



ARCHDIOCESE OF LOUISVILLE
Catholic Schools

Archdiocese of Louisville

Physical Education

PreK-8th Grade Standards

2026

Philosophy/Rationale

In the Archdiocese of Louisville, we believe that each person is uniquely created in God's image. Students are called to use their God-given gifts to maintain a healthy mind and body. Physical education is recognized as an essential component of a student's overall educational experience. The standards serve as a foundation for lifelong healthy living by outlining the knowledge and skills that are developmentally appropriate by grade band.

Curriculum Framework

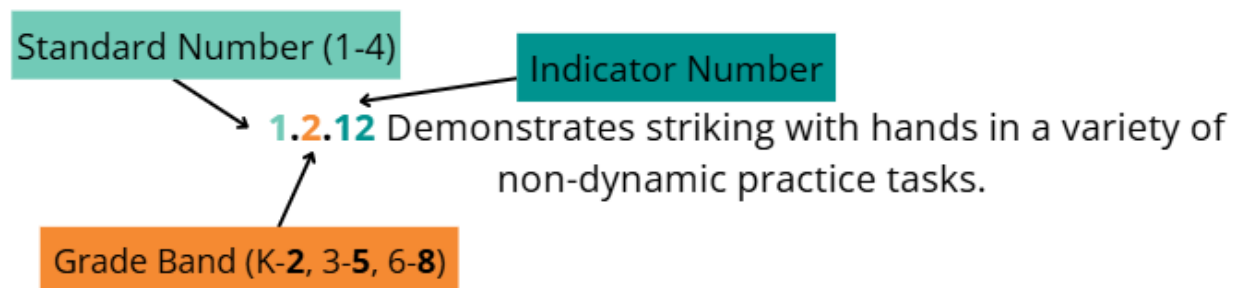
SHAPE America updated the National Standards and Grade-Level Outcomes for K-12 Physical Education in 2024. The document outlines what students should know and be able to do as a result of a highly effective physical education program. The Archdiocese of Louisville adapted that document when revising the Archdiocese of Louisville Physical Education Standards in 2025-2026.

Standards Organization

Standards are grouped by grade band (K–2, 3–5, and 6–8) to reflect developmental progressions in motor skills, movement knowledge, personal and social responsibility, and engagement in physical activity. Within each grade band, the four standards are presented consistently, followed by their corresponding performance indicators.

This structure is intended to help educators easily navigate expectations, identify growth across grade levels, and align instruction, assessment, and learning experiences. By organizing the standards in this way, the document emphasizes both continuity and progression, supporting a coherent physical education program that builds lifelong movement competence, health, and active participation.

Standards Key



Standards as Pillars

The four physical education standards function as interconnected pillars that support the development of the whole child. Motor skills provide the foundation for movement competence, enabling students to participate confidently in a wide range of physical activities. Knowledge of movement and fitness concepts helps students understand how and why the body moves, supporting informed decisions about health and physical activity. Social skills emphasize collaboration, communication, respect, and responsible participation with others during physical activity. Personal skills focus on self-awareness, goal setting, perseverance, and developing the motivation to engage in lifelong physical activity. Together, these pillars create a balanced framework that develops students' physical competence, understanding, and character through movement.

PreK-2nd Grade

ANCHOR STANDARD 1: Develops a variety of motor skills.

