



FOUNDATIONAL UNITS

STANDARDS MAP

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SHAPE America Standards

EPEC PLAY meets the current SHAPE America National Physical Education Standards, which emphasize a student-centered approach to physical literacy through purposeful movement experiences. These updated standards are structured across four domains: **psychomotor**, **cognitive**, **social**, and **affective**, and include grade-span learning indicators for kindergarten–second grade and third–fifth grade. These indicators specify what students should know and be able to do by the end of each grade span, rather than at specific grade levels. This flexibility allows for a more developmentally-appropriate progression of learning.

Each lesson in EPEC PLAY references specific learning indicators by code (e.g., **1.2.1**, **2.5.9**) to demonstrate alignment. The format of each code follows a clear structure:

- The **first** number represents the standard (1–4),
- The **second** number indicates the grade span (2 = K–2, 5 = 3–5),
- The **third** number designates the specific indicator within that standard.
 - For example, the code **1.2.1** refers to Standard 1 (i.e., Develops a variety of motor skills) within the K–2 grade span, and is the first indicator listed for that group.

The four 2024 SHAPE America Standards are:

- **Standard 1:** Develops a variety of motor skills.
- **Standard 2:** Applies knowledge related to movement and fitness concepts.
- **Standard 3:** Develops social skills through movement.
- **Standard 4:** Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity.

To view the full set of national standards and grade-span learning indicators, visit:

[SHAPE America National PE Standards](#)

Below is a complete mapping of the grade-span learning indicators across the four SHAPE America domains addressed within EPEC PLAY’s foundational units. This mapping demonstrates how EPEC PLAY supports student progress toward meeting the national standards by the end of each grade span, when implemented with fidelity.

Orientation

Kindergarten-Second Grade

The **Orientation** unit introduces the concept of **Physical Literacy** which, as outlined by SHAPE America, is a goal of physical education. Physical literacy is introduced through the exploration of age-appropriate movement fundamentals (**Locomotor**, **Balance**, and **Object Control** skills) where students are introduced to the “why” of moving—to promote joy, challenge, self-expression, and enhance health.

Lesson #	Lesson Name	Psychomotor Standards	Cognitive Standards	Social Standards	Affective Standards
1	Movement in PE I	1.2.1 1.2.5	2.2.1 2.2.9	3.2.6	4.2.8
2	Movement in PE II	1.2.1 1.2.5	2.2.1 2.2.9	3.2.4	4.2.8

Third-Fifth Grade

The **Orientation** unit introduces the concept of **Physical Literacy** which, as outlined by SHAPE America, is a goal of physical education. Physical literacy is introduced through an exploration of age-appropriate movement fundamentals (**Locomotor**, **Balance**, and **Object Control** skills) where students are introduced to the “why” of moving—to promote joy, challenge, self-expression, and enhance health.

Lesson #	Lesson Name	Psychomotor Standards	Cognitive Standards	Social Standards	Affective Standards
1	Movement in PE I	1.5.1 1.5.8	2.5.1 2.5.13	3.5.4	4.5.3
2	Movement in PE II	1.5.1 1.5.8	2.5.1 2.5.13	3.5.4	4.5.3

Locomotors

Kindergarten-Second Grade

The **Locomotors** unit engages students in activities that help build their **Locomotor** skills (**Space Awareness**, **Walk**, **Jog**, **Run**, **Hop**, **Slide**, **Gallop**, **Jump**, and **Skip**). These fundamental skills are used throughout EPEC PLAY.

Lesson #	Lesson Name	Psychomotor Standards	Cognitive Standards	Social Standards	Affective Standards
1	Movement & Space I	1.2.1	2.2.1 2.2.3	3.2.5	4.2.3
2	Movement & Space II	1.2.1	2.2.1 2.2.4	3.2.6	4.2.3

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3	Hop, Slide, Gallop I	1.2.1 1.2.2	2.2.1 2.2.3 2.2.10 2.2.11	3.2.5	4.2.5
4	Hop, Slide, Gallop II	1.2.1 1.2.2	2.2.1 2.2.4	3.2.6	4.2.2
5	Jumping	1.2.1 1.2.2	2.2.1 2.2.3 2.2.10 2.2.11	3.2.6	4.2.2
6	Skip/Leap	1.2.1 1.2.2	2.2.1 2.2.4	3.2.6	4.2.10

Third-Fifth Grade

The **Locomotors** unit engages students in activities that help build their **Locomotor** skills (**Space Awareness, Walk, Jog, Run, Hop, Slide, Gallop, Jump, and Skip**). These fundamental skills are used throughout EPEC PLAY.

