Maryland Physical Education

Kindergarten

Motor Skills and Movement Patterns S1

Hopping, Galloping, Jogging, Running, Sliding, and Skipping

1 Performs locomotor skills with balance. S1.K.1

Jogging for Distance

2 This skill becomes a developmentally appropriate practice beginning in 2nd grade. S1.K.2

Jumping and Landing

3 Performs horizontal and vertical jumping and landing actions with balance. S1.K.3

Dance

4 Performs locomotor skills in response to teacher-led creative dance. S1.K.4

Balance

5a Maintains balance on different bases of support. S1.K.5A

5b Forms wide, narrow, curled, and twisted body shapes. S1.K.5B

Weight Transfer

6 This skill becomes a developmentally appropriate practice beginning in 1st grade. S1.K.6

Weight Transfer - Rolling

7 Demonstrates rolling sideways in a narrow body shape. S1.K.7

Curling, Stretching, Twisting, and Bending

8 Contrasts the actions of curling and stretching. S1.K.8

Combinations - Balance and Weight Transfers

9 This skill becomes a developmentally appropriate practice beginning in 2nd grade. S1.K.9

Rolling a Ball

10 Rolls a ball with the opposite foot forward. S1.K.10

nderhand Throw

l Demonstrates an underhand throw with the opposite foot forward. S1.K.11

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Overhand Throw

12 This skill becomes a developmentally appropriate practice beginning in 2nd grade. S1.K.12

Catching

13a Drops a ball and catches it before it bounces twice. S1.K.13A

13b Catches a large ball tossed by a skilled thrower. S1.K.13B

Dribbling with Hands

14 Dribbles a ball with 1 hand, attempting the second contact. S1.K.14

Dribbling with Feet

15 Taps a ball using the inside of the foot, sending it forward. S1.K.15

Kicking

16 Kicks a stationary ball from a stationary position, demonstrating some critical elements. S1.K.16

Underhand Volley

17 Volleys a lightweight object, sending it upward. S1.K.17

Striking with a Short-Handled Implement

18 Strikes a lightweight object with a paddle or short-handled racket. S1.K.18

Catching with a Short-Handled Implement

19 Drops a ball and catches it with a short-handled implement before the ball bounces twice in a nondynamic environment. S1.K.19

Striking with a Long-Handled Implement

20 This skill becomes a developmentally appropriate practice beginning in 2nd grade. S1.K.20

Jumping Rope

21a Executes a single jump with a self-turned rope. S1.K.21A

21b Jumps a long rope with teacher-assisted turning. S1.K.21B

Concepts and Strategies S2

Space

1a Identifies personal space. S2.PK.1A

1b Identifies general space. S2.PK.1B

Pathways, Shapes, & Levels

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ı Travels forward and sideways while changing directions quickly in response to a signal. S2.PK.2A

2b Identifies three pathways (straight, curved, and zigzag). S2.PK.2B

Speed, Direction, & Force

3 Demonstrates the relationship of over, under, through, behind, next to, right, left, up, down, forward, backward, and in front of by using the body and/or object. S2.PK.3

HEALTH-ENHANCING LEVEL OF PHYSICAL ACTIVITY AND FITNESS S3

Physical Activity Knowledge

1 Identifies active play opportunities outside of physical education class. S3.GK.1

Physical Activity Engagement

2 Participates in physical education class. S3.GK.2

Fitness Knowledge

3a Participates in activities that increase the heart rate. S3.GK.3A

3b Identifies the chest as a place on the body to feel their heartbeat with one hand. S3.GK.3B

Nutrition

4a Identifies foods that fuel your body. S3.GK.4A

4b Recognizes the relationship between nutrition and physical activity. S3.GK.4B

Responsible Personal and Social Behavior S4

Personal Responsibility

1a Follows directions in a group setting. S4.PK.1A

1b Responds to signals when transitioning from one activity to another. S4.PK.1B

1c Recognizes that practice helps skill development. S4.PK.1C

Corrective Feedback

2 Uses verbal and visual cues to improve skill performance. S4.PK.2

Accepting Feedback

3a Identifies the importance of corrective feedback on performance. S4.PK.3A

3b Responds to an adult when asked. S4.PK.3B

Working with Others

4 Exhibits strategies for dealing with conflicts, such as sharing, taking turns, and compromising. S4.PK.4

Rules and Etiquette

5 Shows awareness for the established protocol for classroom activities. S4.PK.5

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a Appropriately handles materials and equipment. S4.PK.6A

6b Follows basic safety rules with adult guidance and support. S4.PK.6B

Recognizes the Value of Physical Activity S5

Health

1 Recognizes that physical activity can be fun and enjoyable. S5.PK.1

Challenge

2 Identifies some physical activities that can be challenging. S5.PK.2

Self-Expression and Enjoyment

3a Demonstrates enjoyment of playing with other children. S5.PK.3A

3b Shows satisfaction or seeks acknowledgment when completing a task or solving a problem. S5.PK.3B