STATE OF SOUTH CAROLINA DEPARTMENT OF EDUCATION

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STATE SUPERINTENDENT OF EDUCATION
SECRETARY TO THE STATE BOARD OF EDUCATION



South Carolina College and Career Ready Standards for Physical Education

South Carolina State Board of Education

June 2021

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Standard 1
The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. (Psychomotor
Domain).
The intent of this standard is the development of the motor skills needed to enjoy participation in a variety of physical activities.

interest in a variety of physical activities, choose to participate in activities of interest, and achieve and maintain a health-enhancing level of fitness. High school students achieve and maintain health-related fitness standards as a result of implementing long-term fitness plans based on frequency, intensity, time and type (FITT) training principles.
Standard 4 The physically literate individual exhibits responsible personal and social behavior that respects self and others in (c)-1 (a)4 (l)-2 ct3ip o3ip ot7p (ip)2

Adapt Physical Education

Quality physical education programs provide learning experiences that meet the developmental needs of all children and help improve mental alertness, academic performance, readiness to learn, enthusiasm for learning, and lifelong wellness. In 2004, the federal government reauthorized PL 105-17 to ensure all students receive a free and appropriate education through the passing of Public Law 108-446, known as the Individuals with Disabilities Education Improvement Act (IDEA 2004). IDEA ensures that all children, regardless of disability, receive special education. Section 1401 (29) says that the term 'special education' means specially designed instruction, at no cost to parents, to meet the unique needs of a child with a disability, including (A) instruction conducted in the classroom, in the home, in hospitals and institutions, and in other settings; and (ABS) in the passion of all children and help improve mental needs of all children, and help improve mental needs of all children and help improve mental needs of all

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.					
Goal	The student should gain the ability to demonstrate refined fundamental patterns; perform variations and combinations of motor skills; and to apply basic offensive and defensive strategies in increasingly dynamic and complex environments. The student should learn to apply specialized skills that are basic to a movement form.				
SC Profile of a Graduate:	Knowing how to learn, work ethic, self-direction, collaboration, and teamwork				
Locomotor Skills	Novice Intermediate Advanced				

E.N.1.1.A: Travel with control forward and sideways by identifying a variety of

1.1 Locomotor

E.N.1.1.A.**SL1:** Travel with control forward OR sideways by identifying at least 3 locomotor skills (walk, run, jump, hop, gallop, slide, skip, leap) in general space while avoiding contact with others.

E.N.1.1.A.**SL2**: Travel with control forward OR sideways by identifying at least 1 (walk, run, jump, hop, gallop, slide, skip, leap) in general space while avoiding contact with others.
E.N.1.1.B.**SL1**:p

Novice Support Levels	Intermediate Support Levels	Advanced Support Levels
E.N.1.2.A.SL1: Demonstrate controlled balancing and/or rolling movements with assistance (physical or visual) E.N.1.2.A.SL2: Demonstrate balancing and/or rolling movements with assistance (physical or visual). E.N.1.2.B.SL1: Demonstrate controlled balancing and/or rolling movements with assistance (physical or visual). E.N.1.2.B.SL2: Demonstrate balancing and/or rolling movements with assistance (physical or visual).	E.I.1.2.A.SL1: Demonstrate controlled balancing and/or rolling movements, into a sequence with a clear beginning and ending with assistance (physical, visual, or verbal). E.I.1.2.A.SL2: Demonstrate balancing and/or rolling movements in a combination with assistance (physical, visual, or verbal) (e.g. holding hand for stork-stand balance, verbal cue when to transition into a roll). E.I.1.2.B.SL1: Demonstrate controlled	

E.N.1.3.A.**SL2:** Perform along with a teacher-led dance with physical assistance.

E.N.1.3.B.**SL1:** Perform teacher-led dance, demonstrating beat awareness with assistance (physical, visual, or verbal). Example: hand over hand clapping to the beat

E.N.1.3.B.**SL2:** Demonstrate beat awareness with assistance (physical, visual, or verbal).

visual, or verbal).

E.I.1.3.A.**SL2:** Perform a movement sequence to music demonstrating beat awareness with assistance (physical, visual, or verbal).

