

MISSOURI EDUCATOR GATEWAY ASSESSMENTS

Field 044 Physical Education

Content Alignment Table

The Content Alignment Study below provides information about the alignment of knowledge and skills described in the competencies that make up the test framework for this licensure test with the state and national standards designated by the Department of Elementary and Secondary Education for this field. The table indicates those portions of the relevant state and/or national standards that are addressed – in whole or in part – by each competency.

Test Competency	Missouri Department of Elementary and Secondary Education. (2016). Physical Education Grade-Level Expectations.	SHAPE America–Society of Health and Physical Educators. (2017). National Standards for Initial Physical Education Teacher Education.
Movement Skills and Activities		
0001 Understand principles of motor development and efficient human movement.	<u>K–Grade 5</u> S1.E1–S1.E.27, S2.E1–S2.E5 , S4.E3 <u>Grades 6–8</u> S1.M2–S1.M3, S1.M15–S1.M19, S4.M3 <u>Grades 9–12</u> S2.H1–S2.H4	1, 2, 4
0002 Understand movement concepts and fundamental movement skills.	<u>K–Grade 5</u> S1.E1–S1.E.27, S2.E1–S2.E5 <u>Grades 6–8</u> S1.M2–S1.M3, S1.M15–S1.M19, S4.M3 <u>Grades 9–12</u> S2.H1–S2.H4	1, 2, 4

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0003 Understand principles, activities, and techniques for body management, rhythmic movement, and creative expression and dance skills.	<p><u>K–Grade 5</u> S1.E1–S1.E.27, S2.E1–S2.E5, S4.E1, S4.E5–S4.E6, S5.E1–S5.E4</p> <p><u>Grades 6–8</u> S1.M1, S1.M24, S2.M12, S3.M5, S4.M6–S4.M7</p> <p><u>Grades 9–12</u> S2.H1–S2.H4, S4.H2–S4.H5</p>	1, 2, 3
0004 Understand principles, skills, and techniques for individual, dual, and team sports.	<p><u>K–Grade 5</u> S1.E1–S1.E.27, S2.E1–S2.E5, S4.E1, S4.E5–S4.E6, S5.E1– S5.E4</p> <p><u>Grades 6–8</u> S1.M2–S1.M21, S2.M1–S2.M11, S3.M5, S4.M6–S4.M7</p> <p><u>Grades 9–12</u> S1.H1, S2.H1–S2.H3, S2.H5, S4.H2–S4.H5, S5.H1, S5.H3</p>	1, 2, 3
0005 Understand principles, skills, and techniques for outdoor pursuits, recreational activities, and cooperative group games and challenges.	<p><u>K–Grade 5</u> S1.E1–S1.E.27, S2.E1–S2.E5, S4.E1, S4.E5–S4.E6, S5.E1– S5.E4</p> <p><u>Grades 6–8</u> S1.M22, S1.M24, S2.M13, S3.M5, S4.M6–S4.M7</p> <p><u>Grades 9–12</u> S1.H1, S2.H1–S2.H3, S2.H5, S4.H3–S4.H5, S5.H1, S5.H3</p>	1, 2, 3

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Health-Related Physical Fitness		
0006 Understand basic concepts of anatomy and physiology, major components of personal wellness and fitness, and significant factors that influence wellness and fitness, including diverse cultural, economic, and geographic contexts.	<u>K–Grade 5</u> S2.E5, S3.E1–S3.E6 <u>Grades 6–8</u> S3.M1–S3.M18, S5.M1–S5.M6 <u>Grades 9–12</u> S1.H3., S3.H1, S3.H3, S3.H5, S3.H8, S3.H12–S3.H13, S4.H5, S5.H1	1, 2
0007 Understand principles and activities for promoting cardiorespiratory fitness.	<u>K–Grade 5</u> S3.E1–S3.E4, S4.E1, S4.E5–S4.E6 <u>Grades 6–8</u> S3.M1–S3.M9, S3.M11–S3.M12, S3.M13, S3.M15, S4.M6–S4.M7 <u>Grades 9–12</u> S1.H3, S3.H1, S3.H5–S3.H6, S3.H8, S3.H10, S4.H5	1, 2, 3, 5
0008 Understand principles and activities for promoting muscular strength and endurance and muscular and joint flexibility.	<u>K–Grade 5</u> S3.E1–S3.E4, S4.E1, S4.E5–S4.E6 <u>Grades 6–8</u> S3.M1–S3.M12, S3.M14, S3.M17–S3.M18, S4.M6–S4.M7 <u>Grades 9–12</u> S1.H3, S3.H1, S3.H5–S3.H9, S4.H5	1, 2, 3, 5

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0009 Understand strategies and activities for promoting healthy levels of body composition and the skills needed to develop personal health and physical activity plans.	<u>K–Grade 5</u> S3.E1–S3.E6, S5.E3, S5.E5 <u>Grades 6–8</u> S3.M1–S3.M18, S5.M1–S5.M2 <u>Grades 9–12</u> S1.H3, S2.H1, S3.H1– S3.H6, S3.H11–S3.H13, S4.H1, S4.H5	1, 2, 3, 5
The Foundations of Physical Education		
0010 Understand factors that influence growth, development, and learning and the importance of developing physically literate individuals.	<u>K–Grade 5</u> S5.E1–S5.E4 <u>Grades 6–8</u> S5.M1–S5.M6 <u>Grades 9–12</u> S3.H1, S3.H2, S3.H4–S3.H5, S5.H1	1, 2, 3
0011 Understand how children and adolescents learn and how to provide them with opportunities that support their psychomotor, cognitive, social, and emotional development.	<u>K–Grade 5</u> S4.E1–S4.E6, S5.E1– S5.E4 <u>Grades 6–8</u> S4.M1–S4.M7, S5.M1–S5.M6 <u>Grades 9–12</u> S3.H1–S3.H2, S3.H4, S3.H5, S3.H6, S3.H11, S4.H3–S4.H4, S5.H1, S5.H4	1, 2, 3, 4, 6

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0012 Understand the relationship between physical activity and the development of responsible personal and social behaviors and traits.	<u>K–Grade 5</u> S4.E1–S4.E6, S5.E1–S5.E4 <u>Grades 6–8</u> S4.M1–S4.M7, S5.M1–S5.M6 <u>Grades 9–12</u> S5.H1–S5.H4	1, 2, 3, 4
0013 Understand physical education instruction and assessment, including how to adapt instruction and assessment for students with diverse learning needs.		1, 2, 3, 4, 5
0014 Understand ethical, legal, professional, and safety guidelines and practices in physical education.		1, 2, 4, 6