Alabama Physical Education

Kindergarten

Anchor Standard 1: Motor Skills and Movement Patterns: _The physically literate individual demonstrates competency in a variety of motor skills and movement patterns._ PE19.K.1

A 1.1 Locomotor Skills: _Hopping, galloping, jogging, running, sliding, skipping, jumping, leaping_ PE19.K.1.A

1 Attempt to hop, gallop, jog, run, slide, skip, jump, and leap while maintaining balance. PE19.K.1.1

APE ___APE accommodation suggestions:__ Sliding, galloping, jogging, and running_ - Hand over hand to assist in increasing speed and balance, fast pace walking, shorten distance, peer assistance (sliding - step together step, side to side) PE19.K.1.1.APE

B 1.2 Locomotor Skills: _Jogging, running_ PE19.K.1.B

2 _Developmentally appropriate/ emerging outcomes first appear in Grade 2._ PE19.K.1.2

APE ___APE accommodation suggestions:__ Sliding, galloping, jogging, and running_ - Hand over hand to assist in increasing speed and balance, fast pace walking, shorten distance, peer assistance (sliding - step together step, side to side) PE19.K.1.2.APE

C 1.3 Locomotor Skills: _Jumping and landing_ PE19.K.1.C

3 Perform jumping and landing actions. PE19.K.1.3

APE ___APE accommodation suggestions:__ Hopping, jumping, and leaping_ - Hand over hand to assist with balance. _Examples: mini trampoline, rope on floor, peer assistance_ PE19.K.1.3.APE

D 1.4 Locomotor Skills: _Dance/ Rhythmic Activities_ PE19.K.1.D

4 Apply rhythmic expression in response to music. PE19.K.1.4

APE ___APE accommodation suggestions:___ Slower music, poly spots and/or arrows on floor for direction, break the dance steps/movements down into small parts for additional review/practice, peer assistance PE19.K.1.4.APE

E 1.5 Non-locomotor Skills* (stability): _Balance_ PE19.K.1.E

5 Use different bases of support to maintain momentary stillness. PE19.K.1.5

APE ___APE accommodation suggestions:___ Hand over hand assistance, peer assistance, modeling, doing activities on the floor instead of on equipment PE19.K.1.5.APE

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.6 Non-locomotor Skills* (stability): _Curling and stretching; twisting and bending_ PE19.K.1.F

6 Attempt to create wide, narrow, curled, and twisted body shapes by curling and stretching. PE19.K.1.6

APE ___APE accommodation suggestions:___ Hand over hand assistance and modeling PE19.K.1.6.APE

G 1.7 Non-locomotor Skills (stability): _Weight transfer, rolling_ PE19.K.1.G

7 Attempt to transfer weight from one body part to another: PE19.K.1.7

7a In self-space. PE19.K.1.7A

7b By rolling sideways in multiple body shapes. PE19.K.1.7B

APE ___APE accommodation suggestions:___ Rolling - hand over hand assistance; peer assistance and modeling PE19.K.1.7.APE

H 1.8 Manipulative Skills: _Underhand and overhand throw_ PE19.K.1.H

8 Attempt underhand and overhand throw. PE19.K.1.8

APE ___APE accommodation suggestions:___ Provide a variety of sizes, shapes, textures, and inflation levels of objects to make throwing more successful; use ball launchers PE19.K.1.8.APE

I 1.9 Manipulative Skills: _Catching_ PE19.K.1.I

9 Attempt to catch a dropped ball from varying heights. PE19.K.1.9

APE ___APE accommodation suggestions:___ Decrease distance ball is tossed, rolled, or bounced; provide students the opportunity to catch an object using a bucket or basket. Good objects to use for catching: stuffed animal, beach ball, scarf, deflated ball, foam ball, fleece ball, balloon (be aware of latex allergies) PE19.K.1.9.APE

J 1.10 Manipulative Skills: _Dribbling and/or ball control with hands_ PE19.K.1.J

10 Attempt to dribble a ball with one hand using consecutive contacts. PE19.K.1.10

APE ___APE accommodation suggestions:___ Use large playground ball; drop and catch, alternating dribble with peer or tethered ball. PE19.K.1.10.APE

K 1.11 Manipulative Skills: _Dribbling/ ball control with feet_ PE19.K.1.K

11 Tap a ball forward, using inside of foot. PE19.K.1.11

APE ___APE accommodation suggestions:___ Use large playground ball; drop and catch, alternating dribble with peer or tethered ball. PE19.K.1.11.APE

L 1.12 Manipulative Skills: _Passing and receiving with feet_ PE19.K.1.L

12 Attempt to pass and trap a slow-moving ball. PE19.K.1.12

APE ___APE accommodation suggestions:___ Use larger ball, larger targets PE19.K.1.12.APE

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L.13 Manipulative Skills: _Kicking, punting_ PE19.K.1.M

13 Kick a stationary ball, planting foot and making contact with shoelaces. PE19.K.1.13

APE ___APE accommodation suggestions:___ Lightweight object could include larger and/or more colorful object/ball or object of contrasting colors: suspended tether ball PE19.K.1.13.APE

N 1.14 Manipulative Skills: _Volleying, overhead and underhand_ PE19.K.1.N

14 Independently volley a lightweight object with varying body parts. PE19.K.1.14

APE ___APE accommodation suggestions:___ Lightweight object could include larger and/or more colorful object/ball or object of contrasting colors: suspended tether ball PE19.K.1.14.APE