E.I.1.3.B.**SL1:** Perform a simple dance using movement concepts in rhythm to the music.

E.I.1.3.B.**SL2:** Perform a simple dance using movement concepts in rhythm to the music with assistance (physical, visual, or verbal).

E.A.1.3.A.**SL2:** Perform dance with a group or partner with assistance (physical, visual, or verbal).

E.A.1.3.B.**SL1:** Apply, create, and perform an age-appropriate dance in rhythm to music with assistance (physical, visual, or verbal).

E.A.1.3.B.**SL2:** Perform an age-appropriate dance to music with assistance (physical, visual, or verbal).

	E.A.1.5.B. SL1: Catch an object using mature form in modified game play.
	E.A.1.5.B. SL2: Catch an object using mature form in modified game play with assistance (physical, visual, or verbal).

Overhand

dominant foot and kicking with dominant mature form. foot. I can...

	move.	
		l

visual, or verbal). prompting (physical, visual, or verbal). E.A.1.9.A.**SL2:** Pass a variety of objects using E.N.1.9.**SL2:** Pass a variety of different balls E.I.1.9.**SL2:** Use a variety of passes (overhead, some elements of mature form to a moving using an overhand or underhand toss in underhand, side arm, chest pass, bounce pass) partner with assistance (physical, visual, or simple conditions with assistance (physical, with hands to a stationary partner with verbal). visual, or verbal). assistance (physical, visual, or verbal). E.A.1.9.B.SL1: Pass with hands using mature form in modified game play with prompting (physical, visual, or verbal).

E.N.1.12.**SL1:** Use a strike-bounce-catch/strike pattern to keep a small and/or medium-sized ball going in self-space with prompting (physical, visual, or verbal).

E.N.1.12.**SL2:** Use a strike-bounce-catch/strike pattern to keep a small and/or medium-sized ball going in self-space with assistance (physical, visual, or verbal).

(physical, visual, or verbal).	with assistance (physical, visual, or verbal).
	E.I.1.13.B. SL1:

	at least 2 times over a moving rope with assistance (physical, visual, or verbal).		assistance (physical, visual, or verbal).
Strategy & Tactics	Novice	Intermediate	Advanced

1.15

Standard 2	: The physically literate individual applies know	eledge of concepts, principles, strategies and tactics rela	ated to movement and performance.	
Performance Goal	The student should learn to use critical elements/learning cues; refine his or her application of fundamental and selected specialized motor skills in increasingly complex environments, as well as to provide feedback to others. The student should apply basic offensive and defensive strategies.			
SC Profile of a Graduate:	Creativity and innovation, critical thinking and problem solving, self-direction, global perspective			
Movement/ Performance	Novice	Intermediate	Advanced	
2.1 Performance I can	(hop, jump, gallop, slide, catch, throw, volley). E.N.2.1.B: Identify the critical elements/ learning cues of fundamental locomotor and manipulative skills.	E.I.2.1.A: Describe how improved performance relates to appropriate practice using the critical elements and learning cues. E.I.2.1.B: Utilize teacher feedback to improve performance. Example: changing hand position after recognizing an error.	E.A.2.1.A: Apply critical elements/learning cues of a skill to improve personal performance in fundamental movement skills and specialized skills. E.A.2.1.B: Apply critical elements/learning cues of a skill to provide feedback to others in modified game play	
		dard 2 Adapted Physical Education Suggestions: odeling, communication support options, assistance (phys munication support options with assistance.	ical, visual, or verbal).	
	Novice Support Levels	Intermediate Support Levels	Advanced Support Levels	
	E.N.2.1.A. SL1: Identify at least 2 fundamental movement skills (hop, jump, gallop, slide, catch, throw, volley) given a variety of communication support options with prompts (physical, visual, or verbal).	E.I.2.1.A. SL1: Identify how to improve performance with appropriate practice while identifying the critical elements/learning cues given a variety of communication support options with prompts (physical, visual, or verbal).	E.A.2.1.A. SL1: Apply or accept teacher feedback to practice to help improve performance with prompting (physical, visual, or verbal). E.A.2.1.A. SL2: Accept teacher	
	E.N.2.1.A. SL2: Identify at least 1 fundamental movement skill (hop, jump, gallop, slide, catch, throw, volley) given a variety of communication support options with assistance (physical, visual, or verbal).	E.I.2.1.A. SL2: Identify how to improve performance with appropriate practice while identifying the critical elements/learning cues given a variety of communication support options with assistance (physical, visual, or verbal).	feedback to help improve performance with assistance (physical, visual, or	

