Idaho Physical Education

Grades K, 1, 2

Adopted 2010

Skilled Movement

1.1: Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

1. Achieve mature forms in the basic locomotor skills (e.g., walking, running, skipping, etc.) and vary the manner in which these skills are performed during changing conditions and expectations (e.g., levels, speeds, pathways, relationships, and effort). K-2.PE.1.1.1
2. Demonstrate smooth transitions between sequential locomotor, non-locomotor, and manipulative skills (e.g. PEmetrics, etc.). K-2.PE.1.1.2
3. Achieve mature form in the less complex manipulative skills (e.g., underhand throw, catching, rolling, etc.) and show progress toward achieving mature form in the more complex manipulative skills (e.g., foot dribble, overhand throw, kicking, etc.). K-2.PE.1.1.3
4. Demonstrate control in non-locomotor skills (e.g., twisting, bending, weight-transfer, etc.) as well as weight-bearing and balancing on a variety of body parts (e.g. symmetrical/asymmetrical, stork stand, partner balances, etc.). K-2.PE.1.1.4

Movement Knowledge

2.1: Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

1. Identify simple biomechanical principles (e.g., opposition, weight transfer, wide base of support for stability, etc.). K-2.PE.2.1.1
2. Identify and apply critical cues and concepts of body, space, effort, and relationships that vary the quality of movement (e.g., side to target, move in personal space, throw hard for distance, name different pathways, etc.). K-2.PE.2.1.2

Valuing a Physically Active Lifestyle

3.1: Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.

1. Participate in developmentally appropriate moderate to vigorous physical activity a minimum of 33% of the lesson time. (e.g., time assessment, pedometer = 1800 steps in a 30 minute class or 60 steps per minute, etc.). K2.PE.3.1.1
2. Participate daily in moderate to vigorous physical activity during and outside of class as recommended by NASPE, CDC, and USDHHS of at least 60 minutes or more per day (e.g., activity logs, step count of at least 12000 steps per day, activity breaks, etc.). K-2.PE.3.1.2

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3. Express feelings about participation appropriately during physical activity (e.g., use of emoticons like smiley faces and thumb up/down, etc.). K-2.PE.3.1.3

Personal Fitness

4.1: Achieve and maintain a health-enhancing level of physical fitness.

1. Engage in a variety of activities that promote health-related physical fitness (e.g., jumping rope, riding a bicycle, animal walks, climbing rope, chasing and fleeing games, tumbling activities, dance skills, etc.). K-2.PE.4.1.1
2. Know and demonstrate basic knowledge of health-related fitness including cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition (e.g., identify various activities that demonstrate each health-related component, etc.). K-2.PE.4.1.2
3. Recognize physiological signs associated with participation in moderate-to-vigorous physical activity (e.g., sweating, fast heart rate, heavy breathing, etc.). K-2.PE.4.1.3

Personal and Social Responsibility

5.1: Exhibit responsible and social behavior that respects self and others in physical activity settings.

1. Apply physical education class rules, procedures, and safe practices (e.g., listen/respond to teacher and peers, personal space, follow directions, etc). K-2.PE.5.1.1
2. Interact cooperatively using interpersonal communication during partner and small group activities (taking turns, sharing equipment, helping others, etc). K-2.PE.5.1.2
3. Work together to problem solve, complete a task, and/or tackle a challenge (e.g. rock/paper/scissors, sharing, partner games, etc). K-2.PE.5.1.3