

Standards and Benchmarks Handbook
Balboa Academy
Level: Pre-Kindergarten

In the 2005-2006 school year, Balboa Academy teachers and administrators began their work on creating Standards and Benchmarks documents that demonstrate the curriculum that is taught in Pre-K through 12th grade. During the 2009-2010 school year, the Standards and Benchmark documents were finalized and organized into five handbooks: Preschool, Kindergarten – 2nd grade, 3rd – 5th grade, 6th-8th grade, and 9th – 12th grade.

The Standards and Benchmarks come primarily from Mid-continent Research for Education and Learning (McREL), a private non-profit corporation dedicated to making a difference in public education. McREL has given Balboa Academy permission to use its standards and benchmarks for curriculum alignment. By browsing and selecting standards and benchmarks from McREL's compendium of content standards and benchmarks for K-12 education, and also several US state content standard documents, teachers and administrators have successfully identified rigorous standards and benchmarks that are aligned from Preschool through 12th grade at Balboa Academy.

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Balboa Academy
Literacy Standards and Benchmarks
Level Pre-Kinder

Standard 1. Uses the general skills and strategies of the writing process

1. Knows that writing, including pictures, letters, and words, communicates meaning and information
2. Uses drawings to express thoughts, feelings, and ideas
3. Uses forms of emergent writing (e.g., scribble writing, random symbols, random letter-like marks) to relate stories
4. Dictates stories and personal narratives
5. Uses emergent writing skills to write for a variety of purposes (e.g., to make lists, to send messages) to write in a variety of forms (e.g., journals, sign-in sheet, name cards, cards with words and pictures)
6. Uses knowledge of letters to write or copy familiar words, such as own name
7. Uses writing tools and materials (e.g., pencils, crayons, chalk, markers, rubber stamps, computers, paper, chalkboard, whiteboard)

Standard 3. Uses grammatical and mechanical conventions in written compositions

1. Applies rudimentary rules of grammar
2. Uses phonic knowledge to spell simple words

Standard 5. Uses the general skills and strategies of the reading process

1. Knows that print and written symbols convey meaning and represent spoken language
2. Understands the differences between letters, numbers, and words and knows the significance of spaces
3. Understands that illustrations and pictures convey meaning
4. Knows the proper way to handle books (e.g., hold the book upright; turn pages from front to back, one page at a time)
5. Knows that print is read from left to right, top to bottom, and that books are read front to back
6. Knows some letters of the alphabet, such as those in the student's own name
7. Knows some familiar words in print, such as own first name

8. Knows that print appears in different forms (e.g., labels, letters, storybooks) and serves different purposes (e.g., direct, inform)
9. Knows familiar print in their environment (e.g., traffic signs, store logos)
10. Predicts story events or outcomes, using illustrations and prior knowledge as a guide
11. Uses emergent reading skills to “read” a story (e.g., gathers meaning from words and pictures)
12. Knows that books have titles, authors, and often illustrators
13. Uses visual and verbal cues, including pictures, to comprehend new words and stories

Standard 6. Uses reading skills and strategies to understand and interpret a variety of literary texts

1. Knows the sequence of events (e.g., beginning, middle, and end) in a story
2. Knows the elements that compose a story (e.g., characters, plot, events, setting)
3. Understands the literal meaning of nursery rhymes and stories)
4. Knows the difference between fact and fiction, real and make-believe
5. Relates stories to his/her own life and experience

Standard 8. Uses listening and speaking strategies for different purposes

1. Speaks clearly enough to be understood by unfamiliar adults and uses appropriate levels of volume, tone, and inflection
2. Uses new vocabulary to describe feelings, thought, experiences, and observations
3. Speaks expressively (e.g., uses different voices for various characters)
4. Uses descriptive language (e.g., color words; size words, such as bigger, smaller; shape words)
5. Tells stories based on personal experience or make-believe
6. Asks questions to obtain information
7. Answers simple questions
8. Follows conversation rules (e.g., taking turns, making relevant comments; staying on topic) when talking with adults
9. Creates or acts out familiar stories, songs, rhymes, and plays in play activities
10. Retells a story with attention to the sequence of main events
11. Listens for a variety of purposes (e.g., to gain and share information, to perform a task, for enjoyment, to learn what happened in a story, to converse with an adult or peer)
12. Follows one- and two-step directions

13. Understands basic conversational vocabulary
14. Discriminates among the sounds of spoken language
15. Knows rhyming sounds and simple rhymes (e.g., rhymes and rhyming sounds)
16. Knows that words are made up of sounds (e.g., that words can begin alike, sound alike)
17. Listens to a variety of fiction, nonfiction, poetry, rhymes, and songs

Balboa Academy
Math Standards and Benchmarks
Level Pre-Kinder

Standard 2. Understands numbers, ways of representing numbers, relationships among numbers, and number systems.

