

Kindergarten

Demonstrate competency in a variety of motor skills and movement patterns.

Locomotor

- 1 Explore a variety of locomotor movements, travelling in different directions. **K.1.L1**

Non-Locomotor

- 1 Explore non-locomotor skills, using different body parts. **K.1.NL1**

Body Management

- 1 Maintain momentary stillness on different bases of support and transfers weight from one foot to another. **K.1.BM1**
- 2 Transfer weight from one foot to the other **K.1.BM2**

Manipulative Skills

- 1 Explore manipulative skills with a variety of objects using performance cues. **K.1.MS1**

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Space

- 1 Explore the difference between personal and general space. **K.2.SP1**

Pathways, Shapes and Levels

- 1 Explore pathways, levels and relationships. **K.2.PS1**

Speed, Direction and Force

- 1 Explore travel in general space with different speeds. **K.2.SD1**

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge

- 1 Identify a variety of ways to be physically active at school and home. **K.3.PA1**

Physical Fitness Knowledge

- 1 Identify the importance of daily activity **K.3.PF1**
- 2 Recognize that moving increases heart and respiratory rate. **K.3.PF2**

Nutrition

- 1 Recognize that food provides energy for physical activity. **K.3.N1**

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Social Interactions/Working with Others

- 1 Share equipment and space with others in physical activity settings. **K.4.SW1**

Rules and Etiquette

- 1 Recognize and follow the established rules, protocol and etiquette in physical education. **K.4.RE1**

Safety

- 1 Follow teacher directions for safe participation and proper use of equipment, independently and with others **K.4.SA1**

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Health

- 1 Identify physical activity as a component of good health. **K.5.H1**

Challenge

- 1 Acknowledge that some physical activities are challenging **K.5.C1**

Self-Expression and Enjoyment

- 1 Explore enjoyable physical activities. **K.5.SE1**

Social Interaction

- 1 Explore social interaction through physical activity **K.5.SI1**

Advocacy

- 1 Recognize the importance of promoting physical activity **K.5.A1**