

Kindergarten-Grade 2

Develops a variety of motor skills: Through learning experiences in physical education, the student develops motor skills across a variety of environments. Motor skills are a foundational part of child development and support the movements of everyday life. The development of motor skills contributes to an individual's physical literacy journey [1](#)

1 Demonstrates a variety of locomotor skills with the concepts of space, effort and relationship awareness. [1.2.1](#)

2 Demonstrates jumping and landing in a non-dynamic environment. [1.2.2](#)

3 Demonstrates transferring weight on multiple body parts. [1.2.3](#)

4 Demonstrates non-locomotor skills with the concepts of space, effort and relationship awareness. [1.2.4](#)

5 Demonstrates balancing on different body parts in a non-dynamic environment. [1.2.5](#)

6 Demonstrates bouncing a ball in a variety of non-dynamic practice tasks. [1.2.6](#)

7 Demonstrates rolling a ball in a variety of non-dynamic practice tasks. [1.2.7](#)

8 Demonstrates catching and throwing in a variety of non-dynamic practice tasks. [1.2.8](#)

9 Demonstrates kicking a ball in a variety of non-dynamic practice tasks. [1.2.9](#)

10 Demonstrates dribbling with feet in a variety of non-dynamic practice tasks. [1.2.10](#)

11 Demonstrates striking with hands in a variety of non-dynamic practice tasks. [1.2.11](#)

12 Demonstrates striking with a short-handled and long-handled implement in a variety of non-dynamic practice tasks. [1.2.12](#)

13 Demonstrates locomotor, non-locomotor and manipulative movements based on a variety of dance forms. [1.2.13](#)

14 Demonstrates jumping rope in a non-dynamic environment. [1.2.14](#)

15 Demonstrates water safety and basic swimming skills on dryland or in water. [1.2.15](#)

Applies knowledge related to movement and fitness concepts:

1 Recognizes personal space and where to move in general space. [2.2.1](#)

Through learning experiences in physical education, the student uses their knowledge of movement concepts, tactics and strategies across a variety of environments. This knowledge helps the student become a more versatile and efficient mover. Additionally, the student applies knowledge of health-related and skill-related fitness to enhance their overall well-being. The application of knowledge related to various forms of movement contributes to an individual's physical literacy journey ²

- 2** Identifies simple strategies in chasing and fleeing activities. ^{2.2.2}
- 3** Identifies movement concepts related to locomotor, non-locomotor and manipulative skills. ^{2.2.3}
- 4** Demonstrates knowledge of locomotor, non-locomotor and manipulative skills in movement settings. ^{2.2.4}
- 5** Demonstrates knowledge of non-locomotor, locomotor and movement concepts used in dance and rhythms. ^{2.2.5}
- 6** Identifies physical activities that contribute to fitness. ^{2.2.6}
- 7** Recognizes the importance of stretching before and after physical activity. ^{2.2.7}
- 8** Identifies the heart as a muscle that gets stronger with physical activity. ^{2.2.8}
- 9** Recognizes that regular physical activity is good for their health. ^{2.2.9}
- 10** Recognizes physiological changes in their body during physical activities. ^{2.2.10}
- 11** Recognizes food and hydration choices that provide energy for physical activity. ^{2.2.11}
- 12** Demonstrates knowledge of water safety skills. Demonstrates knowledge of basic swimming skills. ^{2.2.12}

Develops social skills through movement: Through learning experiences in physical education, students develop the social skills necessary to exhibit empathy and respect for others and foster and maintain relationships. In addition, students develop skills for communication, leadership, cultural awareness and conflict resolution in a variety of physical activity settings. ³

- 1** Recognizes the feelings of others during a variety of physical activities. ^{3.2.1}
- 2** Demonstrates ability to encourage others. ^{3.2.2}
- 3** Uses communication skills to share space and equipment. ^{3.2.3}
- 4** Responds appropriately to directions and feedback from the teacher. ^{3.2.4}
- 5** Demonstrates respectful behaviors that contribute to positive social interactions in movement. ^{3.2.5}
- 6** Describes why following rules are important for safety and fairness. ^{3.2.6}
- 7** Makes safe choices with physical education equipment. ^{3.2.7}
- 8** Discusses problems and solutions with teacher support in a physical activity setting. ^{3.2.8}
- 9** Makes fair choices as directed by teacher. ^{3.2.9}
- 10** Identifies and participates in physical activities representing different cultures. ^{3.2.10}

Develops personal skills, identifies personal benefits of movement and chooses to engage in physical activity: Through learning experiences in physical education, the student develops an understanding of how movement is personally beneficial and subsequently chooses to participate in physical activities that are personally meaningful (e.g., activities that offer social interaction, cultural connection, exploration, choice, self-expression, appropriate levels of challenge and added health benefits). The student develops personal skills including goal setting, identifying strengths and reflection to enhance their physical literacy journey. [4](#)

- 1 Identifies physical activities that can meet the need for self-expression.** [4.2.1](#)

- 2 Identifies physical activities that can meet the need for social interaction.** [4.2.2](#)

- 3 Lists ways that movement positively affects personal health.** [4.2.3](#)

- 4 Identifies preferred physical activities based on personal interests.** [4.2.4](#)

- 5 Recognizes individual challenges through movement (e.g., heart rate, exertion, endurance, skill).** [4.2.5](#)

- 6 Sets observable short-term goals.** [4.2.6](#)

- 7 Recognizes movement strengths and the need for practice for individual improvement.** [4.2.7](#)

- 8 Recognizes the opportunity for physical activity within physical education class.** [4.2.8](#)

- 9 Demonstrates techniques (e.g., breathing, counting) to assist with managing emotions and behaviors in a physical activity.** [4.2.9](#)

- 10 Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful.** [4.2.10](#)