Lesson #	Lesson Name	Psychomotor Standards	Cognitive Standards	Social Standards	Affective Standards
1	Run	1.5.1	2.5.1 2.5.12	3.5.4	4.5.3
2	Run II	1.5.1	2.5.1 2.5.12	3.5.4	4.5.3
3	Run III	1.5.1	2.5.1 2.5.11 2.5.14 2.5.17	3.5.1	4.5.3
4	Run IV	1.5.1	2.5.1 2.5.11	3.5.1	4.5.3 4.5.7
5	Leap	1.5.1 1.5.7	2.5.1 2.5.14 2.5.17	3.5.4	4.5.3
6	Jump	1.5.1 1.5.7	2.5.1	3.5.4	4.5.3

Ball Control: Hands

Kindergarten-Second Grade

The **Ball Control: Hands** unit engages students in instruction, practice, and exploration of **Object Control** skills to improve aim, accuracy, distance, and force of **Underhand Rolling/Throwing** and **Catching/Receiving**. Muscular strength, endurance, and flexibility

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is enhanced through age-appropriate activities, while emphasizing safe equipment use and cooperation skills.

Lesson #	Lesson Name	Psychomotor Standards	Cognitive Standards	Social Standards	Affective Standards
1	Underhand Throw I	1.2.7 1.2.8	2.2.1 2.2.3	3.2.6	4.2.5
2	Underhand Throw II	1.2.8 1.2.9	2.2.1 2.2.4	3.2.7	4.2.7
3	Dribble I	1.2.8 1.2.9	2.2.1 2.2.3 2.2.10 2.2.11	3.2.3 3.2.4	4.2.7
4	Dribble II	1.2.6 1.2.8 1.2.9	2.2.1 2.2.4	3.2.3 3.2.4	4.2.7
5	Passing I	1.2.8 1.2.9	2.2.1 2.2.4 2.2.10 2.2.11	3.2.3 3.2.4	4.2.2
6	Passing II	1.2.8 1.2.9	2.2.1 2.2.4	3.2.4 3.2.7	4.2.10

Third-Fifth Grade

The **Ball Control: Hands** unit engages students in instruction, practice, and exploration of **Object Control** skills to improve **aim, accuracy, distance,** and **force** of the **Underhand Throw** and **Underhand/Overhand Catch** abilities. Cardiovascular endurance and agility are enhanced through age-appropriate activities, while emphasizing cooperation skills.

Lesson #	Lesson Name	Psychomotor Standards	Cognitive Standards	Social Standards	Affective Standards
1	Underhand Throw/Overhand Catch I	1.5.9 1.5.10 1.5.12	2.5.4 2.5.10	3.5.3	4.5.2
2	Overhand Throw/Catching II	1.5.9 1.5.10 1.5.12	2.5.4 2.5.10	3.5.3	4.5.2
3	Hand Dribble I	1.5.10 1.5.19	2.5.4 2.5.10 2.5.14 2.5.17	3.5.3	4.5.2
4	Hand Dribble II	1.5.10	2.5.4	3.5.3	4.5.2

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		1.5.19	2.5.10		
5	Combination Skills I	1.5.10 1.5.12	2.5.4 2.5.10 2.5.14 2.5.17	3.5.3	4.5.2
6	Combination Skills II	1.5.10 1.5.12	2.5.4 2.5.10	3.5.3	4.5.10

Ball Control: Feet

Kindergarten-Second Grade

The **Ball Control: Feet** unit engages students in instruction, practice, and exploration of **Object Control** skills using their feet to **Dribble, Trap, Pass**, and **Kick** a ball.

Cardiovascular endurance and agility are enhanced through age-appropriate activities, while emphasizing cooperation skills.

Lesson #	Lesson Name	Psychomotor Standards	Cognitive Standards	Social Standards	Affective Standards
1	Instep Kick	1.2.10	2.2.4 2.2.8	3.2.2	4.2.2
2	Foot Dribble	1.2.11	2.2.4 2.2.6 2.2.10 2.2.11	3.2.5	4.2.2
3	Push Pass & Push Kick	1.2.10 1.2.11	2.2.4 2.2.6	3.2.5	4.2.2
4	Punt/Drop Kick	1.2.10	2.2.4 2.2.6 2.2.10 2.2.11	3.2.5	4.2.2
5	Combined Skills I	1.2.9 1.2.10	2.2.4 2.2.6	3.2.5	4.2.2
6	Combined Skills II	1.2.9 1.2.10	2.2.4 2.2.6	3.2.5	4.2.10

Third-Fifth Grade

The **Ball Control: Feet** unit engages students in instruction, practice, and exploration of **Object Control** skills using their feet to **Dribble, Trap, Pass**, and **Kick** a ball.

Cardiovascular endurance and agility are enhanced through age-appropriate activities, while emphasizing cooperation skills.

