Florida Physical Education

# Grade K

Adopted 2013

**Movement Competency**

**1 Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.**

1. Use a variety of locomotor skills to travel in personal and general space. PE.K.M.1.1
2. Strike objects using body parts forcefully. PE.K.M.1.2
3. Balance a lightweight object on a paddle/racket while moving. PE.K.M.1.3
4. Strike an object forcefully using a modified, long-handled implement of various sizes, weights and compositions. PE.K.M.1.4
5. Use two hands to bounce and catch a large playground ball. PE.K.M.1.5
6. Participate in a variety of introductory water skills. PE.K.M.1.6
7. Catch a variety of self-tossed objects. PE.K.M.1.7
8. Roll and throw a variety of objects using an underhand motion. PE.K.M.1.8
9. Throw a variety of objects forcefully using an overhand motion. PE.K.M.1.9
10. Perform a creative-movement sequence with a clear beginning balance, at least one movement and a clear ending shape. PE.K.M.1.10
11. Balance on a variety of body parts. PE.K.M.1.11
12. Perform a variety of rolling actions. PE.K.M.1.12
13. Move in a variety of ways in relation to others. PE.K.M.1.13

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Access Point for Students with Significant Cognitive Disabilities

Independent

a. Perform locomotor skills to travel in personal and general space. PE.K.M.1.IN.A

b. Strike a stationary, modified object with a body part. PE.K.M.1.IN.B

c. Balance a lightweight object on a paddle/racket. PE.K.M.1.IN.C

d. Strike a modified object using a modified implement. PE.K.M.1.IN.D

e. Release and catch a large playground ball. PE.K.M.1.IN.E

f. Participate in a variety of modified, introductory water skills, such as water entry, put face in water and supported with feet off bottom. PE.K.M.1.IN.F

g. Catch a variety of self-tossed, modified objects. PE.K.M.1.IN.G

h. Roll and throw a variety of modified objects using an underhand motion. PE.K.M.1.IN.H

i. Throw a variety of objects using an overhand motion. PE.K.M.1.IN.I

j. Perform a creative movement sequence with use of one movement concept. PE.K.M.1.IN.J

k. Balance on a body part. PE.K.M.1.IN.K

l. Perform more than one rolling action. PE.K.M.1.IN.L

m. Move in a variety of ways in relation to moving objects, such as chasing, fleeing and dodging. PE.K.M.1.IN.M

Supported

a. Perform locomotor skills to travel in general space. PE.K.M.1.SU.A

b. Swing and make contact with a modified object with a body part. PE.K.M.1.SU.B

c. Balance a modified lightweight object on a paddle/racket. PE.K.M.1.SU.C

d. Swing and make contact with a modified object using a modified implement. PE.K.M.1.SU.D

e. Use two hands to trap a large playground ball. PE.K.M.1.SU.E

f. Participate in a variety of selected, modified introductory water skills. PE.K.M.1.SU.F

g. Use two hands to trap modified objects. PE.K.M.1.SU.G

h. Roll and throw a variety of modified objects. PE.K.M.1.SU.H

i. Throw a variety of modified objects. PE.K.M.1.SU.I

j. Perform a creative movement sequence. PE.K.M.1.SU.J

k. Balance on two points of contact. PE.K.M.1.SU.K

l. Perform a log roll. PE.K.M.1.SU.L

m. Imitate ways to move, such as chasing and fleeing. PE.K.M.1.SU.M

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Participatory

a. Perform guided locomotor skills. PE.K.M.1.PA.A

b. Swing at a stationary, modified object with a body part. PE.K.M.1.PA.B

c. Balance a modified lightweight object on a modified paddle/racket. PE.K.M.1.PA.C

d. Swing at a modified object using a modified implement. PE.K.M.1.PA.D

e. Hold and release modified objects with arms or hands. PE.K.M.1.PA.E

f. Participate in a variety of guided, modified introductory water skills. PE.K.M.1.PA.F

g. Hold modified objects with arms or hands. PE.K.M.1.PA.G

h. Roll modified objects. PE.K.M.1.PA.H

i. Swing arm and release modified objects from hand. PE.K.M.1.PA.I

j. Perform a guided movement. PE.K.M.1.PA.J

k. Balance body to remain stationary. PE.K.M.1.PA.K

l. Perform a partial log roll, such as rolling to one side or from front to back. PE.K.M.1.PA.L

m. Move from one place to another. PE.K.M.1.PA.M

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**Cognitive Abilities**

2 **Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.**

1. Recognize locomotor skills. PE.K.C.2.1
2. Recognize physical activities have safety rules and procedures. PE.K.C.2.2
3. Recognize technology can be utilized during physical activity. PE.K.C.2.3
4. Recognize there are deep and shallow areas of a pool, and identify the dangers of entering a body of water without supervision. PE.K.C.2.4
5. Recognize the concept of a dominant hand/foot for throwing/striking/kicking patterns. PE.K.C.2.5
6. Recite cues for a variety of movement patterns and skills. PE.K.C.2.6
7. Identify personal and general space. PE.K.C.2.7
8. Recognize movement concepts. PE.K.C.2.8