1. Understands that numbers represent the quantity of objects
2. Counts by ones to ten or higher
3. Counts objects
4. Understands one-to-one correspondence
5. Understands the concept of position in a sequence (e.g., first, last)
6. Understands that a whole object can be separated into parts
7. Knows that the quantity of objects can change by adding or taking away objects

Standard 3. Understands and applies basic and advanced properties of the concepts of measurements.

1. Understands basic concepts of time (e.g., today, tomorrow, morning, evening) and the sequence of various activities (e.g., what comes after lunch)
2. Measures objects with non-standard tools (e.g., string, footsteps, unifix cubes, tiles)
3. Estimates quantities in real-world situations
4. Orders objects qualitatively by measurable attributes (e.g., smallest to largest, lightest to heaviest, shortest to longest)
5. Knows the common language of measurement (e.g., "big", "little", "long", "short", "light", "heavy")
6. Knows that different sized containers will hold more or less

Standard 4. Understands and applies basics and advanced properties of the concepts of geometry.

1. Knows basic geometric shapes
2. Understands the common language used to describe position and location (e.g., "up", "down", "below", "above", "inside", "outside")
3. Knows that geometric shapes can be put together or taken apart to form other shapes
4. Understands that a shape's orientation in space can change
5. Sorts and groups objects by attributes (e.g., shape, size, color)

Standard 5. Understands and applies basic and advanced concepts of statistics, probability and data analysis.

1. Knows that concrete and pictorial graphs represent information
2. Collects data from everyday (real-world) situations (e.g., favorite color, number of pets)

Standard 6. Understands and applies basic and advanced algebraic concepts.

1. Understands simple patterns (e.g., boy-girl-boy-girl)
2. Repeats simple patterns

Standard 7. Understands and applies connections among mathematical ideas along with applying mathematics in contexts outside of mathematics.

1. Knows that numbers are used in real-world situations

Standard 8. Communicates mathematical thinking coherently to others using appropriate language.

1. Knows the common language for comparing quantity of objects (e.g., "more than", "less than", "same as")
2. Explains own math thinking

Balboa Academy
Science Standards and Benchmarks
Level Pre-Kinder

Standard 1. Understands atmospheric processes and the water cycle

1. Knows vocabulary (e.g., rainy, windy, sunny) for different types of weather
2. Knows that weather conditions change over time
3. Knows how the environment changes over the seasons

Standard 2. Understands Earth's composition and structure

1. Knows that there are different materials (e.g., rock, water, soil) on Earth
2. Knows properties of a number of Earth materials (e.g., rocks, soil, water)

Standard 3. Understands the composition and structure of the universe and the Earth's place in it

1. Knows vocabulary (e.g., clouds, Sun, moon) used to describe major features of the sky

Standard 5. Understands the structure and function of cells and organisms

1. Knows that living things and nonliving objects are different
2. Knows that living things go through a process of growth and change

Standard 6. Understands relationships among organisms and their physical environment

1. Understands that living things have similar needs (e.g., water, food)

Standard 7. Understands biological evolution and the diversity of life

1. Knows simple ways that living things can be grouped (e.g., appearance, behavior, plant, animal)

Standard 8. Understands the structure and properties of matter

1. Knows vocabulary used to describe some observable properties (e.g., color, shape, size) of objects
2. Sorts objects based on observable properties

3. Knows that the physical properties of things can change

Standard 10. Understands forces and motion

1. Knows the effects of forces (e.g., wind, gravity) in nature
2. Knows that objects can be moved in space in a number of ways (e.g., pushing, pulling, sinking)

Standard 12. Understands the nature of scientific inquiry

1. Uses the senses to make observations about living things, nonliving objects, and events
2. Records information collected about the physical world (e.g., in drawings, simple data charts)
3. Uses simple tools (e.g., eyedropper, magnifying glasses) to gather information
4. Conducts simple investigations to solve a problem or answer a question
5. Asks questions about observations
6. Develops predictions and explanations based on previous experience
7. Understands simple cause-and-effect relationships based on previous experience

Standard 13. Understands the scientific enterprise

1. Knows that students can do science
2. Knows basic safety procedures

Balboa Academy
Health Standards and Benchmarks
Level Pre-Kinder

Standard 18. Knows essential concepts and practices concerning injury prevention and safety

