

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-and-back and side-to-side movement patterns. **K.1.1.G**
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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**
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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**
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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**
- d** Help to manage equipment. **K.3.1.D**
- e** Play without interfering with others. **K.3.1.E**

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
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**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