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Access Point for Students with Significant Cognitive Disabilities

Independent

a. Recognize more than two locomotor skills, such as walking, running, skipping, leaping, jumping and galloping. PE.K.C.2.IN.A

b. Recognize that physical activities have safety rules. PE.K.C.2.IN.B

c. Recognize technology used during physical activity. PE.K.C.2.IN.C

d. Recognize the dangers of entering a body of water without supervision. PE.K.C.2.IN.D

e. Associate a dominant hand and foot with throwing or striking. PE.K.C.2.IN.E

f. Repeat cues for movement patterns or skills. PE.K.C.2.IN.F

g. Recognize personal and general space. PE.K.C.2.IN.G

h. Recognize a movement concept, such as direction, pathway or level. PE.K.C.2.IN.H

Supported

a. Recognize more than one locomotor skill, such as walking, running, skipping, leaping, jumping and galloping. PE.K.C.2.SU.A

b. Recognize that a physical activity has safety rules. PE.K.C.2.SU.B

c. Recognize a technology used during physical activity. PE.K.C.2.SU.C

d. Associate bodies of water with danger and the need for supervision. PE.K.C.2.SU.D

e. Associate a dominant hand or foot with throwing or striking. PE.K.C.2.SU.E

f. Repeat a cue for one movement pattern or skill. PE.K.C.2.SU.F

g. Recognize location in general space. PE.K.C.2.SU.G

h. Recognize a directional movement, such as up, down, over or under. PE.K.C.2.SU.H

Participatory

a. Associate movement with a locomotor skill, such as walking, running, skipping, leaping, jumping or galloping. PE.K.C.2.PA.A

b. Recognize a safety rule. PE.K.C.2.PA.B

c. Associate a technology with a physical activity. PE.K.C.2.PA.C

d. Associate bodies of water with danger. PE.K.C.2.PA.D

e. Recognize a hand or foot. PE.K.C.2.PA.E

f. Associate a cue with a movement pattern or skill. PE.K.C.2.PA.F

g. Associate location with general space. PE.K.C.2.PA.G

h. Associate movement with a direction. PE.K.C.2.PA.H

1. Identify a moderate physical activity. PE.K.L.3.1
2. Identify a vigorous physical activity. PE.K.L.3.2
3. Identify opportunities for involvement in physical activities during the school day. PE.K.L.3.3
4. Identify opportunities for involvement in physical activities after the school day. PE.K.L.3.4
5. Describe physical-activity goal-setting. PE.K.L.3.5
6. Identify the benefits of participating in physical activity. PE.K.L.3.6
7. Verbally state the search used before crossing a roadway. PE.K.L.3.7

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Access Point for Students with Significant Cognitive Disabilities

Independent

a. Recognize a moderate physical activity. PE.K.L.3.IN.A

b. Recognize a vigorous physical activity. PE.K.L.3.IN.B

c. Recognize opportunities for involvement in physical activities during the school day. PE.K.L.3.IN.C

d. Recognize opportunities for involvement in physical activities after the school day. PE.K.L.3.IN.D

e. Identify a physical activity goal. PE.K.L.3.IN.E

f. Recognize selected benefits of participating in physical activities. PE.K.L.3.IN.F

g. Repeat the search used before crossing a road, such as look left, look right and look left again. PE.K.L.3.IN.G

Supported

a. Recognize a moderate modified physical activity. PE.K.L.3.SU.A

b. Recognize a physical activity. PE.K.L.3.SU.B

c. Recognize opportunities for involvement in modified physical activities during the school day. PE.K.L.3.SU.C

d. Recognize opportunities for involvement in modified physical activities after the school day. PE.K.L.3.SU.D

e. Recognize a physical-activity goal. PE.K.L.3.SU.E

f. Recognize that participating in a physical activity is good for you. PE.K.L.3.SU.F

g. Repeat a model of the search with associated movements used before crossing a road, such as look left, look right and look left again. PE.K.L.3.SU.G