PreK-2 Standards

- 1.2.1** Demonstrates a variety of locomotor skills with the concepts of space, effort, and relationship awareness.
- 1.2.2** Demonstrates jumping and landing in a non-dynamic environment.
- 1.2.3** Demonstrates transferring weight on multiple body parts.
- 1.2.4** Demonstrates non-locomotor skills with the concepts of space, effort, and relationship awareness.
- 1.2.5** Demonstrates balancing on different body parts in a non-dynamic environment.
- 1.2.6** Demonstrates bouncing a ball in a variety of non-dynamic practice tasks.
- 1.2.7** Demonstrates rolling a ball in a variety of non-dynamic practice tasks.
- 1.2.8** Demonstrates catching in a variety of non-dynamic practice tasks.
- 1.2.9** Demonstrates throwing in a variety of non-dynamic practice tasks.
- 1.2.10** Demonstrates kicking a ball in a variety of non-dynamic practice tasks.
- 1.2.11** Demonstrates dribbling with feet in a variety of non-dynamic practice tasks.
- 1.2.12** Demonstrates striking with hands in a variety of non-dynamic practice tasks.
- 1.2.13** Demonstrates striking with a short-handled implement in a variety of non-dynamic practice tasks.
- 1.2.14** Demonstrates striking with a long-handled implement in a variety of non-dynamic practice tasks.
- 1.2.15** Demonstrates locomotor, non-locomotor, and manipulative movements based on a variety of dance forms.
- 1.2.16** Demonstrates jumping rope in a non-dynamic environment.

ANCHOR STANDARD 2: Applies knowledge related to movement and fitness concepts.

PreK-2 Standards

- 2.2.1** Recognizes personal space and where to move in general space.
- 2.2.2** Identifies simple strategies in chasing and fleeing activities.
- 2.2.3** Identifies movement concepts related to locomotor, non-locomotor, and manipulative skills.
- 2.2.4** Demonstrates knowledge of locomotor, non-locomotor, and manipulative skills in movement settings.
- 2.2.5** Demonstrates knowledge of movement concepts used in dance and rhythms.
- 2.2.6** Identifies physical activities that contribute to fitness.
- 2.2.7** Recognizes the importance of stretching before and after physical activity.
- 2.2.8** Identifies the heart as a muscle that gets stronger with physical activity.
- 2.2.9** Recognizes that regular physical activity is good for health.
- 2.2.10** Recognizes physiological changes during physical activity.
- 2.2.11** Recognizes food and hydration choices that provide energy.

ANCHOR STANDARD 3: Develops Social Skills Through Physical Activity
PreK-2 Standards
3.2.1 Recognizes feelings of others. 3.2.2 Demonstrates ability to encourage others. 3.2.3 Uses communication skills to share space and equipment. 3.2.4 Responds appropriately to teacher directions and feedback. 3.2.5 Demonstrates respectful behaviors. 3.2.6 Describes the importance of rules for safety and fairness. 3.2.7 Makes safe choices with equipment. 3.2.8 Discusses problems and solutions with teacher support. 3.2.9 Makes fair choices as directed. 3.2.10 Participates in activities representing different cultures.

ANCHOR STANDARD 4: Develops Personal Skills and Chooses to Engage in Physical Activity
PreK-2 Standards
4.2.1 Identifies activities for self-expression. 4.2.2 Identifies activities for social interaction. 4.2.3 Lists ways movement affects health. 4.2.4 Identifies preferred activities. 4.2.5 Recognizes individual challenges. 4.2.6 Sets short-term goals. 4.2.7 Recognizes strengths and needs for practice. 4.2.8 Recognizes opportunities for activity in PE. 4.2.9 Demonstrates techniques to manage emotions. 4.2.10 Reflects on movement experiences.

3rd-5th Grade

ANCHOR STANDARD 1: Develops a variety of motor skills.