	E.N.2.1.B.SL1: Identify the critical elements/ learning cues of at least 2 fundamental locomotor or manipulative skills given a variety of communication support options with prompts (physical, visual, or verbal). E.N.2.1.B.SL2: Identify some of the critical elements/ learning cues of at least 1 fundamental locomotor/manipulative skill given a variety of communication support options with assistance (physical, visual, or verbal).	E.I.2.1.B. SL1: Apply or accept teacher feedback to help improve performance with prompting (physical, visual, or verbal). E.I.2.1.B. SL2: Accept teacher feedback to help improve performance with assistance (physical, visual, or verbal).	in fundamental movement skills and specialized skills. E.A.2.1.B.SL2: Identify or apply
Space Pathways	Novice	Intermediate	Advanced
2.2 Space Pathways	E.N.2.2.A: Identify a variety of spatial relationships, shapes, and levels. Example: personal versus general space, body parts, body shapes, high and low levels, directions. E.N.2.2.B: Identify a variety of spatial relationships, shapes, and levels with objects	E.I.2.2.A: Utiliperspersl 339.48 333.78 5.5 (a)-1.1 ()0.5 (versiad5 (i)5.5 (i)h.2 (p)-5 (2(n)-5 (t)1.7 ()5.5 (a)-1.1 ()0.5 (e).	

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(over, under, behind, beside, through).

assistance (physical, visual, or verbal).

E.N.2.2.B.**SL1:** Apply a combination of at least 2 movement concepts with fundamental movement skills given a variety of communication support options with prompts (physical, visual, or verbal).

E.N.2.2.B.**SL2:** Apply a combination of at least 1 movement concept with fundamental movement skills given a variety of communication support options with assistance (physical, visual, or verbal).

- E.N.2.3.A.**SL1:** Identify ways to maintain safety when traveling in general space at different speeds given a variety of communication support options with prompts (physical, visual, or verbal).
- E.N.2.3.A.**SL2:** Identify ways to maintain safety when traveling in general space at different speeds given a variety of communication support options with assistance (physical, visual, or verbal).
- E.N.2.3.B.**SL1:** Identify between fast or slow speeds and strong or light force given a variety of communication support options with prompts (physical, visual, or verbal).
- E.N.2.3.B.**SL2:** Identify between fast or slow speeds and strong or light force given a variety of communication support options with assistance (Iih

E.N.2.4.A.**SL1:** Identify the physiological responses of moderate physical activity given a variety of communication support options with prompts (physical, visual, or verbal).

E.N.2.4.A.**SL2:** Identify the physiological

E.N.2.4.A.**SL2:** Identify the physiological responses of moderate physical activity given a variety of communication support options with

		E.A.2.5.B: Analyze offensive and defensive strategies and tactics in modified game play.
Novice Support Levels	Intermediate Support Levels	Advanced Support Levels
E.N.2.5.A. SL1: Identify team members, boundaries, and rules given a variety of communication support options with prompts (physical, visual, or verbal).	E.I.2.5.A. SL1: Identify between tactics in chasing and/or fleeing activities given a variety of communication support options with prompts (physical, visual, or verbal).	E.A.2.5.A. SL1: Identify simple offensive and defensive strategies and tactics in chasing and fleeing activities given a variety of communication support options with
E.N.2.5.A. SL2: Identify team members, boundaries, and rules given a variety of communication support options with assistance	E.I.2.5.A. SL2: Identify between tactics in chasing and/or fleeing activities given a variety of communication support options with assistance	prompts (physical, visual, or verbal). E.A.2.5.A.SL2: Identify simple
(physical, visual, or verbal).	(physical, visual, or verbal). E.I.2.5.B.SL1: Differentiate between tactics in chasing and/or fleeing activities given a variety of communication support options with prompts (physical, visual, or verbal).	offensive and defensive strategies and tactics in chasing and fleeing activities given a variety of communication support options with
E.N.2.5.B. SL2: Identify different tactics in chasing and/or fleeing activities given a variety of communication support options with assistance (physical, visual, or verbal).	E.I.2.5.B. SL2: Differentiate between tactics in chasing and/or fleeing activities given a variety of communication support options with assistance (physical, visual, or verbal).	E.A.2.5.B. SL1: Apply simple offensive and defensive strategies and tactics in activities with prompting (physical, visual, or verbal).
		E.A.2.5.B. SL2: Apply simple offensive and defensive strategies and tactics in activities with assistance (physical, visual, or verbal).