Participatory

a. Recognize a modified physical activity. PE.K.L.3.PA.A

b. Explore physical activities. PE.K.L.3.PA.B

c. Associate selected modified physical activities with experiences during the school day. PE.K.L.3.PA.C

d. Associate selected modified physical activities with experiences after the school day. PE.K.L.3.PA.D

e. Associate a goal with completion of a selected physical activity. PE.K.L.3.PA.E

f. Associate physical activity with feeling well. PE.K.L.3.PA.F

g. Perform a search using guided movements before crossing a road, such as look left, look right and look left again. PE.K.L.3.PA.G

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**4 Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.**

1. Identify the location of muscles that help the body perform specific physical activities. PE.K.L.4.1
2. Identify that the heart beats faster during more intense physical activity. PE.K.L.4.2
3. Identify activities that increase breathing and heart rate. PE.K.L.4.3
4. Identify a physiological sign of participating in physical activity. PE.K.L.4.4
5. Identify a benefit of flexibility. PE.K.L.4.5
6. Differentiate between healthy and unhealthy food choices. PE.K.L.4.6

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Access Point for Students with Significant Cognitive Disabilities

Independent

a. Recognize the location of muscles that help you move in physical activities. PE.K.L.4.IN.A

b. Recognize a physiological sign of physical activity, such as increased heart rate and faster breathing. PE.K.L.4.IN.B

c. Identify a variety of activities that increase breathing and heart rate. PE.K.L.4.IN.C

d. Recognize a physiological sign of participating in physical activity, such as an increased heart rate and faster breathing. PE.K.L.4.IN.D

e. Recognize a benefit of flexibility. PE.K.L.4.IN.E

f. Identify healthy and unhealthy food choices. PE.K.L.4.IN.F

Supported

a. Associate muscles with movement of the body in physical activities. PE.K.L.4.SU.A

b. Associate physical activity with increased heart rate or breathing. PE.K.L.4.SU.B

c. Identify selected activities that increase breathing and heart rate. PE.K.L.4.SU.C

d. Associate physical activity with an increased heart rate or breathing. PE.K.L.4.SU.D

e. Recognize a characteristic of flexibility. PE.K.L.4.SU.E

f. Recognize healthy and unhealthy food choices. PE.K.L.4.SU.F

Participatory

a. Associate movement with physical activity. PE.K.L.4.PA.A

b. Associate physical activity with physical change. PE.K.L.4.PA.B

c. Associate a physical activity with increased breathing and heart rate. PE.K.L.4.PA.C

d. Associate physical activity with physical change. PE.K.L.4.PA.D

e. Associate flexibility with movement. PE.K.L.4.PA.E

f. Recognize a healthy food. PE.K.L.4.PA.F

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**Responsible Behaviors and Values**

**5 Exhibit responsible personal and social behavior that respects self and others in physicalactivity settings.**

1. Identify ways to cooperate with a partner during physical activity. PE.K.R.5.1
2. Use equipment safely and properly. PE.K.R.5.2
. Identify ways to treat others with respect during physical activity. PE.K.R.5.3

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Access Point for Students with Significant Cognitive Disabilities

Independent

a. Identify sharing as a way to work with others. PE.K.R.5.IN.A

b. Use equipment for its intended purpose. PE.K.R.5.IN.B

c. Recognize ways to show respect for others during physical activity. PE.K.R.5.IN.C

Supported

a. Recognize sharing as a way to work with others. PE.K.R.5.SU.A

b. Use the appropriate equipment for a physical activity. PE.K.R.5.SU.B

c. Recognize ways to show respect for others during selected physical activities. PE.K.R.5.SU.C

Participatory

a. Associate sharing with working with others. PE.K.R.5.PA.A

b. Associate the equipment with a physical activity. PE.K.R.5.PA.B

c. Recognize ways to show respect when others are present. PE.K.R.5.PA.C

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6 **Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**

1. Identify physical activities that are enjoyable. PE.K.R.6.1
2. Identify a benefit of willingly trying new movements and motor skills. PE.K.R.6.2
3. Identify the benefits of continuing to participate when not successful on the first try. PE.K.R.6.3

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Access Point for Students with Significant Cognitive Disabilities

Independent

a. Recognize physical activities that are enjoyable. PE.K.R.6.IN.A
b. Recognize a benefit of willingly trying new motor movements. PE.K.R.6.IN.B
c. Recognize benefit of continuing to participate when not successful. PE.K.R.6.IN.C

Supported

a. Recognize a physical activity that is enjoyable. PE.K.R.6.SU.A
b. Recognize a benefit of willingly trying selected new motor movements. PE.K.R.6.SU.B
c. Recognize benefit of trying when not successful. PE.K.R.6.SU.C

Participatory

a. Associate physical activity with enjoyment. PE.K.R.6.PA.A
b. Recognize motor movements. PE.K.R.6.PA.B
c. Continue to attend when not successful. PE.K.R.6.PA.C