3rd-5th Standards

- 1.8.1** Demonstrates correct technique in a variety of outdoor activities.
- 1.8.2** Demonstrates movement sequences within varied dance forms.
- 1.8.3** Demonstrates appropriate form in a variety of health-related fitness activities.
- 1.8.4** Demonstrates appropriate form in a variety of skill-related fitness activities.
- 1.8.5** Demonstrates a striking motion with a long-handled implement.
- 1.8.6** Demonstrates correct rolling and throwing techniques in a variety of practice tasks and modified target games.
- 1.8.7** Demonstrates striking a self-tossed or pitched ball with an implement to open space.
- 1.8.8** Demonstrates a proper catch with or without an implement.
- 1.8.9** Demonstrates throwing for accuracy, distance, and power.
- 1.8.10** Demonstrates a proper underhand and overhand serve using the hand.
- 1.8.11** Demonstrates a proper serve using a short- or long-handled implement.
- 1.8.12** Demonstrates correct form of forehand and backhand strokes.
- 1.8.13** Demonstrates a volley using a short- or long-handled implement.
- 1.8.14** Demonstrates sending and receiving in combination with locomotor skills.
- 1.8.15** Demonstrates dribbling skills in practice tasks and small-sided games.
- 1.8.16** Demonstrates dribbling an object with an implement.
- 1.8.17** Demonstrates a shot on goal with and without an implement.
- 1.8.18** Demonstrates multiple techniques to create open space during offense.
- 1.8.19** Demonstrates a defensive ready position.

ANCHOR STANDARD 2: Applies knowledge related to movement and fitness concepts.

3rd-5th Standards

- 2.5.1** Applies movement concepts and strategies for safe movement.
- 2.5.2** Demonstrates knowledge of offensive strategies in invasion activities.
- 2.5.3** Demonstrates knowledge of defensive strategies in invasion activities.
- 2.5.4** Demonstrates knowledge of appropriate movement concepts for efficient performance.
- 2.5.5** Demonstrates problem-solving strategies in games.
- 2.5.6** Applies movement concepts to dances, gymnastics, and rhythms.
- 2.5.7** Defines activities for developing health-related fitness components.
- 2.5.8** Establishes goals related to fitness development.
- 2.5.9** Explains the FITT principle.
- 2.5.10** Defines activities for developing skill-related fitness components.

- 2.5.11** Identifies need for warm-up and cool-down.
- 2.5.12** Identifies pulse location and activities that increase heart rate.
- 2.5.13** Explains benefits of physical activity.
- 2.5.14** Explains how physical activity influences physiological changes.
- 2.5.15** Recognizes critical elements of skill execution.
- 2.5.16** Identifies technology tools that support physical activity goals.
- 2.5.17** Describes impact of food and hydration choices.

ANCHOR STANDARD 3: Develops Social Skills Through Physical Activity

3rd-5th Standards

- 3.5.1** Describes perspectives of others.
- 3.5.2** Uses communication to negotiate roles.
- 3.5.3** Demonstrates respectful behaviors in groups.
- 3.5.4** Demonstrates safe behaviors independently.
- 3.5.5** Solves problems independently and in groups.
- 3.5.6** Makes fair choices according to etiquette.
- 3.5.7** Describes physical activities from various cultures.

ANCHOR STANDARD 4: Develops Personal Skills and Chooses to Engage in Physical Activity

3rd-5th Standards

- 4.5.1** Explains activities that meet self-expression needs.
- 4.5.2** Explains activities that meet social needs.
- 4.5.3** Describes how movement affects health.
- 4.5.4** Explains rationale for activity choices.
- 4.5.5** Recognizes group challenges.
- 4.5.6** Sets long-term goals.
- 4.5.7** Identifies strengths and practice opportunities.
- 4.5.8** Identifies activity opportunities outside PE.
- 4.5.9** Recognizes effective emotional regulation techniques.
- 4.5.10** Reflects on movement experiences.

6th-8th Grade

ANCHOR STANDARD 1: Develops a variety of motor skills.