1. Knows rules for traffic and pedestrian safety (e.g., crossing the street safely, safety around vehicles)
2. Knows safe behaviors in the classroom (e.g., walks indoors) and on the playground (e.g., participates safely on equipment and in games)
3. Knows safe behaviors on the bus (e.g., uses seatbelt, keeps hands to self, keeps hands and head inside the bus)
4. Knows the routines to follow in emergency situations (e.g., fire drills)
5. Knows the safe and proper use of classroom materials

Standard 19. Understands essential concepts about nutrition and diet

1. Knows that some foods are more nutritious than others

Standard 20. Knows how to maintain and promote personal health

1. Performs personal hygiene skills independently (e.g., uses toilet, washes hands, blows nose)
2. Dresses self appropriately (e.g., puts on paint shirt, shoes)

Standard 23. Understands the fundamental concepts of growth and development

1. Knows the names and locations of some body parts (e.g., head, eyes, eyebrows, nose, mouth, hair, arms, hands, legs, feet)
2. Understands own stages of growth (e.g., changes in height and weight)

Balboa Academy
Social Studies Standards and Benchmarks
Level Pre-Kinder

Geography

Standard 1. Understands the characteristics and uses of maps, globes, and other geographic tools and technology

1. Understands that maps can represent his or her surroundings

Standard 2. Knows the location of places, geographic features, and patterns of the environment

1. Knows geographic information about oneself (e.g., the country in which he or she lives, the section of town in which he or she lives, the name of the building in which he or she lives.)
2. Uses simple geographic thinking (e.g., can find his or her way around the school, uses blocks to represent geographic features and buildings)

Standard 4. Understands the physical and human characteristics of place

1. Knows common features (e.g., street signs, roads, buildings) found in the local environment
2. Knows natural features of the environment (e.g., hills, mountains, oceans, rivers)

Standard 5. Understands how human actions modify the physical environment

1. Begins to learn how people affect the environment in negative (e.g., litter, pollution) and positive (e.g., recycling litter) ways

History

Standard 1. Understands family life now and in the past, and family life in various places long ago

1. Knows his or her own name, gender, age, and place in family
2. Knows the members of a family
3. Knows similarities and differences among people (e.g., culture, language, gender, abilities)

Civics

Standard 1. Understands the sources, purposes, and functions of law, and the importance of the rule of law for the individual rights and the common good

1. Understands rules and the purposes they serve
2. Understands the concept of fairness

Standard 25. Understands issues regarding personal, political, and economic rights

1. Understands that other people have rights

Economics

Standard 4. Understands basic features of market structures and exchanges

1. Understands basic concepts of sharing
2. Begins to understand basic concepts of buying, selling, and trading

Balboa Academy
Music Standards and Benchmarks
Level Pre-Kindergarten

Standard 1. Sings with others, a varied repertoire of music

1. Sings simple, familiar songs (e.g., nursery rhymes, traditional children's songs)
2. Sings invented songs

Standard 2. Performs on instruments with others, a varied repertoire of music

1. Plays with a variety of musical instruments and imitates sounds from the environment.

Standard 3. Composes and arranges music within specified guidelines

1. Knows the source of a variety of sounds (e.g., musical instruments, sounds in nature)

Standard 5. Knows and applies appropriate criteria to music and music performances

1. Responds to the tempo and rhythm of music (e.g., taps feet, claps hands)

Standard 6. Understands the relationship between music and history and culture

1. Knows that music is a part of daily life
2. Knows that music comes from different places and different periods of time

Balboa Academy
Dance Standards and Benchmarks
Level Pre-Kindergarten

Standard 1. Identifies and demonstrates movement elements and "skills in performing dance

1. Moves his or her body in a variety of controlled ways
2. Moves to the beats, rhythm, and tempo of music

Standard 3. Understands dance as a way to create and communicate meaning

1. Uses movement and dance to respond to the mood of the music

Balboa Academy
Theatre Standards and Benchmarks
Level Pre-Kindergarten

Standard 2. Uses acting skills

1. Creates and acts out the roles of characters from familiar stories
2. Engages in both fantasy dramatic play and dramatic play that is based on real experiences

Standard 3. Designs and produces informal and formal productions

1. Creates props out of available resources to support dramatic play

Standard 5. Understands how informal and formal theatre, film, television, and electronic media productions create and communicate meaning

2. Knows the difference between pretend and real

Balboa Academy
Visual Arts Standards and Benchmarks
Level Pre-Kindergarten

Standard 1. Understands and applies media, techniques, and processes related the visual arts

