Louisiana Physical Education

Kindergarten

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

Locomotor Non-locomotor Demonstrate locomotor and non-locomotor skills in a variety of ways.

1. Demonstrate walk, run and slide locomotor skills 1.K-1.1
2. Explore locomotor skills of jump, gallop, skip, hop and leap in a closed environment 1.K-1.2
3. Use non-locomotor skills in closed and an open environment 1.K-1.3
4. Balance using a variety of body parts and body shapes 1.K-1.4
5. Transfer weight by rocking and rolling 1.K-1.5
6. Move in time with a changing beat 1.K-1.6

Manipulative

1. Throw objects in a variety of ways to oneself 1.K-2.1
2. Catch a bounced ball 1.K-2.2
3. Use different body parts to strike a lightweight object and keep it in the air 1.K-2.3
4. Kick a stationary ball 1.K-2.4
5. Dribble objects with the hand in a closed or open environment 1.K-2.5
6. Roll a ball underhand 1.K-2.6

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

Movement Concepts Demonstrate knowledge of movement concepts related to body, space, effort, flow and relationships.

1. Establish a movement vocabulary through exploration of body, space, effort, flow and relationships 2.K-1.1
2. Recall pathways, direction, levels and relationships 2.K-1.2
3. Distinguish between different degrees of effort 2.K-1.3
4. Identify boundaries for personal and general space 2.K-1.4

Knowledge of Skill Cues Demonstrate knowledge of critical elements of fundamental motor skills

1. Differentiate among locomotor skills 2.K-2.1
2. Repeat cue words for fundamental motor skills 2.K-2.2

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

Physical activity knowledge Evaluate level of physical activity Healthy habits in relation to physical activity Describes current level of physical activity & identifies additional physical activity opportunities

1. Recognize and differentiate between physical activity and inactivity 3.K-1.1
2. Recognize the amount of physical activity within physical education 3.K-1.2
2. Recognize that food provides energy for physical activity 3.K-1.2

Cardio Muscular strength and endurance Flexibility Understand the principles, components and practices of health-related physical fitness.

1. Recognize activities that could be used to improve each component of health-related fitness 3.K-2.1
2. Recognize that when one moves fast, the heart beats faster and breathing becomes faster 3.K-2.2
3. Recognize the importance of muscular strength to support body weight 3.K-2.3
4. Identify ways to stretch muscles in the body 3.K-2.4

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

Self-direction Safety Know and follow procedures and safe practices.

1. Respond positively to reminders of appropriate safety procedures 4.K-1.1
2. Follow directions and handle equipment safely 4.K-1.2
3. Work independently and safely in self and shared space 4.K-1.3
4. Explain rules related to safety and activity-specific procedures 4.K-1.4

Cooperation and Respect Responsible behavior in physical activity settings

1. Follow instructions while participating in physical education activities 4.K-2.1
2. Demonstrate cooperation and consideration of others in partner and group physical activities 4.K-2.2
3. Demonstrate willingness to work with a variety of partners in physical education activities 4.K-2.3

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

Health reasons to be physically active Identifies health benefits as reasons to value physical activity.

1. Recognize physical activity has positive health benefits 5.K-1.1

Enjoyment Identifies reasons to participate in physical activity.

1. Participate in physical activity outside of class time or during their leisure time 5.K-2.1