

How Selfseeds Aligns with SHAPE America National Physical Education Standards

SHAPE America National Standards:

<https://shapeamerica.org/standards/default.aspx?hkey=75b907c4-be9a-49c6-a211-a8909fe478ba>

~STANDARD 1

Develops a variety of motor skills.

Rationale: Through learning experiences in physical education, the student develops motor skills across a variety of environments. Motor skills are a foundational part of child development and support the movements of everyday life. The development of motor skills contributes to an individual's physical literacy journey.

K-2

Selfseeds Fitness

1.2.1 Demonstrates a variety of locomotor skills with the concepts of space, effort, and relationship awareness.

Selfseeds Weight Distribution

1.2.3 Demonstrates transferring weight on multiple body parts.

Selfseeds Partnering

1.2.4 Demonstrates non-locomotor skills with the concepts of space, effort, and relationship awareness.

Selfseeds Balance

1.2.5 Demonstrates balancing on different body parts in a non-dynamic environment.

3-5

Selfseeds Fitness

1.5.1 Combines varied locomotor skills in a variety of practice tasks.

Selfseeds Partnering

1.5.5 Combines locomotor, non-locomotor, and manipulative movements based on a variety of dance forms.

Selfseeds Flexibility

1.5.8 Demonstrates balancing on different body parts in a non-dynamic environment.

6-8

Selfseeds Fitness

1.8.1 Demonstrates correct technique in a variety of outdoor activities.

Selfseeds Weight Distribution

Selfseeds Flexibility

Selfseeds Balance

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.

Selfseeds Rhythm

1.8.2 Demonstrates movement sequences within varied dance forms.

Selfseeds Partnering

1.8.14 Demonstrates sending and receiving in combination with locomotor skills in a variety of small-sided games.

9-12

Selfseeds Partnering

1.12.4 Demonstrates and creates movement sequences based on one or more forms of dance.

Selfseeds Fitness

1.12.5 Demonstrates appropriate technique in cardiovascular training.

1.12.8 Demonstrates appropriate technique in skill-related fitness training.

Selfseeds Flexibility

1.12.7 Demonstrates appropriate technique in flexibility training.

~STANDARD 2

Applies knowledge related to movement and fitness concepts.

Rationale: Through learning experiences in physical education, the student uses their knowledge of movement concepts, tactics, and strategies across a variety of environments. This knowledge helps the student become a more versatile and efficient mover. Additionally, the student applies knowledge of health-related and skill-related fitness to enhance their overall well-being. The application of knowledge related to various forms of movement contributes to an individual's physical literacy journey.

K-2

Selfseeds Rhythm

2.2.5 Demonstrates knowledge of non-locomotor, locomotor and movement concepts used in dance and rhythms.

Selfseeds Fitness

2.2.4 Demonstrates knowledge of locomotor, non-locomotor, and manipulative skills in movement settings.

2.2.6 Identifies physical activities that contribute to fitness.

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 their health.

2.2.10 Recognizes physiological changes in their body during physical activities.

Selfseeds Flexibility

2.2.7 Recognizes the importance of stretching before and after physical activity.

Selfseeds Nutrition

2.2.11 Recognizes food and hydration choices that provide energy for physical activity.

3-5

Selfseeds Fitness

2.5.1 Applies movement concepts and strategies for safe movement within dynamic environments.

2.5.13 Explains the benefits of physical activity.

2.5.14 Recognizes and explains how physical activity influences physiological changes in their body.

Selfseeds Balance

2.5.4 Demonstrates knowledge of appropriate movement concepts for efficient performance of manipulative skills.

Selfseeds Integration

2.5.5 Demonstrates problem solving strategies in a variety of games/activities.

2.5.7 Defines and provides examples of movement activities for developing the health-related fitness components.

2.5.16 Identifies technology tools that support physical activity goals.

Selfseeds Rhythm

2.5.6 Applies movement concepts to different types of dances, gymnastics, rhythms, and individual performance activities.

Selfseeds Flexibility

2.5.11 Identifies the need for warm-up & cool-down relative to various physical activities.

Selfseeds Nutrition

2.5.17 Describes the impact of food and hydration choices on physical activity.

6-8

Selfseeds Rhythm

2.8.8 Applies knowledge of movement concepts for the purpose of varying different types of dances and rhythmic activities.

