Delaware Health and Physical Education

Physical Education: Grades K, 1, 2

Adopted 2008

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	**Physical Activity involves using movement and motor skills** Perform/demonstrate fundamental characteristics of motor skills. Actively participate in movement activities with self and others Move safely through space with self and others in changing environments Associate specific physical activities or movements with specific health concepts
Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities	**There are different rules for different movements.** Adapt movement to different situations Demonstrate knowledge of movement concepts. Demonstrate and identify anatomy of body parts. Move safely in personal and general space. Follow cues and commands (movement vocabulary) Connect physical movements with overall health
Participates regularly in physical activity	**We need to move** Participate and demonstrate how to evoke effects of movement on body (show heart rate with hand), sweating, breathing hard, feeling a stretch, out of breath, rosy cheeks, hard to talk (out of breath). Perform tasks longer than before. Demonstrate PE skills during recess or other nonschool activities. Comply with rules and safe practices in PE. Make use of PE opportunities.
Achieves and maintains a personal health-enhancing level of physical fitness	**Physical fitness is good for you.** Demonstrate location and feel the heart beat Measure the heart beat Participate in a variety of physical activity Discuss the components of a healthy body

	Relate specific activities with specific health related components of fitness
Exhibits responsible personal and social behavior that respects self and others in physical activity settings	**There are ways to behave in physical activity settings.** Apply the rules of a game/activity with little or no reinforcement Take turns and invite others to participate Interact with a diverse population Share (equipment time, knowledge, space) Play safely Follow (classroom) safety rules
Creates opportunities for health, enjoyment, challenge, self-expression and/or social interaction through physical activity	**Physical activity is fun.** Look forward to physical activity/physical education opportunities Continue to try regardless of success in the activity Express their like and dislikes and state their reasons