Georgia Physical Education

Grade K

Adopted 2018

Motor Skills and Movement Patterns

1. **The physically educated student demonstrates competency in a variety of motor skills and movement patterns.** PEK.1
   a. Performs basic locomotor skills (walk, run, hop, jump, skip, slide, and gallop) while maintaining balance. PEK.1.A
   b. Performs locomotor skills in response to teacher-led, creative dance. PEK.1.B
   c. Performs jumping/landing with balance. PEK.1.C
   d. Performs basic non-locomotor skills (bend, straighten, twist, stretch, swing, sway, and turn) while maintaining balance. PEK.1.D
   e. Maintains balance on different bases of support (wide, narrow, curled, and twisted body shapes). PEK.1.E
   f. Throws underhand with opposite foot forward. PEK.1.F
   g. Catches a self-tossed object (ball, scarf, and bean bag). PEK.1.G
   h. Drops a ball and catches it after a single bounce. PEK.1.H
   i. Demonstrates basic dribbling skills with hands attempting multiple contacts. PEK.1.I
   j. Demonstrates basic dribbling skills with feet attempting multiple contacts. PEK.1.J
   k. Kicks a stationary ball from a stationary position (keeping eyes on the ball, stepping with the opposite foot next to ball, contacting the ball with dominant foot, and following through). PEK.1.K
   l. Volleys a lightweight object (beach ball or balloon) upward using a variety of body parts. PEK.1.L
   m. Strikes a lightweight object (beach ball or balloon) using a short-handled implement. PEK.1.M
   n. Executes a single jump using a self-turned rope. PEK.1.N
   o. Executes a single jump of a long rope with teacher assisted turning. PEK.1.O

Movement Concepts and Principles

2. **The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.** PEK.2
   a. Demonstrates an understanding of general and personal space by traveling without bumping into another student. PEK.2.A
   b. Performs a rhythmic activity in a personal space. PEK.2.B

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c. Travels in three different pathways (straight, curved, and zig zag) PEK.2.C

d. Travels in general space with different speeds. PEK.2.D

e. Travels in general space on different levels. PEK.2.E

Fitness

3. The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness. PEK.3

a. Identifies active play opportunities outside the physical education setting. PEK.3.A

b. Actively participates in physical education class. PEK.3.B

c. Recognizes that moving at a fast pace increases heart rate and breathing. PEK.3.C

Personal and Social Behavior, Rules, Safety, and Etiquette

4. The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings. PEK.4

a. Follows directions individually and in a group setting (follows rules and takes turns). PEK.4.A

b. Acknowledges responsibility for behavior when prompted. PEK.4.B

c. Shares equipment and space with others. PEK.4.C

d. Recognizes the established classroom procedures. PEK.4.D

e. Follows teacher directions for safe participation and proper use of equipment with minimal reminders. PEK.4.E

5. The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. PEK.5

a. Recognizes that physical activity is important for good health. PEK.5.A

b. Acknowledges that some physical activities are challenging/difficult. PEK.5.B

c. Identifies physical activities that are enjoyable. PEK.5.C

d. Recognizes the enjoyment of playing with others. PEK.5.D

e. Accepts and respects differences and similarities of physical abilities in self and others. PEK.5.E