



North Carolina Essential Standards Physical Education

Note on Numbering: example – PE.K.MS.1.1 indicates Physical Education Kindergarten Motor Skills Essential Standard 1 and Clarifying Objective 1.

Note: **MS** = Motor Skills, **MC** = Movement Concepts, **HF** = Health-Related Fitness, **PR** = Personal/Social Responsibility

(MS) Motor Skills

| | Essential Standard | Clarifying Objectives | |
|---------------|---|-----------------------|---|
| K.MS.1 | Apply competent motor skills and movement patterns needed to perform a variety of physical activities. | PE.K.MS.1.1 | Execute recognizable forms of the basic locomotor skills |
| | | PE.K.MS.1.2 | Use recognizable forms of the basic manipulative skills. |
| | | PE.K.MS.1.3 | Create transitions between sequential locomotor skills. |
| | | PE.K.MS.1.4 | Use non-locomotor and locomotor skills in response to even and uneven rhythms in order to integrate beat awareness. |
| 1.MS.1 | Apply competent motor skills and movement patterns needed to perform a variety of physical activities. | PE.1.MS.1.1 | Execute recognizable forms of all eight basic locomotor skills in different pathways, levels, or directions. |
| | | PE.1.MS.1.2 | Use recognizable forms of the five basic manipulative skills. |
| | | PE.1.MS.1.3 | Generate smooth transitions between sequential locomotor skills. |
| | | PE.1.MS.1.4 | Use non-locomotor and locomotor skills in a variety of pathways, in different directions, and at different levels in response to music. |
| 2.MS.1 | Apply competent motor skills and movement patterns needed to perform a variety of physical activities. | PE.2.MS.1.1 | Execute combinations of locomotor skills in different pathways, levels, or directions. |
| | | PE.2.MS.1.2 | Execute a variety of manipulative skills while maintaining good balance and follow-through. |
| | | PE.2.MS.1.3 | Generate smooth and timely transitions between sequential locomotor skills. |
| | | PE.2.MS.1.4 | Apply non-locomotor movements with locomotor patterns and levels in a variety of movement sequences. |

| | Essential Standard | Clarifying Objectives | |
|---------------|---|-----------------------|--|
| 3.MS.1 | Apply competent motor skills and movement patterns needed to perform a variety of physical activities. | PE.3.MS.1.1 | Execute combinations of simple locomotor skills and manipulative skills. |
| | | PE.3.MS.1.2 | Apply basic manipulative skills while moving/traveling. |
| | | PE.3.MS.1.3 | Execute mature form when combining locomotor skills with changes in direction. |
| | | PE.3.MS.1.4 | Use variations of different locomotor skills with rhythmic patters and smooth transitions. |
| 4.MS.1 | Apply competent motor skills and movement patterns needed to perform a variety of physical activities. | PE.4.MS.1.1 | Execute combinations of more complex locomotor skills and manipulative skills in various physical activity settings. |
| | | PE.4.MS.1.2 | Create movement skill sequences commonly associated with various sports and activities. |
| | | PE.4.MS.1.3 | Implement changes in speed during straight, curved, and zigzag pathways to open and close space using locomotor and manipulative skills. |
| | | PE.4.MS.1.4 | Identify tempo in slow and fast rhythms. |
| 5.MS.1 | Apply competent motor skills and movement patterns needed to perform a variety of physical activities. | PE.5.MS.1.1 | Execute combinations of more complex locomotor skills and manipulative skills specific to individual, dual, and team activities. |
| | | PE.5.MS.1.2 | Use increasingly complex skills with power and accuracy. |
| | | PE.5.MS.1.3 | Illustrate mature form in combining locomotor and manipulative skills for traditional and non-traditional activities. |
| | | PE.5.MS.1.4 | Create movement sequences that are smooth and fluid and have several different rhythmic patterns. |
| 6.MS.1 | Apply competent motor skills and movement patterns needed to perform a variety of physical activities. | PE.6.MS.1.1 | Use some specialized skills that are refined and appropriate for modified game play. |
| | | PE.6.MS.1.2 | Integrate locomotor and manipulative skills with a partner, in small-group, and in small-sided game situations. |
| | | PE.6.MS.1.3 | Explain the importance of practice to improve skill level. |
| | | PE.6.MS.1.4 | Use movement combinations in rhythmic activities. |

| | Essential Standard | Clarifying Objectives | |
|---------------|---|-----------------------|--|
| 7.MS.1 | Apply competent motor skills and movement patterns needed to perform a variety of physical activities. | PE.7.MS.1.1 | Execute complex combinations of movements specific to game, sport, or physical activity settings in at least one of the following activities or compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance, or gymnastics. |
| | | PE.7.MS.1.2 | Illustrate fundamental motor skills and complex skills that contribute to movement proficiency in small-sided game situations. |
| | | PE.7.MS.1.3 | Execute basic offensive and defensive strategies for an invasion game or net/wall activity. |
| | | PE.7.MS.1.4 | Create movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music. |
| 8.MS.1 | Apply competent motor skills and movement patterns needed to perform a variety of physical activities. | PE.8.MS.1.1 | Execute proficiently some complex combinations of movements specific to game, sport, or physical activity settings in at least two of the following activities or compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance, or gymnastics. |
| | | PE.8.MS.1.2 | Analyze fundamental motor skills and specialized skills that contribute to movement proficiency in small-sided game situations. |
| | | PE.8.MS.1.3 | Apply basic strategies and tactics that contribute to successful participation. |
| | | PE.8.MS.1.4 | Use movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music. |
| 9.MS.1 | Apply competent motor skills and movement patterns needed to perform a variety of physical activities. | PE.9.MS.1.1 | Use basic and advanced skills to participate proficiently in at least three of the following activities or compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance, or gymnastics. |
| | | PE.9.MS.1.2 | Apply fundamental motor skills and complex skills needed to participate successfully in at least three lifetime activities. |
| | | PE.9.MS.1.3 | Apply information and statistical data about personal and group performance to develop strategies to improve game play or participation in activities. |
| | | PE.9.MS.1.4 | Create movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music. |