O 1.15 Manipulative Skills: _Striking, short implement_ PE19.K.1.O

15 Attempt to strike a lightweight object with a paddle or other short-handled implement. PE19.K.1.15

APE ___APE accommodation suggestions:___ Use longer or shorter implements for student success in controlling the implement; hand over hand assistance PE19.K.1.15.APE

P 1.16 Manipulative Skills: _Striking, long implement (hockey stick, putter, noodle, bat, badminton racquet, pillow polo stick, etc.)_ PE19.K.1.P

16 Attempt to strike a stationary object with a long-handled implement. PE19.K.1.16

APE ___APE accommodation suggestions:___ Place rope on ground, step over self-turned rope, provide verbal prompting. PE19.K.1.16.APE

Q 1.17 Manipulative Skills: _Jumping rope_ PE19.K.1.Q

17 Attempt a single jump with self-turned rope. PE19.K.1.17

APE ___APE accommodation suggestions:___ Place rope on ground, step over self-turned rope, provide verbal prompting. PE19.K.1.17.APE

Anchor Standard 2: Movement and performance: _The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance._ PE19.K.2

A 2.1 Movement Concepts: _Space_ PE19.K.2.A

1 Demonstrate the difference between movement in personal and general space while attempting to maintain self-control. PE19.K.2.1

APE ___APE accommodation suggestions:___ Verbal prompting, redirection and/or modeling; use directional poly spots. PE19.K.2.1.APE

B 2.2 Movement Concepts: _Pathways, shapes, levels_ PE19.K.2.B

2 Travel by: - Using various pathways. - Demonstrating various levels. PE19.K.2.2

APE ___APE accommodation suggestions:___ Verbal prompting; use directional poly spots. PE19.K.2.2.APE

2.3 Movement Concepts: _Speed, direction, force_ PE19.K.2.C

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3 Travel: - In general space with varying speeds. - Attempting directionality concepts. PE19.K.2.3

APE ___APE accommodation suggestions:___ Verbal prompting; use directional poly spots. PE19.K.2.3.APE

D 2.4 Movement Concepts: _Strategies & tactics_ PE19.K.2.D

4 _Developmentally appropriate/ emerging outcomes first appear in Grade 3._ PE19.K.2.4

Anchor Standard 3: Physical Activity and Fitness: _The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness._ PE19.K.3

A 3.1 Physical activity knowledge PE19.K.3.A

1 Differentiate between active play and non-active play outside physical education class. PE19.K.3.1

APE ___APE accommodation suggestions:___ Verbal prompting and peer assistance to model correct physical education participation. PE19.K.3.1.APE

B 3.2 Engagement in physical activity PE19.K.3.B

2 Participate in physical education class. PE19.K.3.2

C 3.3 Fitness knowledge PE19.K.3.C

3 Discover the connection between physical activity and change in heart rate and breathing. PE19.K.3.3

Anchor Standard 4: Personal and Social Behavior: _The physically literate individual exhibits responsible personal and social behavior that respects self and others._ PE19.K.4

A 4.1 Personal responsibility PE19.K.4.A

1 Follow directions, adhere to class procedures, use equipment properly, and accept responsibility for behavior, when prompted, to create a safe environment. PE19.K.4.1

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.K.4.1.APE

B 4.2 Accepting and giving feedback PE19.K.4.B

2 Appropriately respond to general feedback from teacher. PE19.K.4.2

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.K.4.2.APE

C 4.3 Working with others PE19.K.4.C

3 Share equipment and space with peers. PE19.K.4.3

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.K.4.3.APE

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I.4 Conflict Resolution PE19.K.4.D

4 Demonstrate willingness to seek help for solving problems and making decisions. PE19.K.4.4

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.K.4.4.APE

Anchor Standard 5: Values Physical Activity: _The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction._ PE19.K.5

A 5.1 Health PE19.K.5.A

1 Acknowledge that physical activity is important for good health. PE19.K.5.1

APE ___APE accommodation suggestions:___ Information in alternate formats (words or pictures); allow extra time to communicate and process information; provide short, precise and clear instructions; and use peer assistance and modeling. PE19.K.5.1.APE

B 5.2 Challenge PE19.K.5.B

2 Acknowledge that physical activities require varying degrees of challenge and difficulty. PE19.K.5.2

APE ___APE accommodation suggestions:___ Information in alternate formats (words or pictures); allow extra time to communicate and process information; provide short, precise and clear instructions; and use peer assistance and modeling. PE19.K.5.2.APE

C 5.3 Self-expression and enjoyment PE19.K.5.C

3 Name physical activities that are enjoyable. PE19.K.5.3

APE ___APE accommodation suggestions:___ Information in alternate formats (words or pictures); allow extra time to communicate and process information; provide short, precise and clear instructions; and use peer assistance and modeling. PE19.K.5.3.APE

D 5.4 Social interaction PE19.K.5.D

4 Discuss the enjoyment of active play with peers. PE19.K.5.4

APE ___APE accommodation suggestions:___ Information in alternate formats (words or pictures); allow extra time to communicate and process information; provide short, precise and clear instructions; and use peer assistance and modeling. PE19.K.5.4.APE