			visual, or verbal). E.A.3.1.B. SL2: Create a school or community plan for regular physical activity with assistance (physical, visual, or verbal).
Fitness Knowledge	Novice	Intermediate	Advanced

3.2 Fitness Knowledge

			E.A.3.2.B. SL2: Implement strategies to achieve and maintain health-related physical fitness goals in at least one of the five components of health related fitness with assistance (physical, visual or verbal).
Wellness/ Fitness Assessment	Novice	Intermediate	Advanced
3.3 Wellness Planning & Fitness Assessment	E.N.3.3.A: Demonstrate muscular strength and endurance by supporting body weight for climbing, hanging, and momentarily supporting weight on hands. Example: maintaining a push up/plank position. E.N.3.3.B: Participate in physical activity to improve and/or maintain flexibility and aerobic	E.I.3.3.A: Participate in physical activities that increase muscular strength and endurance. E.I.3.3.B: Set personal goals and monitor personal participation in physical activity.	E.A.3.3.A: Strive to achieve the age and gender-specific health-related physical fitness criteria defined by a health-related physical fitness assessment. E.A.3.3.B: Maintain age and gender specific health-related physical fitness
I can	capacity.		standards defined by a health-related physical fitness assessment or improve personal results.
	Novice Support Levels	Intermediate Support Levels	Advanced Support Levels
	E.N.3.3.A. SL1: Demonstrate muscular strength by supporting body weight for climbing, hanging, and momentarily supporting weight on hands with prompting (physical, visual or verbal).		
	E.N.3.3.A. SL2: Demonstrate muscular strength by supporting body weight for climbing, hanging, and momentarily supporting weight on hands with assistance (physical, visual or verbal).		

	E.N.4.1.B.SL2: Accept personal responsibility by using equipment and space appropriately given a variety of communication support options with assistance (physical, visual, or verbal).	and/or small group given a variety of communication support options with assistance (physical, visual, or verbal).	assistance (physical, visual, or verbal). E.A.4.1.B.SL1: Demonstrate effective self-management skills to identify barriers and modify physical activity patterns given a variety of communication support options (physical, visual, or verbal). E.A.4.1.B.SL2: Demonstrate effective self-management skills to identify barriers and modify physical activity patterns given a variety of communication support options with prompting (physical, visual, or verbal).
Feedback	Novice	Intermediate	Advanced
4.2 Accepting & Giving Feedback	E.N.4.2.A: Follow directions and instructions when prompted. E.N.4.2.B: Respond appropriately to general feedback from the teacher.	E.I.4.2.A: Accept specific corrective feedback from the teacher. E.I.4.2.B: Accept and implement specific corrective feedback from the teacher.	E.A.4.2: Give and accept corrective feedback respectfully to and from others.

E.N.4.3.A.**SL1:** Interact positively with others, regardless of personal differences such as gender, skill level, race, or ethnicity, on physical education tasks with prompting (physical, visual, or verbal).

E.N.4.3.A.**SL2:** Interact positively with others, regardless of personal differences such as gender, skill level, race, or ethnicity, on physical education tasks with assistance (physical, visual, or verbal).

E.N.4.3.B.**SL1:** Participate and enjoy working with others, regardless of personal differences, during physical activities with prompting (physical, visual, or verbal).

E.N.4.3.B.**SL2:** Participate and enjoy working with others, regardless of personal differences, during physical activities with assistance (physical, visual, or verbal).

