Colorado Physical Education

Kindergarten

Movement Competence and Understanding K.1

1 **Demonstrate body and spatial awareness through movement.** K.1.1

- a Travel within a large group without bumping into others or falling while using a variety of locomotor skills. K.1.1.A
- b Demonstrate contrasts between slow and fast speeds while using locomotor skills. K.1.1.B
- c Travel in straight, curved, and zigzag pathways. K.1.1.C
- d Move in opposition and alternately. K.1.1.D
- e Move synchronously with others. K.1.1.E
- f Participate in chase-and-flee activities that include various spatial relationships. K.1.1.F
- g Jump over a stationary rope several times in succession using forward-andback and side-to-side movement patterns. K.1.1.G

2 **Locate and move the major parts of the body.** K.1.2

- a Move specified body parts in response to a variety of sensory cues such as auditory or visual. K.1.2.A
- b Identify body planes such as front, back, and side. K.1.2.B
- c Create shapes at high, medium, and low levels by using hands, arms, torso, feet, and legs in a variety of combinations. K.1.2.C

Physical and Personal Wellness K.2

1 **Understand that physical activity increases the heart rate, making the heart stronger.** K.2.1

- a Identify the heart rate as an indicator of physical activity. K.2.1.A
- b Sustain physical activity for short periods of time. K.2.1.B
- c Identify activities that will increase the heart rate. K.2.1.C

Social Emotional Wellness K.3

1 **Demonstrate respect for self, others, and equipment.** K.3.1

- a Demonstrate the characteristics of sharing. K.3.1.A
- b Identify feelings that result from participation in physical activity. K.3.1.B
- c Participate as a leader and follower. K.3.1.C
- Help to manage equipment. K.3.1.D
- Play without interfering with others. K.3.1.E

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2 **Demonstrate the ability to follow directions.** K.3.2

- a Start and stop on an auditory and visual signal. K.3.2.A
- b Follow a simple series of instructions for an activity K.3.2.B
- c Speak at appropriate times. K.3.2.C
- d Follow established class protocols. K.3.2.D

Prevention and Risk Management K.4

1 **Apply safe practices, rules, and procedures.** K.4.1

- a Demonstrate safety awareness when using materials. K.4.1.A
- b Participate in activity without colliding into other students, objects, and surroundings. K.4.1.B
- c Identify proper footwear for physical education. K.4.1.C