Selfseeds Partnering

2.8.8 Applies knowledge of movement concepts for the purpose of varying different types of dances and rhythmic activities.

Selfseeds Fitness

2.8.9 Identifies and compares the components of health and skill-related fitness.

2.8.16 Identifies ways to be physically active.

Selfseeds Flexibility

2.8.14 Applies knowledge of dynamic and static stretching to exercise in warm-up, cool-down, flexibility, endurance, etc. physical activities.

Selfseeds Integration

2.8.17 Examines how rest impacts the body's response to physical activity.

2.8.18 Analyzes skill performance by identifying critical elements.

2.8.19 Evaluates usefulness of technology tools to support physical activity and fitness goals.

Selfseeds Nutrition

2.8.20 Explains the relationships among nutrition, physical activity, and health factors.

9-12

Selfseeds Integration

Selfseeds Rhythm

Selfseeds Partnering

2.12.4 Applies knowledge of movement sequences to create or participate in one or more forms of dance.

Selfseeds Fitness

2.12.5 Analyzes how health and fitness will impact quality of life after high school.

2.12.7 Applies the principles of exercise in a variety of self-selected lifetime physical activities.

2.12.11 Discusses the benefits of a physically active lifestyle as it relates to young adulthood.

2.12.12 Applies knowledge of rest when planning regular physical activity.

Selfseeds Integration

2.12.13 Applies movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill (e.g., overhand throw, back squat, archery).

Selfseeds Integration

2.12.15 Analyzes and applies technology as tools to support a healthy, active lifestyle.

Selfseeds Nutrition

2.12.16 Identifies snacks and food choices that help and hinder performance, recovery, and enjoyment during physical activity.

~STANDARD 3

Develops social skills through movement.

Rationale: Through learning experiences in physical education, students develop the social skills necessary to exhibit empathy and respect for others and foster and maintain relationships. In addition, students develop skills for communication, leadership, cultural awareness, and conflict resolution in a variety of physical activity settings.

K-2

Selfseeds Stillness

Selfseeds Emotions

3.2.1 Recognizes the feelings of others during a variety of physical activity.

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 directions and feedback from the teacher.

3.2.5 Demonstrates respectful behaviors that contribute to positive social interactions in movement.

Selfseeds Partnering

3.2.8 Discusses problems and solutions with teacher support in a physical activity setting.

3-5

Selfseeds Stillness

Selfseeds Emotions

3.5.1 Describes the perspective of others during a variety of activities.

3.5.2 Uses communication skills to negotiate roles and responsibilities in a physical activity setting.

3.5.3 Demonstrates respectful behaviors that contribute to positive social interaction in group activities.

3.5.4 Demonstrates safe behaviors independently with limited reminders.

3.5.5 Solves problems independently, with partners, and in small groups.

Selfseeds Integration

Selfseeds Partnering

3.5.6 Makes choices that are fair according to activity etiquette.

6-8

Selfseeds Integration

Selfseeds Partnering

3.8.1 Understands and accepts others' differences during a variety of physical activities.

3.8.2 Demonstrates consideration for others and contributes positively to the group or team.

3.8.3 Uses communication skills to negotiate strategies and tactics in a physical activity setting.

3.8.4 Implements and provides constructive feedback to and from others when prompted and supported by the teacher.

3.8.5 Explains the value of a specific physical activity in culture.

3.8.6 Demonstrates the ability to follow game rules in a variety of physical activity situations.

3.8.7 Recognizes and implements safe and appropriate behaviors during physical activity and with exercise equipment.

3.8.8 Solves problems amongst teammates and opponents.

3.8.9 Applies and respects the importance of etiquette in a physical activity setting.

3.8.10 Explains how communication, feedback, cooperation, and etiquette relate to leadership roles.

9-12

Selfseeds Stillness

Selfseeds Emotions

3.12.1 Demonstrates awareness of other people's emotions and perspectives in a physical activity setting.

Selfseeds Integration

Selfseeds Partnering

3.12.2 Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity.

3.12.3 Encourages and supports others through their interactions in a physical activity setting.

3.12.4 Implements and provides feedback to improve performance without prompting from teacher.

3.12.5 Analyzes the value of a specific physical activity in a variety of cultures.

3.12.6 Applies best practices for participating safely in physical activity (e.g., injury prevention, spacing, hydration, use of equipment, implementation of rules, sun protection).

