Connecticut Physical Education

Kindergarten

Students will demonstrate competency in a variety of motor skills and movement patterns. 1

Locomotor

S1.E1 Jumping, hopping, galloping, running, sliding, skipping, and leaping S1.E1

E1.1.K Demonstrates locomotor skills (jumping, hopping, galloping, running, sliding, skipping) while maintaining control and balance. E1.1.K

Nonlocomotor

Balance

E1.3.K Demonstrates stationary balance on different bases of support. E1.3.K

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Manipulatives

Throwing

E1.5. Ka Underhand throw: Demonstrates an underhand movement (throw/ roll) with opposite foot forward. E1.5. KA

Catching

E1.6. Ka Demonstrates dropping a ball and catching it at the peak of the bounce. E1.6. KA

E1.6. Kb Demonstrates tossing to self and catching. E1.6. KB

Dribbling

E1.7. Ka Dribbling with hands: Demonstrates dribbling a ball with one or two hands continuously. E1.7. KA

E1.7. Kb Dribbling with feet: Demonstrates dribbling the ball using the inside of the foot moving the ball forward. E1.7. KB

Kicking

E1.8. Ka Demonstrates kicking a stationary ball from a stationary position using two of the five critical elements of a mature pattern. E1.8. KA

E1.8. Kb Demonstrates approaching a stationary ball and kicking it forward using two of the five critical elements of a mature pattern. E1.8. KB

Volleying

E1.9.K Demonstrates underhand volleying in self space with a light-weight object with hands sending it upward. E1.9.K

Striking

E1.10.K Demonstrates striking using a light-weight object with a short-handled implement while controlling consecutive hits in self space. E1.10.K

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance. 2

Movement Concepts

S2.E1 Space S2.E1

S2.E1.Ka Demonstrates the ability to differentiate between movement in personal (self-space) and general space. S2.E1.KA

S2.E1.Kb Moves in personal space to a rhythm. S2.E1.KB

Pathways, Shapes, Levels

S2.E2.Ka Demonstrates the ability to travel in three different pathways. S2.E2.KA

S2.E2.Kb Demonstrates low, middle, and high levels in personal space. S2.E2.KB

Speed, Direction, Force

S2.E3.K Demonstrates traveling in general space with different speeds. S2.E3.K

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hysical Activity Knowledge

knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3

S3.E1 Physical activity knowledge S3.E1

S3.E1.K Demonstrates and identifies active play opportunities outside physical education class. S3.E1.K

Engages in Physical Activity

S3.E2 Engages in physical activity S3.E2

S3.E2.K Demonstrates active participation in physical education class. S3.E2.K

Fitness Knowledge

S3.E3 Fitness knowledge S3.E3

S3.E3.K Demonstrates the ability to recognize that when you move fast, your heart beats faster and you breathe faster. S3.E3.K

Nutrition

S3.E6 Nutrition S3.E6

S3.E6.K Demonstrates the ability to recognize that food provides energy for physical activity. S3.E6.K

Students will exhibit responsible personal and social behavior that respects self and others. 4

Personal Responsibility

S4.E1 Personal responsibility S4.E1

S4.E1.K Demonstrates the ability to follow directions in group settings (e.g., safe behaviors, following rules, taking turns). S4.E1.K

S4.E2 Personal responsibility S4.E2

S4.E2.K Demonstrates the ability to acknowledge responsibility for behavior when prompted. S4.E2.K

Accepting Feedback

S4.E3 Accepting feedback S4.E3

S4.E3.K Demonstrates the ability to follow instruction and directions when prompted. S4.E3.K

Working with Others

S4.E4 Working with others S4.E4

S4.E4.K Demonstrates the ability to share equipment and space with others. S4.E4.K

Rules and Etiquette

S4.E5 Rules and etiquette S4.E5

S4.E5.K Demonstrates the ability to recognize the established protocol for class activities. S4.E5.K

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S4.E6 Safety S4.E6

S4.E6.K Demonstrates the ability to follow teacher directions for safe participation and proper use of equipment with minimal reminders. S4.E6.K

Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction. 5

Health

S5.E1 Health S5.E1

S5.E1.K Demonstrates the ability to recognize that physical activity is important for physical health. S5.E1.K

Challenge

S5.E2 Challenge S5.E2

S5.E2.K Demonstrates the ability to acknowledge that some physical activities are challenging or difficult. S5.E2.K

Self-Expression and Enjoyment

S5.E3 Self-expression and Enjoyment S5.E3

S5. E3. Ka Demonstrates the ability to identify physical activities that are enjoyable. S5. E3. KA

S5. E3. Kb Demonstrates the ability to discuss the enjoyment of playing with friends. S5. E3. KB