California Physical Education

Grade K

Adopted 2005

Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities. 1

1a. Movement Concepts 1A

1.1 Travel within a large group, without bumping into others or falling, while using locomotor skills. 1.1

1.2 Travel forward and sideways while changing direction quickly in response to a signal. 1.2

1.3 Demonstrate contrasts between slow and fast speeds while using locomotor skills. 1.3

1.4 Create shapes at high, medium, and low levels by using hands, arms, torso, feet, and legs in a variety of combinations. 1.4

1b. Body Management 1B

1.5 Create shapes by using nonlocomotor movements. 1.5

1.6 Balance on one, two, three, four, and five body parts. 1.6

1.7 Balance while walking forward and sideways on a narrow, elevated surface. 1.7

1.8 Demonstrate the relationship of under, over, behind, next to, through, right, left, up, down, forward, backward, and in front of by using the body and an object. 1.8

1c. Locomotor Movement 1C

1.9 Perform a continuous log roll. 1.9

1.10 Travel in straight, curved, and zigzag pathways. 1.10

1.11 Jump over a stationary rope several times in succession, using forward-and-back and side-to-side movement patterns. 1.11

1d. Manipulative Skills 1D

1.12 Strike a stationary ball or balloon with the hands, arms, and feet. 1.12

1.13 Toss a ball to oneself, using the underhand throw pattern, and catch it before it bounces twice. 1.13

1.14 Kick a stationary object, using a simple kicking pattern. 1.14

1.15 Bounce a ball continuously, using two hands. 1.15

Rhythmic Skills 1E

1.16 Perform locomotor and nonlocomotor movements to a steady beat. 1.16

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1.17 Clap in time to a simple, rhythmic beat. 1.17

Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities. 2

2a. Movement Concepts 2A

2.1 Explain the difference between under and over, behind and in front of, next to and through, up and down, forward and backward, and sideways. 2.1

2.2 Identify and independently use personal space, general space, and boundaries and discuss why they are important. 2.2

2b. Body Management 2B

2.3 Identify and describe parts of the body: the head, shoulders, neck, back, chest, waist, hips, arms, elbows, wrists, hands, fingers, legs, knees, ankles, feet, and toes. 2.3

2.4 Explain base of support. 2.4

2c. Locomotor Movement 2C

2.5 Identify the locomotor skills of walk, jog, run, hop, jump, slide, and gallop. 2.5

2d. Manipulative Skills 2D

2.6 Explain the role of the eyes when striking objects with the hands, arms, and feet. 2.6

2.7 Identify the point of contact for kicking a ball in a straight line. 2.7

2.8 Describe the position of the fingers in the follow-through phase of bouncing a ball continuously. 2.8

Students assess and maintain a level of physical fitness to improve health and performance. 3

3a. Fitness Concepts 3A

3.1 Participate in physical activities that are enjoyable and challenging. 3.1

3b. Aerobic Capacity 3B

3.2 Participate three to four days each week in moderate to vigorous physical activities that increase breathing and heart rate. 3.2

3c. Muscular Strength/Endurance 3C

3.3 Hang from overhead bars for increasing periods of time. 3.3

3.4 Climb a ladder, jungle gym, or apparatus. 3.4

3d. Flexibility 3D

3.5 Stretch shoulders, legs, arms, and back without bouncing. 3.5

3e. Body Composition 3E

3.6 Sustain continuous movement for increasing periods of time while participating in moderate to vigorous physical activity. 3.6

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Assessment 3F

3.7 Identify indicators of increased capacity to participate in vigorous physical activity. 3.7

Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance. 4

4a. Fitness Concepts 4A

4.1 Identify physical activities that are enjoyable and challenging. 4.1

4.2 Describe the role of water as an essential nutrient for the body. 4.2

4.3 Explain that nutritious food provides energy for physical activity. 4.3

4b. Aerobic Capacity 4B

4.4 Identify the location of the heart and explain that it is a muscle. 4.4

4.5 Explain that physical activity increases the heart rate. 4.5

4.6 Identify the location of the lungs and explain the role of the lungs in the collection of oxygen. 4.6

4c. Muscular Strength/Endurance 4C

4.7 Explain that strong muscles help the body to climb, hang, push, and pull. 4.7

4.8 Describe the role of muscles in moving the bones. 4.8

4d. Flexibility 4D

4.9 Identify the body part involved when stretching. 4.9

4d. Body Composition 4D

4.10 Explain that the body is composed of bones, organs, fat, and other tissues. 4.10

Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity. 5

5a. Self-Responsibility 5A

5.1 Identify the feelings that result from participation in physical activity. 5.1

5.2 Participate willingly in physical activities. 5.2

5b. Social Interaction 5B

5.3 Demonstrate the characteristics of sharing in a physical activity. 5.3

5.4 Describe how positive social interaction can make physical activity with others more fun. 5.4

5c. Group Dynamics 5C

5.5 Participate as a leader and a follower during physical activities. 5.5