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Lesson #	Lesson Name	Psychomotor Standards	Cognitive Standards	Social Standards	Affective Standards
1	Instep Kick & Foot Dribble	1.5.18 1.5.20	2.5.4 2.5.12	3.5.3	4.5.2
2	Foot Pass	1.5.17 1.5.18	2.5.4 2.5.12 2.5.14 2.5.17	3.5.3	4.5.5
3	Four Corner Score I	1.5.18 1.5.20 1.5.21	2.5.2 2.5.5 2.5.15	3.5.3	4.5.2
4	Four Corner Score II	1.5.18 1.5.20 1.5.21	2.5.3 2.5.5 2.5.14 2.5.15 2.5.17	3.5.3	4.5.2
5	Combined Skills I	1.5.18	2.5.4 2.5.7	3.5.3	4.5.5
6	Combined Skills II	1.5.18	2.5.4 2.5.7	3.5.3	4.5.10

Jump Rope

Kindergarten-Second Grade

The **Jump Rope** unit teaches students **Rope Jumping** skills while highlighting the joy of movement. Cardiovascular endurance is enhanced through age-appropriate activities focused on responsibility, self-control, following directions, and using space safely.

Lesson #	Lesson Name	Psychomotor Standards	Cognitive Standards	Social Standards	Affective Standards
1	Individual Rope Jumping I	1.2.2 1.2.3 1.2.4 1.2.16	2.2.5 2.2.6	3.2.9	4.2.1
2	Individual Rope Jumping II	1.2.2 1.2.3 1.2.4 1.2.16	2.2.5 2.2.6 2.2.10 2.2.11	3.2.9	4.2.5
3	Team Rope Jumping I	1.2.2 1.2.3 1.2.4	2.2.5 2.2.6	3.2.1	4.2.1

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		1.2.16			
4	Team Rope Jumping II	1.2.2 1.2.3 1.2.4 1.2.16	2.2.5 2.2.6 2.2.10 2.2.11	3.2.1	4.2.10
5	Rhythmic Jump Rope I	1.2.4 1.2.15 1.2.16	2.2.3 2.2.6	3.2.10	4.2.1
6	Rhythmic Jump Rope II	1.2.4 1.2.15 1.2.16	2.2.3 2.2.6	3.2.10	4.2.1

Third-Fifth Grade

The **Jump Rope** unit teaches students **Rope Jumping** skills while highlighting the joy of movement. Cardiovascular endurance is enhanced through age-appropriate activities focused on responsibility, self-control, following directions, and using space safely.

Lesson #	Lesson Name	Psychomotor Standards	Cognitive Standards	Social Standards	Affective Standards
1	Individual Rope Jumping I	1.5.6 1.5.7	2.5.1 2.5.6	3.5.4	4.5.1
2	Individual Rope Jumping II	1.5.6 1.5.7	2.5.1 2.5.6 2.5.14 2.5.17	3.5.4	4.5.7
3	Team Rope Jumping I	1.5.6 1.5.7	2.5.1 2.5.6	3.5.3	4.5.5
4	Team Rope Jumping II	1.5.6 1.5.6	2.5.1 2.5.6 2.5.14 2.5.17	3.5.3	4.5.5
5	Rhythmic Jump Rope I	1.5.3 1.5.5 1.5.6	2.5.6	3.5.7	4.5.1
6	Rhythmic Jump Rope II	1.5.3 1.5.5 1.5.6	2.5.6	3.5.7	4.5.1

Striking

Kindergarten-Second Grade

The **Striking Skills** unit engages students in the **Underhand Strike** or **Volley** with an open hand and forward direction, and the **Forehand Strike** with short- and long-handled implements. Cardiovascular endurance and muscular strength are enhanced through age-appropriate activities, while emphasizing safe-moving and equipment handling skills.

Lesson #	Lesson Name	Psychomotor Standards	Cognitive Standards	Social Standards	Affective Standards
1	Underhand Strike I	1.2.12	2.2.6 2.2.8	3.2.4	4.2.2 4.2.5
2	Underhand Strike II	1.2.12	2.2.4 2.2.8 2.2.10 2.2.11	3.2.4	4.2.2 4.2.5
3	Short-handled Striking I	1.2.13	2.2.3 2.2.9	3.2.4	4.2.2 4.2.5
4	Short-handled Striking II	1.2.13	2.2.4 2.2.9 2.2.10 2.2.11	3.2.4	4.2.2 4.2.5
5	Long-handled Striking I	1.2.14	2.2.3 2.2.9	3.2.4	4.2.2 4.2.5
6	Long-handled Striking II	1.2.14	2.2.4 2.2.9	3.2.4	4.2.5 4.2.10

Third-Fifth Grade

The **Striking Skills** unit engages students in the **Underhand Strike** or **Volley** with an open hand and forward direction, and the **Forehand Strike** with short- and long-handled implements. Cardiovascular endurance and muscular strength are enhanced through age-appropriate activities, while emphasizing safe-moving and equipment handling skills.

Lesson #	Lesson Name	Psychomotor Standards	Cognitive Standards	Social Standards	Affective Standards
1	Underhand Strike I	1.5.13 1.5.14	2.5.1 2.5.12	3.5.4	4.5.2 4.5.5
2	Underhand Strike II	1.5.13 1.5.14	2.5.1 2.5.14	3.5.4	4.5.2 4.5.5

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			2.5.17		
3	Short-handled Striking I	1.5.15 1.5.16	2.5.1 2.5.4	3.5.3	4.5.2 4.5.5
4	Short-handled Striking II	1.5.15 1.5.16	2.5.1 2.5.4 2.5.14 2.5.17	3.5.3	4.5.2 4.5.5
5	Long-handled Striking I	1.5.10 1.5.11	2.5.1 2.5.4	3.5.3	4.5.2 4.5.5
6	Long-handled Striking II	1.5.10 1.5.11	2.5.1 2.5.4	3.5.3	4.5.5 4.5.10

Water Safety

Kindergarten-Second Grade

The **Water Safety** unit engages students in exploration and practice of **Water Safety** skills through land-based instruction and activities. Students learn how to identify water conditions and water safety practices to prepare for safe water exploration.

Lesson #	Lesson Name	Psychomotor Standards	Cognitive Standards	Social Standards	Affective Standards
1	Safe Areas	1.2.17	2.2.1 2.2.12	3.2.6	4.2.5
2	Water Smarts	1.2.17	2.2.1 2.2.10 2.2.11 2.2.12	3.2.6	4.2.5
3	Think Don't Sink	1.2.17	2.2.1 2.2.12	3.2.6	4.2.9
4	Water Safety Warriors	1.2.17	2.2.1 2.2.10 2.2.11 2.2.12	3.2.6	4.2.10

Third-Fifth Grade

The **Water Safety** unit engages students in exploration and practice of **Water Safety** skills through land-based instruction and activities. Students learn how to identify water conditions and water safety practices to prepare for safe water exploration.

EPEC PLAY FOUNDATIONAL UNITS STANDARDS MAP

Lesson #	Lesson Name	Psychomotor Standards	Cognitive Standards	Social Standards	Affective Standards
1	Location Safety	1.5.22	2.5.1 2.5.18	3.5.4	4.5.7
2	Water Smarts	1.5.22	2.5.1 2.5.14 2.5.17 2.5.18	3.5.4	4.5.7
3	Think Don't Sink	1.5.22	2.5.1 2.5.18	3.5.4	4.5.9
4	Water Safety Warriors	1.5.22	2.5.1 2.5.14 2.5.17 2.5.18	3.5.4	4.5.10

Track & Field

Kindergarten-Second Grade

The **Track and Field** unit engages students in instruction, practice, and exploration of **Object Control** skills through **Track and Field** events. Lessons expand on the EPEC PLAY **Locomotors** unit and focus on **Distance Running, Sprinting, Jumping, and Throwing** skills.

Lesson #	Lesson Name	Psychomotor Standards	Cognitive Standards	Social Standards	Affective Standards
1	Distance Running	1.2.1	2.2.2 2.2.7	3.2.8	4.2.3
2	Sprint Running	1.2.1	2.2.2 2.2.9 2.2.10 2.2.11	3.2.4	4.2.4
3	Jumping	1.2.2 1.2.3	2.2.4 2.2.7	3.2.4	4.2.4
4	Throwing	1.2.9	2.2.1 2.2.6 2.2.10 2.2.11	3.2.4	4.2.6

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Third-Fifth Grade

The **Track and Field** unit engages students in a review and integration of **Object Control** skills such as **Throwing**, and **Locomotor** skills (**Distance Running, Sprinting, Jogging, and Jumping**). This unit acts as a closure for the foundational units by reinforcing core movement skills and emphasizing skill development through Purposeful PLAY that can be extended outside of the classroom.

Lesson #	Lesson Name	Psychomotor Standards	Cognitive Standards	Social Standards	Affective Standards
1	Distance Running	1.5.1	2.5.9 2.5.16	3.5.2	4.5.4 4.5.8
2	Sprint Running	1.5.1	2.5.8 2.5.9 2.5.14 2.5.17	3.5.5	4.5.4 4.5.8
3	Jumping	1.5.4 1.5.7	2.5.8 2.5.9	3.5.6	4.5.4 4.5.8
4	Throwing	1.5.10	2.5.8 2.5.9 2.5.14 2.5.17	3.5.6	4.5.6 4.5.8