



Colorado Physical Education Standards

Grade Level Expectations addressed following the National Archery in the Schools Program®

Standard **Grade Level Expectation**

High School	
1. Movement Competence and Understanding	<ol style="list-style-type: none"> 1. Participate at a competent level in a variety of lifelong physical activities 2. Understand the cognitive impact of movement 3. Apply rules, principles, problem-solving skills, and concepts to traditional and nontraditional movement settings
2. Physical and Personal Wellness	<ol style="list-style-type: none"> 2. Identify community resources to maintain lifelong physical activity 3. Participate regularly in health-enhancing and personally rewarding physical activity outside of physical education
3. Emotional and Social Wellness	<ol style="list-style-type: none"> 1. Demonstrate respect for individual differences in physical activity settings 3. Demonstrate responsible behavior in group settings
4. Prevention and Risk Management	<ol style="list-style-type: none"> 1. Understand the risks and safety factors that may affect participation in physical activity 2. Demonstrate knowledge of safety and emergency response procedures
Eighth Grade	
1. Movement Competence and Understanding	<ol style="list-style-type: none"> 1. Demonstrate knowledge of principles and concepts for effective rhythmic motor development 2. Understand and apply game strategies to physical activities and sports
2. Physical and Personal Wellness	<ol style="list-style-type: none"> 2. Identify preferences for lifetime physical activity
Seventh Grade	
1. Movement Competence and Understanding	<ol style="list-style-type: none"> 1. Combine the critical elements of movement and skills concepts
3. Emotional and Social Wellness	<ol style="list-style-type: none"> 2. Demonstrate inclusiveness in and out of classroom settings
4. Prevention and Risk Management	<ol style="list-style-type: none"> 1. Implement safety procedures in the utilization of space and equipment
Sixth Grade	
1. Movement Competence and Understanding	<ol style="list-style-type: none"> 1. Demonstrate beginning strategies for a variety of games and sports 2. Participate in activities that require problem-solving, cooperation, skill assessment, and teambuilding 3. Use information from a variety of resources to improve performance
2. Physical and Personal Wellness	<ol style="list-style-type: none"> 3. Identify opportunities in school and in the community for regular participation in physical activity to enhance physical fitness
3. Emotional and Social Wellness	<ol style="list-style-type: none"> 1. Recognize diverse skill performance in others and how that diversity affects game, activity, and sport participation

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4. Prevention and Risk Management	1. Demonstrate knowledge of safe practices in a physical activity setting
Fifth Grade	
1. Movement Competence and Understanding	1. Demonstrate mature form for all basic locomotor, nonlocomotor, manipulative, and rhythmic skills 2. Demonstrate understanding of how to combine and apply movement concepts and principles to learn and develop motor skills
2. Physical and Personal Wellness	1. Understand and apply basic principles of training to improving physical fitness
3. Emotional and Social Wellness	1. Assess and take responsibility for personal behavior and stress management 3. Identify personal activity interests and abilities
4. Prevention and Risk Management	1. Understand and utilize safe and appropriate warm-up, pacing, and cool-down techniques for injury prevention and safe participation