6th-8th Standards

- 1.8.1 Demonstrates correct technique in a variety of outdoor activities.
- 1.8.2 Demonstrates movement sequences within varied dance forms.
- 1.8.3 Demonstrates appropriate form in a variety of health-related fitness activities.
- 1.8.4 Demonstrates appropriate form in a variety of skill-related fitness activities.
- 1.8.5 Demonstrates a striking motion with a long-handled implement.
- 1.8.6 Demonstrates correct rolling and throwing techniques in a variety of practice tasks and modified target games.
- 1.8.7 Demonstrates striking a self-tossed or pitched ball with an implement to open space.
- 1.8.8 Demonstrates a proper catch with or without an implement.
- 1.8.9 Demonstrates throwing for accuracy, distance, and power.
- 1.8.10 Demonstrates a proper underhand and overhand serve using the hand.
- 1.8.11 Demonstrates a proper serve using a short- or long-handled implement.
- 1.8.12 Demonstrates correct form of forehand and backhand strokes.
- 1.8.13 Demonstrates a volley using a short- or long-handled implement.
- 1.8.14 Demonstrates sending and receiving in combination with locomotor skills.
- 1.8.15 Demonstrates dribbling skills in practice tasks and small-sided games.
- 1.8.16 Demonstrates dribbling an object with an implement.
- 1.8.17 Demonstrates a shot on goal with and without an implement.
- 1.8.18 Demonstrates multiple techniques to create open space during offense.
- 1.8.19 Demonstrates a defensive ready position.

ANCHOR STANDARD 2: Applies knowledge related to movement and fitness concepts.

6th-8th Standards

- 2.8.1 Identifies effective use of movement concepts in dynamic environments.
- 2.8.2 Demonstrates knowledge of offensive tactics in invasion games.
- 2.8.3 Demonstrates knowledge of defensive tactics in invasion games.
- 2.8.4 Selects appropriate shots and techniques in net and wall games.
- 2.8.5 Demonstrates knowledge of offensive tactics in striking and fielding games.
- 2.8.6 Demonstrates knowledge of defensive positioning in striking and fielding games.
- 2.8.7 Demonstrates problem-solving skills in games and activities.
- 2.8.8 Applies movement concepts to vary dances and rhythmic activities.
- 2.8.9 Identifies and compares components of fitness.
- 2.8.10 Self-selects and monitors physical activity goals.

- 2.8.11 Implements principles of exercise.
- 2.8.12 Applies skill-related fitness to activities.
- 2.8.13 Explains the relationship of aerobic fitness and perceived exertion.
- 2.8.14 Applies dynamic and static stretching appropriately.
- 2.8.15 Demonstrates knowledge of heart rate.
- 2.8.16 Identifies ways to be physically active.
- 2.8.17 Examines impact of rest on physical activity.
- 2.8.18 Analyzes skill performance using critical elements.
- 2.8.19 Evaluates usefulness of technology tools.
- 2.8.20 Explains relationships among nutrition, physical activity, and health.
- 2.8.21 Demonstrates knowledge of safety protocols in outdoor activities.

ANCHOR STANDARD 3: Develops Social Skills Through Physical Activity

6th-8th Standards

- 3.8.1 Accepts others' differences.
- 3.8.2 Contributes positively to groups.
- 3.8.3 Negotiates strategies and tactics.
- 3.8.4 Provides and receives constructive feedback.
- 3.8.5 Explains cultural value of activities.
- 3.8.6 Follows rules in varied settings.
- 3.8.7 Implements safe behaviors.
- 3.8.8 Solves problems with teammates and opponents.
- 3.8.9 Applies etiquette in physical activity settings.
- 3.8.10 Explains how communication and cooperation relate to leadership.

ANCHOR STANDARD 4: Develops Personal Skills and Chooses to Engage in Physical Activity

6th-8th Standards

- 4.8.1 Describes impact of self-expression.
- 4.8.2 Describes impact of social interaction.
- 4.8.3 Participates in activities that enhance health.
- 4.8.4 Connects choice and interests to engagement.
- 4.8.5 Examines individual and group challenges.
- 4.8.6 Sets participation goals.
- 4.8.7 Examines barriers and opportunities for activity.
- 4.8.8 Uses techniques to manage emotions and behaviors.
- 4.8.9 Reflects on movement experiences to identify personal meaning.

