

Grades K-2

Physical Competence 1

1 Students will demonstrate proficiency in motor skills and movement patterns needed to perform a variety of activities. 1.1

- A1 I can demonstrate emerging locomotor and non-locomotor skills, movement patterns, and basic manipulative skills with beginning weight transfer and travel. 1.1.A1
 - A2 I can distinguish the differences between locomotor, nonlocomotor, and manipulative skills. 1.1.A2
 - B1 I can execute mature patterns of locomotor and non-locomotor skills, and patterns utilizing different pathways, speed, and levels. 1.1.B1
 - B2 I can perform basic manipulative skills in a mature pattern. 1.1.B2
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2 Students will apply the knowledge of concepts, principles, strategies, and tactics related to movement and performance. 1.2

- A1 I can differentiate my personal space from the personal space of others in general space when I use locomotor and non-locomotor skills. 1.2.A1
 - A2 I can use locomotor skills to travel different pathways, at varying levels and different speeds. 1.2.A2
 - B1 I can combine locomotor skills, pathways, levels, direction, and speed in general space with rhythm. 1.2.B1
 - B2 I can demonstrate emerging understanding of chasing and fleeing activities. 1.2.B2
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Knowledge and Understanding 2

1 Students will demonstrate physical literacy needed to achieve and maintain a health-enhancing level of physical activity. 2.1

- A1 I can identify active play opportunities outside of physical education. 2.1.A1
 - A2 I can recognize that my heart rate and breathing speed up as I move harder and faster. 2.1.A2
 - B1 I can discuss the benefits of being active through play and/or exercise. 2.1.B1
 - B2 I can identify the heart as a muscle that grows stronger with exercise, play, and other physical activity. 2.1.B2
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Motivation and Confidence 3

1 Students will exhibit responsible personal and social behavior that respects self and others. 3.1

A1 I can follow instruction and directions for myself and/or my group when prompted. 3.1.A1

A2 I can share equipment and space with others. 3.1.A2

B1 I can accept specific corrective feedback and responsibility for class protocols. 3.1.B1

B2 I can work safely and responsibly in physical education class. 3.1.B2

2 Students will demonstrate physical literacy through physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. 3.2

A I can recognize that physical activities can be enjoyed individually or with others. 3.2.A

B1 I can recognize that some physical activities will be challenging, but can be enjoyable. 3.2.B1

B2 I can explain how cooperating with others can lead to success. 3.2.B2