Kansas Physical Education

Grades 3-5

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. 1

A Locomotor 1A

1 Selects sprinting or jogging as appropriate for short- and long-distance running. 1A.IM1

2 Links a variety of locomotor skills into a continuous movement sequence. 1A.IM2

B Non-locomotor (stability) 1B

1 Balances and/or transfers weight on apparatus or with a partner. 1B.IM1

C Manipulatives 1C

1 Performs the following skills with 4-5 critical elements* of a mature pattern: throwing (overhand and underhand), catching, dribbling with hands, kicking, volleying (underhand and overhead), striking (short and long implements). 1C.IM1

2 Throws to a target or partner with objects of varied weight and size while stationary or moving. 1C.IM2

3 Catches a thrown or batted ball while moving or stationary at high, medium, and low levels. 1C.IM3

4 Dribbles with either hand while jogging. 1C.IM4

5 Passes and receives a ball with the feet while moving. 1C.IM5

6 Volleys underhand over a net or to a target. 1C.IM6

7 Strikes a stationary or moving object to a partner or in a game situation, using short and/or long implements. 1C.IM7

8 Jumps with short or long ropes in a self-created jump rope routine. 1C.IM8

D Offensive and Defensive Skills 1D

Developmentally appropriate outcomes first appear in Grade 6.

E Dance and Rhythms 1E

1 Creates an original dance utilizing a combination of locomotor skills and movement concepts (e.g. changes in speed, direction, level, flow, etc.). 1E.IM1

2 Performs cultural dances (i.e. folk and square dance) with proper rhythm and movement. 1E.IM2

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inc Skip to main content **Movement concepts, principles and knowledge** 2A
knowledge of concepts,

principles, strategies and tactics related to movement and performance. 2

1 Describes how heart rate and other biological indicators are used to monitor exercise intensity. 2A.IM1

2 Explains the importance of practice for improving skill performance. 2A.IM2

3 Recognizes the necessity of transferring weight from the back leg to the front leg during any action that propels an object forward. 2A.IM3

4 Identifies the key elements of a catch and provides feedback to a fellow student. 2A.IM4

5 Applies appropriate force while dribbling a ball with hands. 2A.IM5

6 Describes foot placement when dribbling a ball and for kicking a stationary or moving ball. 2A.IM6

7 Identifies the key elements of a proper grip when holding a short or long implement. 2A.IM7

B Strategies and Tactics 2B

1 Applies movement concepts to strategies used in games (e.g. direction, force, speed, pathways, etc.). 2B.IM1

2 Executes basic offensive and defensive strategies and tactics used in a variety of activities, invasion games, net/wall games, throws, volleys, and striking. 2B.IM2

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3

A Physical Activity Knowledge 3A

1 Recognizes the effects of different levels of exertion during physical activity (i.e. sedentary vs. vigorous). 3A.IM1

B Fitness Knowledge 3B

1 Lists the components of health-related fitness (cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, body composition). 3B.IM1

2 Recalls the components of skill related fitness (agility, balance, coordination, power, reaction time, speed). 3B.IM2

3 Describes the importance of warm-up and cool-down. 3B.IM3

4 Defines the target heart zone. 3B.IM4

5 Explains the importance of exercising in the target heart zone. 3B.IM5

C Assessment and Program Planning 3C

1 Analyzes and interprets results of fitness assessments. 3C.IM1

2 Sets goals for improvement of physical fitness based upon a fitness assessment. 3C.IM2

D Nutrition 3D

1 Chooses foods that support participation in sport and physical activity. 3D.IM1

2 Recognizes the importance of hydration during and after physical activity. 3D.IM2

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The physically literate individual exhibits responsible personal and social behavior that respects self and others. 4

A Demonstrating Personal Responsibility 4A

1 Participates responsibly both independently and with others. 4A.IM1

2 Accepts responsibility if personal behavior affects others negatively. 4A.IM2

3 Uses equipment responsibly and appropriately. 4A.IM3

B Accepting/Providing Feedback 4B

1 Provides encouragement to peers. 4B.IM1

C Working with Others 4C

1 Works with peers of all skill abilities. 4C.IM1

2 Demonstrates socially acceptable conflict resolution strategies. 4C.IM2

D Following Rules and Etiquette 4D

1 Adheres to rules and accepts consequences for infractions. 4D.IM1

E Safety 4E

1 Follows safety procedures without reminders. 4E.IM1

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

A Health 5A

1 Describes the health benefits of physical activity. 5A.IM1

B Challenge 5B

1 Selects physical activities based on personal levels of challenge. 5B.IM1

C Self-expression and Enjoyment 5C

1 Expresses positive feelings when participating in physical activities inside or outside of school. 5C.IM1

D Social Interaction 5D

1 Exhibits positive attitudes towards physical activity while interacting with peers. 5D.IM1

2 Communicates effectively with others to establish positive social interaction during physical activities. 5D.IM2