1. Experiments with a variety of colors, textures, and shapes
2. Creates three-dimensional structures and arrangements using concrete materials
3. or manipulatives (e.g., blocks, Styrofoam, pipe cleaners)
4. Uses a variety of basic art materials (e.g., paints, crayons, clay, pencils) to create
5. works of art and express feelings
6. Knows the names of basic colors

Standard 4. Understands the visual arts in relation to history and cultures

1. Knows that art exists from a variety of places and periods of time
2. Knows that artwork is present in stories as illustrations

Standard 5. Understands the characteristics and merits of one's own artwork and the artwork of others

1. Discusses and evaluates the intentions and meanings of his or her own artwork and the work of others

Balboa Academy
Life Skills Standards and Benchmarks
Level Pre-Kindergarten

Self-Regulation

Standard 2. Performs self-appraisal

1. Knows his or her own skills and abilities, characteristics, and preferences

Standard 4. Demonstrates perseverance

1. Perseveres to complete tasks despite distractions and interruptions
2. Adapts to changes in routine

Standard 5. Maintains a healthy self-concept

1. Displays positive self-esteem and confidence in abilities
2. Shows a desire to be independent (e.g., makes own decisions, separates from parents without stress)
3. Shows pride in accomplishments
4. Feels comfortable around peers and adults (e.g., accepts comfort and guidance, seeks help when needed)

Standard 6. Restrains impulsivity

1. Knows the names for own and others' feelings and emotions
2. Manages emotions appropriately (e.g., expresses feelings with language, controls anger)
3. Follows classroom rules and routines
4. Exhibits care for personal belongings and school materials (e.g., pencils, crayons, clothing, books)

Working With Others

Standard 1. Contributes to the overall effort of a group

1. Participates in a variety of group and individual activities, tasks, and play
2. Cooperates with others in play and group activities

Standard 2. Uses conflict-resolution techniques

1. Uses acceptable methods to resolve conflicts and disagreements with peers

Standard 3. Works well with diverse individuals and in diverse situations

1. Interacts with others regardless of differences

Standard 4. Displays effective interpersonal communication skills

1. Demonstrates empathy and caring for others and a desire to be helpful (e.g., comforts a friend who is crying)
2. Develops friendships with peers
3. Develops relationships with adults
4. Converses with others using appropriate conversation techniques (e.g., taking turns speaking and listening, contributing ideas)
5. Uses language to communicate thoughts, feelings, and needs
6. Uses and responds to nonverbal communication (e.g., raising hand, smiling back at others)
7. Respects the feelings, opinions, and perspectives of others

Standard 5. Demonstrates leadership skills

1. Asserts own rights (e.g., holds on when they have something first; speaks up if own turn is skipped)
2. Negotiates roles and tasks when working with peers

Balboa Academy
Technology Standards and Benchmarks
Level Pre-Kindergarten

Standard 1. Knows the characteristics and uses of computer hardware and operating systems

1. Knows names of basic computer hardware (e.g., mouse, keyboard, monitor)
2. Uses basic computer hardware (e.g., hunts for specific keys on keyboard, uses mouse)

Standard 2. Knows the characteristics and uses of computer software programs

1. Understands that actions can control software programs

Standard 4. Understands the nature of technological design

1. Knows that materials and equipment can be combined in different ways to make something new (e.g., building a tent using a sheet around a table, using molding clay to make pretend food)
2. Knows ways to communicate design ideas (e.g., pictures, models)
3. Knows that some things are natural and others are human-made

Standard 6. Understands the nature and uses of different forms of technology

1. Knows different materials (e.g., glass, metal, plastic, wood) and their uses
2. Knows that for certain purposes some materials work better than others

Balboa Academy
Physical Education Standards and Benchmarks
Level Pre-Kindergarten

Standard 1. Uses a variety of basic and advanced movement forms

1. Coordinates movements in space to accommodate objects and boundaries
2. Demonstrates a sense of balance (e.g., stands on one foot, walks on a balance beam)
3. Coordinates body movement in a variety of activities (e.g., climbing stairs,
4. walking in different directions, jumping forward, galloping)
5. Demonstrates coordinated movements in kicking, catching, and throwing
6. Coordinates movement with a tempo or rhythm (e.g., marching to music, dancing)
7. Demonstrates strength and control to accomplish a variety of tasks

Standard 3. Understands how to monitor and maintain a health-enhancing level of physical fitness

1. Exercises through play and group games to increase strength, endurance, and flexibility

Standard 4. Understands the social and personal responsibility associated with participation in physical activity

1. Uses equipment (e.g., hoppity hop, jump rope, hula hoops, scooters) in a coordinated and safe manner