump	
	Track & Field: Assess - Track & Field		



Standard	Description	PE Lessons	Health+PE Lessons
S4.E4.5b	* Assists others in the performance of tasks.	Catch: Assess - Catch	Responsible Decision Making: Identity Protection
		Hand Dribble and Pass: Protecting	Mental Health and Wellness: When to Ask for Help
		Hand Dribble and Pass: Assess - Hand Dribble and Pass	Mental Health and Wellness: Consequences of Stress
		Volley: Underhand and Overhead Pass	Mental Health and Wellness: Using My Strengths to Help Others
		Volley: Volley in Action	Mental Health and Wellness: Managing Multiple Feelings
		Volley: Assess - Volley	Healthy Eating and Nutrition: Food Labels
		Track & Field: Locomotor Skills	Safety and Accident Prevention: Human Trafficking and Gangs
		Track & Field: Long Jump	Safety and Accident Prevention: Dangers of Guns and Other Weapons
		Track & Field: Assess - Track & Field	
		Beyond the Gym and Dance: Beyond the Gym II	
S4.E5: Rules & etiquette			
S4.E5.5	Reflect and analyze the etiquette of self and others in following rules of various game activities.	Jump, Balance, Spin, and Roll: Full Turn Jump	Healthy Eating and Nutrition: Eating Disorders
		Jump, Balance, Spin, and Roll: Balance	Healthy Eating and Nutrition: Nutritional Goals - Going Deeper
		Jump, Balance, Spin, and Roll: Assess - Jump, Balance, Spin, and Roll	Healthy Eating and Nutrition: Effects on My Body and Mind - Substances
S4.E6: Safety			
S4.E6.5a	Applies safety principles with age appropriate physical activities.	PE 101: Equipment and Safety	General Health: Managing My Health Influences
		Catch: Catch in Various Positions	Responsible Decision Making: Using Data to Inform My Decisions
		Catch: Catch in Action	Responsible Decision Making: Tracking My Progress and Perseverance
		Strike with Manipulative: Strike Over a Net With a Partner	Safety and Accident Prevention: Advocating for Accident Prevention
		Strike with Manipulative: Assess - Strike With Manipulative	Safety and Accident Prevention: Evaluating Personal Safety*
S4.E6.5b	* Identify safety precautions for playing and working outdoors in different kinds of environmental conditions.	PE 101: Equipment and Safety	Safety and Accident Prevention: Helmets and Seatbelts
			Safety and Accident Prevention: Water Safety
			General Health: Managing My Health Influences
			Safety and Accident Prevention: Advocating for Accident Prevention
S4.E6.5c	* Identify ways to reduce injury as a pedestrian.	PE 101: Moving My Body	General Health: Planning My Healthy Future



Standard	Description	PE Lessons	Health+PE Lessons
Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			
S5.E1: Health			
S5.E1.5	Compares the health benefits of participating in selected physical activities.	PE 101: Moving My Body	General Health: Planning My Healthy Future
S5.E2: Challenge			
S5.E2.5	Expresses (via written essay, visual art, creative dance) the enjoyment and/or challenge of participating in a favorite physical activity.	Beyond the Gym and Dance: Beyond the Gym II	PE Toolbox: Steps to Persevere
		PE Toolbox: Steps to Persevere	PE Toolbox: Dance Category
		Beyond the Gym and Dance: Beyond the Gym III	
		PE Toolbox: Dance Category	
S5.E3: Self-expression and Enjoyment			
S5.E3.5	Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.	Beyond the Gym and Dance: Beyond the Gym III	PE Toolbox: Beyond the Gym
		PE Toolbox: Beyond the Gym	
S5.E4: Social Interaction			
S5.E4.5	Describes the social benefits gained from participating in physical activity (e.g., recess, youth sport).	Beyond the Gym and Dance: Beyond the Gym III	General Health: Finding Healthy Help Online
		PE 101: Sporting Behavior	PE Toolbox: Beyond the Gym
		PE Toolbox: Beyond the Gym	



**Growing Stronger
Bodies & Minds**