Colorado Physical Education

Preschool

Movement Competence and Understanding PK.1

1 **Travel in a variety of directions using basic locomotor skills and demonstrate understanding of personal and general space.** PK.1.1

- a Move safely in a large group without bumping into others or falling while using locomotor skills. PK.1.1.A
- b Travel forward and sideways while changing directions quickly in response to a signal. PK.1.1.B
- c Perform movements to the rhythm of music. PK.1.1.C
- d Develop motor control and balance for a range of physical activities, such as walking, propelling a wheelchair or mobility device, skipping, running, climbing, and hopping. PK.1.1.D
- e Develop motor coordination and skill in using objects for a range of physical activities, such as pulling, throwing, catching, kicking, bouncing or hitting balls, and riding a tricycle. PK.1.1.E
- f 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. PK.1.1.F
- g Understand movement concepts, such as control of the body, how the body moves (such as awareness of space and directionality), and that the body can move independently or in coordination with other objects. PK.1.1.G

Physical and Personal Wellness PK.2

1 **Recognize the positive feelings experienced during and after physical activity.** PK.2.1

- a Participate in activities that increase the heart rate. PK.2.1.A
- b Participate in activities that require stretching the muscles. PK.2.1.B
- c Begin to understand how daily activity and healthy behavior promote overall personal health and safety. PK.2.1.C
- d Identify physical activity opportunities inside and outside of school. PK.2.1.D

Social Emotional Wellness PK.3

1 **Demonstrate understanding of positive social interaction with teachers and peers.** PK.3.1

- a Demonstrate listening to the teacher during group activities. PK.3.1.A
- b Demonstrate sharing and taking turns when with participating with peers. PK.3.1.B

Follow directions to simple activities. PK.3.1.C

Recognize basic class rules and protocols. PK.3.1.D

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e Individuals recognize that rules make situations and activities safe and run more smoothly. PK.3.1.E

Prevention and Risk Management PK.4

1 **Understand basic safety rules and principles.** PK.4.1

a Follow teacher directions for safe participation in physical activity. PK.4.1.A

b Follow basic health and safety rules and respond appropriately to harmful or unsafe situations. PK.4.1.B

c Communicate an understanding of the importance of health and safety routines and rules. PK.4.1.C