Kansas Physical Education

Grades PK-K

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

A Locomotor 1A

1 Executes basic locomotor skills (i.e. walk, run, hop, skip, jump, gallop, slide, leap). 1A.E1

B Non-locomotor (stability) 1B

1 Demonstrates body awareness and control by performing a variety of shapes (e.g. wide, narrow, curled, twisted, and stretched, etc.). 1B.E1

2 Sustains a stationary pose on various bases of support. 1B.E2

C Manipulatives 1C

1 Throws underhand while stepping forward with opposite foot. 1C.E1

2 Catches a large ball before it bounces twice. 1C.E2

3 Dribbles a ball at least two times with one hand. 1C.E3

4 Dribbles a ball forward with the inside of the dominant foot. 1C.E4

5 Kicks a ball with the top of the foot. 1C.E5

6 Volleys upward a large, slow-moving object. 1C.E6

7 Strikes a slow-moving object using a short implement. 1C.E7

8 Jumps a self-turned rope at least once. 1C.E8

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. 2

A Movement concepts, principles and knowledge 2A

1 Names various locomotor movements performed in general space and personal space. 2A.E1

2 Recognizes different body parts and their relation to movement. 2A.E2

3 Explains three different movement pathways (e.g. straight, curved, zigzag, etc.). 2A.E3

4 Regulates movement in general space by speed. 2A.E4