Kansas Physical Education

Grades PK-2

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

A Locomotor 1A

1 Performs hopping, skipping, galloping, sliding and leaping competently. 1A.P1

2 Achieves mature form* of running. 1A.P2

3 Utilizes correct mechanics* for take-off and landing while jumping for height and for distance. 1A.P3

B Non-locomotor (stability) 1B

1 Controls body while balancing in a variety of shapes on different levels and bases of support. 1B.P1

2 Transfers weight appropriately between bases of support. 1B.P2

C Manipulatives 1C

1 Performs the following skills with 2-3 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.P1

2 Dribbles with either foot and maintains control of the ball for a short distance. 1C.P2

3 Strikes a slow-moving object upward repeatedly using a short implement. 1C.P3

4 Strikes a stationary object with a long implement. 1C.P4

5 Jumps a self-turned rope repeatedly and a long rope at least five times. 1C.P5

D Offensive and Defensive Skills 1D

Developmentally appropriate outcomes first appear in Grade 6.

E Dance and Rhythms 1E

1 Performs rhythmic activities created by the teacher and/or students. 1E.P1

F Lifetime Activities 1F

Developmentally appropriate outcomes first appear in Grade 6.

The physically literate individual applies knowledge of concepts, pri an

Skip to main content

A Movement concepts, principles and knowledge 2A

1 Demonstrates multiple levels of movement, speed, direction, rhythm, pathways, force, time. 2A.P1

Applies corrective feedback to movement errors during performance. 2A.P2

movement and performance. 2

3 States the short-term effects of physical activity on the heart and lungs. 2A.P3

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 States the benefits of being physically active. 3A.P1

B Fitness Knowledge 3B

1 Recognizes the relationship between movement, heart rate and breathing (i.e. increased movement causes increased heart rate and faster breathing). 3B.EP1

2 Names physical activities that enhance fitness. 3B.EP2

C Assessment and Program Planning 3C

Developmentally appropriate outcomes first appear in Grade 3.

D Nutrition 3D

1 Distinguishes between healthy and unhealthy foods. 3D.EP1

2 Describes the relationship between food, energy, and physical activity. 3D.EP2

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

A Demonstrating Personal Responsibility 4A

1 Plays independently with responsible personal behavior. 4A.EP1

B Accepting/Providing Feedback 4B

1 Accepts corrective feedback from the teacher. 4B.EP1

C Working with Others 4C

1 Works cooperatively with the teacher and others. 4C.EP1

D Following Rules and Etiquette 4D

1 Follows instructions and class procedures. 4D.EP1

E Safety 4E

1 Follows the teacher's instructions regarding safety procedures. 4E.EP1

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 Identifies physical activities that enhance health. 5A.EP1

B Challenge 5B

1 Recognizes physical activities that are challenging. 5B.EP1

C Self-expression and Enjoyment 5C

1 Identifies physical activities that provide opportunities for self-expression and enjoyment. 5C.EP1