I ca	an	E.N.4.4.B: Participate appropriately as a member of the class by following directions and classroom rules using safe physical-activity procedures.	E.I.4.4.B: Identify the characteristics of good sportsmanship and safe play.	of good sportsmanship and safe play involved in various game activities.
		Novice Support Levels	Intermediate Support Levels	Advanced Support Levels
		E.N.4.4.A.SL1: Recognize directions and classroom rules by using safe physical-activity procedures with prompting (physical, visual, or verbal). E.N.4.4.A.SL2: Recognize directions and classroom rules by using safe physical-activity procedures with assistance (physical, visual, or verbal). E.N.4.4.B.SL1: Participate appropriately as a member of the class by following directions and classroom rules using safe physical-activity procedures with prompting (physical, visual, or verbal). E.N.4.4.B.SL2: Participate appropriately as a member of the class by following directions and classroom rules using safe physical-activity procedures with assistance (physical, visual, or verbal).	E.I.4.4.A.SL1: Participate in the establishment of rules and apply them to procedures and safe practices during physical education class with prompting (physical, visual, or verbal). E.I.4.4.A.SL2: Participate in the establishment of rules and apply them to procedures and safe practices during physical education class with assistance (physical, visual, or verbal). E.I.4.4.B.SL1: Identify the characteristics of good sportsmanship and safe play	

Standard 5 interaction.	: The physically literate individual recogni	izes the value of ph	
Performance Goal	The student should develop the ability to choose an appropriate l achieved by effort and practice. The student should learn to enjo different from and similar to his or her own and thereby to recog		
SC Profile of a Graduate:	Self-direction, interpersonal skills, perseverance, communication		
Health	Novice		
5.1 Health	E.N.5.1: Identify physical activity as a component of good health.	E.I.5.1: Discuss the activity and good h	
		Standard 5 Adapt	

is is 2 9r

5.3 Self-Expression E.N.5.3.A: Identify feelings resulting from participation in physical activities. Example: sense of excitement after

completing a fun run.

& Enjoyment

I can...

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5.4 Social Interaction I can	E.N.5.4.A: Participate willingly when trying new individual and group physical activities. E.N.5.4.B: Identify physical activity as an opportunity for positive social interaction.	E.I.5.4.A: Understand that physical activity fosters cooperation. E.I.5.4.B: Celebrate personal physical-activity successes and achievements along with those of others.	E.A.5.4.A: Express how physical activity is an opportunity for positive social interaction. E.A.5.4.B: Describe and compare the positive social interactions when engaged in partner, small group, and large group physical activities.
	Novice Support Levels	Intermediate Support Levels	Advanced Support Levels
	E.N.5.4.A. SL1: Participate willingly when trying new individual and group physical activities with prompting (physical, visual, or verbal).	E.I.5.4.A. SL1: Acknowledge that physical activity fosters cooperation given a variety of communication support options with prompting (physical, visual, or verbal).	E.A.5.4.A. SL1: Express how physical activity is an opportunity for positive social interaction given a variety of communication support options with prompting (physical, visual, or verbal).
	trying new individual and group physical activities with assistance (physical, visual, or verbal).	E.I.5.4.A. SL2: Acknowledge that physical activity fosters cooperation given a variety of communication support options with assistance (physical, visual, or verbal).	E.A.5.4.A.SL2: Express how physical activity is an opportunity for positive social interaction given a variety of communication support options with
	an opportunity for positive social	E.I.5.4.B. SL1: Celebrate personal physical-activity successes and achievements along with those of others	assistance (physical, visual, or verbal).
	or verbal).	given a variety of communication support options with prompting (physical, visual, or verbal).	E.A.5.4.B. SL1: Describe and compare the positive social interactions when engaged in partner, small group, and large group
	an opportunity for positive social	E.I.5.4.B. SL2: Celebrate personal physical-activity successes and achievements along with those of others given a variety of communication support options with assistance (physical, visual, or verbal).	physical activities given a variety of communication support options with prompting (physical, visual, or verbal).
			E.A.5.4.B. SL2: Acknowledge the positive social interactions when engaged in partner, small group, and large group physical activities given a variety of communication support options with assistance (physical, visual, or verbal).