Arizona Physical Education

Grade K

Adopted 2015

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	**a.** Performs locomotor skills (hopping, galloping, running, sliding, skipping, jumping) while maintaining balance. S1.E1.K.A
	a. Jumps and lands with balance. S1.E3.K.A
	a. Performs locomotor skills in response to teacher-led creative dance. S1.E4.K.A
	a. Maintains momentary stillness on bases of support. S1.E6.K.A
	b. Forms wide, curled, and twisted body shapes. S1.E6.K.B
	b. Rolls sideways in a narrow body shape S1.E7.K.B
	a. Contrasts the actions of curling and stretching. S1.E8.K.A
	a. Opposite foot forward. S1.E10.K.A
	a. Drops a ball and catches it before it bounces twice. Catches a large ball tossed by a skilled thrower. S1.E12.K.A
	a. Dribbles a ball using with 1 hand, attempting the second contact. S1.E13.K.A
	a. Taps a ball using the inside of the foot, sending it forward. S1.E14.K.A
	a. Kicks a stationary ball from a stationary position, demonstrating 2 of the 5 elements of mature kicking pattern. S1.E17.K.A
	a. Volleys a light weight object (balloon), sending it upward. S1.E18.K.A
	a. Strikes a light weight object with a paddle or short-handled racket. S1.E20.K.A
	a. Executes a single jump with self-turned rope. S1.E22.K.A
	b. Jumps a long rope with teacher-assisted turning. S1.E22.K.B
The physically literate individual applies knowledge of concepts, pri an	**a.** Differentiates between movement in personal (self-space) and general space. S2.E1.K.A
	Moves in personal space to a rhythm. S2.E1.K.B

Skip to main content

movement and performance.	a. Travels in three different pathways. S2.E2.K.A
	a. Travels in general space with different speeds. S2.E3.K.A
The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	a. Identifies active play opportunities outside physical education class. S3.E1.K.A
	a. Actively participates in physical education class. S3.E2.K.A
	a. Recognizes that when you move fast, your heart beats faster and you breathe faster. S3.E3.K.A
	a. Recognizes that food provides energy for physical activity. S3.E7.K.A
The physically literate individual exhibits responsible personal and social behavior that respects self and others.	a. Follows directions in group settings (e.g., safe behaviors, following rules, taking turns). S4.E1.K.A
	b. Acknowledges responsibility for behavior when prompted. S4.E1.K.B
	a. Follows instruction/directions when prompted. S4.E2.K.A
	a. Shares equipment and space with others. S4.E3.K.A
	a. Recognizes the established protocols for class activities. S4.E4.K.A
	a. Follows teacher directions for safe participation and proper use of equipment with minimal reminders. S4.E5.K.A
The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	a. Recognizes that physical activity is important for good health. S5.E1.K.A
	a. Acknowledges that some physical activities are challenging/difficult. S5.E2.K.A
	a. Identifies physical activities that are enjoyable. S5.E3.K.A
	b. Discuss the enjoyment of playing with friends. S5.E3.K.B
	a. Demonstrates socially acceptable conflict resolution skills. S5.E4.K-2.A