3.12.7 Thinks critically and solves problems in physical activity settings, both as an individual and in groups.

3.12.8 Evaluates the effectiveness of leadership skills when participating in a variety of physical activity settings.

~STANDARD 4

Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity.

Rationale: Through learning experiences in physical education, the student develops an understanding of how movement is personally beneficial and subsequently chooses to participate in physical activities that are personally meaningful (e.g., activities that offer social interaction, cultural connection, exploration, choice, self-expression, appropriate levels of challenge, and added health benefits). The student develops personal skills including goal setting, identifying strengths, and reflection to enhance their physical literacy journey.

***Premise of Selfseeds as an experiential program for awareness through self mapping the mind, body, and spirit.

K-2

Selfseeds Fitness

4.2.1 Identifies physical activities that can meet the need for self-expression.

4.2.2 Identifies physical activities that can meet the need for social interaction.

4.2.3 Lists ways that movement positively affects personal health.

4.2.4 Identifies preferred physical activities based on personal interests.

4.2.8 Recognizes the opportunity for physical activity within physical education class.

Selfseeds Weight Distribution

Selfseeds Balance

Selfseeds Flexibility

4.2.5 Recognizes individual challenges through movement.

4.2.6 Sets observable short-term goals.

4.2.7 Recognizes movement strengths and the need for practice for individual improvement.

Selfseeds Stillness

Selfseeds Emotions

4.2.9 Demonstrates techniques (e.g., breathing, counting) to assist with managing emotions and behaviors in a physical activity.

Selfseeds Integration

Selfseeds Rhythm

Selfseeds Partnering

Selfseeds Personalize 5

4.2.10 Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful.

3-5

Selfseeds Fitness

4.5.1 Explains how preferred physical activities meet the need for personal self-expression.

4.5.2 Explains how preferred physical activities meet the need for social interaction.

4.5.3 Describes how movement positively affects personal health.

4.5.4 Explains the rationale for one's choices related to physical activity based on personal interests.

Selfseeds Stillness

Selfseeds Emotions

4.5.9 Recognizes personally effective techniques that assist with managing one's emotions and behaviors in a physical activity setting.

Selfseeds Weight Distribution

Selfseeds Flexibility

Selfseeds Balance

Selfseeds Rhythm

4.5.7 Identifies movement strengths and opportunities for practice for individual improvement.

Selfseeds Integration

Selfseeds Partnering

4.5.5 Recognizes group challenges through movement.

4.5.6 Sets observable long-term goals.

4.5.7 Identifies movement strengths and opportunities for practice for individual improvement.

4.5.8 Identifies physical activity opportunities outside of physical education class.

4.5.10 Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful.

6-8

Selfseeds Fitness

Selfseeds Nutrition

Selfseeds Weight Distribution

Selfseeds Flexibility

Selfseeds Balance

4.8.6 Sets goals to participate in physical activities based on examining individual ability.

4.8.7 Examines opportunities and barriers to participating in physical activity outside of physical education class.

Selfseeds Stillness

Selfseeds Emotions

4.8.8 Utilizes a variety of techniques to manage one's emotions and behaviors in a physical activity setting.

Selfseeds Integration

Selfseeds Partnering

4.8.9 Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful.

9-12

Selfseeds Fitness

4.12.1 Selects and participates in physical activities (e.g., dance, yoga, aerobics) that meet the need for self-expression.

4.12.2 Selects and participates in physical activities that meet the need for social interaction.

Selfseeds Stillness

Selfseeds Emotions

4.12.8 Analyzes and applies self-selected techniques to manage one's emotions in a physical activity setting.

Selfseeds Weight Distribution

Selfseeds Flexibility

Selfseeds Balance

4.12.3 Identifies and participates in physical activity that positively affects health.

Selfseeds Integration

Selfseeds Partnering

4.12.9 Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful.

Selfseeds Rhythm

Selfseeds Personalize 5

4.12.4 Chooses and participates in physical activity based on personal interests.

4.12.5 Chooses and successfully participates in self-selected physical activity at a level that is appropriately challenging.

4.12.6 Sets and develops movement goals related to personal interests.

4.12.7 Analyzes factors on regular participation in physical activity after high school (e.g., life choices, economics, motivation, accessibility).