

(MC) Movement Concepts

	Essential Standard	Clarifying Objectives	
K.MC.2	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	PE.K.MC.2.1	Understand the meaning of words and terms associated with movement.
		PE.K.MC.2.2	Identify one or more of the essential elements of correct form for the five fundamental manipulative skills.
		PE.K.MC.2.3	Use teacher feedback to improve basic motor performance.
		PE.K.MC.2.4	Illustrate activities that increase heart rate.
1.MC.2	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	PE.1.MC.2.1	Use movement and manipulative skills involving equipment.
		PE.1.MC.2.2	Illustrate two or more of the essential elements of correct form for the five fundamental manipulative skills.
		PE.1.MC.2.3	Understand how to use teacher and peer feedback to improve basic motor performance.
		PE.1.MC.2.4	Illustrate activities that increase heart rate and make muscles strong.
2.MC.2	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	PE.2.MC.2.1	Use equipment to illustrate multiple movement concepts.
		PE.2.MC.2.2	Compare three or more of the essential elements of correct form for the five fundamental manipulative skills.
		PE.2.MC.2.3	Explain the value of feedback in improving motor performance.
		PE.2.MC.2.4	Illustrate activities that are associated with three or more of the five components of health-related fitness.
3.MC.2	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	PE.3.MC.2.1	Illustrate how practice, attention, and effort are required to improve skills.
		PE.3.MC.2.2	Integrate the essential elements of correct form for the five fundamental manipulative skills.
		PE.3.MC.2.3	Evaluate individual skills using a rubric based on critical cues.
		PE.3.MC.2.4	Illustrate a variety of activities that are associated with four or more of the five components of health-related fitness.

	Essential Standard	Clarifying Objectives	
4.MC.2	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	PE.4.MC.2.1	Apply basic concepts of movement to improve individual performance.
		PE.4.MC.2.2	Apply elements of form or motor development principles to help others improve their performance.
		PE.4.MC.2.3	Evaluate skills in a game situation using a rubric based on critical concepts.
		PE.4.MC.2.4	Classify examples of health-related fitness into the five components.
5.MC.2	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	PE.5.MC.2.1	Select scientific principles and/or concepts that have an effect on the quality of complex movement.
		PE.5.MC.2.2	Evaluate movement and game skills in order to provide feedback that will lead to improvement.
		PE.5.MC.2.3	Identify basic offensive and defensive strategies in modified game situations.
		PE.5.MC.2.4	Analyze the five components of health-related physical fitness in terms of their relationship to various activities.
6.MC.2	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	PE.6.MC.2.1	Apply principles of practice and conditioning that enhance movement performance.
		PE.6.MC.2.2	Explain the mechanics of various skills or sequences of movement to improve performance.
		PE.6.MC.2.3	Explain when and why to use strategies and tactics within game play.
		PE.6.MC.2.4	Use information from a variety of sources, both internal and external, to guide and improve personal health.
7.MC.2	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	PE.7.MC.2.1	Apply concepts from other disciplines, such as physics, to movement skills.
		PE.7.MC.2.2	Contrast information from a variety of sources, both internal and external, in terms of their relevance to guiding, improving, and modifying performance.
		PE.7.MC.2.3	Apply game strategies and tactics at appropriate times and in appropriate ways.
		PE.7.MC.2.4	Understand the relationship between one's social life and healthy habits, such as physical activity, nutrition, and sleep.

	Essential Standard	Clarifying Objectives	
8.MC.2	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	PE.8.MC.2.1	Integrate increasingly complex discipline-specific knowledge, such as biomechanics, with movement skills.
		PE.8.MC.2.2	Compare movement concepts and principles, and critical elements of activity, of performances representing different levels of skill.
		PE.8.MC.2.3	Integrate strategies and tactics within game play.
		PE.8.MC.2.4	Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills.
9.MC.2	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	PE.9.MC.2.1	Create plans for establishing and maintaining lifelong health-enhancing behaviors based on concepts of health, fitness, and nutrition.
		PE.9.MC.2.2	Use complex movement principles to evaluate and improve performance.
		PE.9.MC.2.3	Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills.