## Sample Benchmarks for a Cognitive Concept: Benefits of Physical Activity

## Sample Set of Benchmarks for Benefits of Physical Activity

- Third Grade. Knows that regular participation in moderately intense physical activity reduces the incidence of coronary heart disease in adults and improves cardiac function.
- Fourth Grade. Knows that regular participation in moderately intense physical activity fortifies the mineralization of the skeleton, promotes the development and maintenance of lean body tissue, and promotes a positive attitude toward physical activity and leads to a more active lifestyle.
- **Fifth Grade**. Knows that regular participation in moderately intense physical activity is an important regulator of obesity, improves aerobic and anaerobic fitness, muscle endurance, muscle power, and muscle strength, promotes the growth and development of the young nervous system and promotes early cognitive function.
- Sixth Grade. Knows that regular participation in moderately intense physical activity enhances proficiency in neuromuscular skills, contributes to socialization of adolescents, assists in the development and refinement of perceptual abilities and enhances the function of the central nervous system.
- Seventh Grade. Knows that regular participation in moderately intense physical activity s associated with a reduction in athero-sclerotic diseases, postpones the debilitating effects of old age, deters the depletion of bone mineral and lean body tissue, and prevents the onset of some diseases
- **Eighth Grade**. Knows that regular participation in moderately intense physical activity contributes to the development of moral reasoning, problem solving, creativity, and social competence, and contributes to the reduction of stress and mental illness.

**Note:** These benchmarks were designed to correspond to a sample program objective used earlier in the document.