

# Kindergarten

## Motor Skills and Movement Patterns **S1**

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

- 1 Performs locomotor skills with balance. **S1.K.1**
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#### Jogging for Distance

- 2 This skill becomes a developmentally appropriate practice beginning in 2nd grade. **S1.K.2**
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#### Jumping and Landing

- 3 Performs horizontal and vertical jumping and landing actions with balance. **S1.K.3**
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#### Dance

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

- 5a Maintains balance on different bases of support. **S1.K.5A**
  - 5b Forms wide, narrow, curled, and twisted body shapes. **S1.K.5B**
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#### Weight Transfer

- 6 This skill becomes a developmentally appropriate practice beginning in 1st grade. **S1.K.6**
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#### Weight Transfer - Rolling

- 7 Demonstrates rolling sideways in a narrow body shape. **S1.K.7**
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#### Curling, Stretching, Twisting, and Bending

- 8 Contrasts the actions of curling and stretching. **S1.K.8**
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#### Combinations - Balance and Weight Transfers

- 9 This skill becomes a developmentally appropriate practice beginning in 2nd grade. **S1.K.9**
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#### Rolling a Ball

- 10 Rolls a ball with the opposite foot forward. **S1.K.10**
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#### Underhand Throw

- 11 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](#)

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### **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](#)

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### **Dribbling with Hands**

**14** Dribbles a ball with 1 hand, attempting the second contact. [S1.K.14](#)

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### **Dribbling with Feet**

**15** Taps a ball using the inside of the foot, sending it forward. [S1.K.15](#)

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### **Kicking**

**16** Kicks a stationary ball from a stationary position, demonstrating some critical elements. [S1.K.16](#)

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### **Underhand Volley**

**17** Volleys a lightweight object, sending it upward. [S1.K.17](#)

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### **Striking with a Short-Handled Implement**

**18** Strikes a lightweight object with a paddle or short-handled racket. [S1.K.18](#)

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### **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](#)

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### **Striking with a Long-Handled Implement**

**20** This skill becomes a developmentally appropriate practice beginning in 2nd grade. [S1.K.20](#)

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### **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](#)

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## **Concepts and Strategies** [S2](#)

### **Space**

**1a** Identifies personal space. [S2.PK.1A](#)

**1b** Identifies general space. [S2.PK.1B](#)

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### Pathways, Shapes, & Levels

- 2a 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](#)
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### 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](#)
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## 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](#)
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### Physical Activity Engagement

- 2 Participates in physical education class. [S3.GK.2](#)
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### 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](#)
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### Nutrition

- 4a Identifies foods that fuel your body. [S3.GK.4A](#)
  - 4b Recognizes the relationship between nutrition and physical activity. [S3.GK.4B](#)
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## 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](#)
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### Corrective Feedback

- 2 Uses verbal and visual cues to improve skill performance. [S4.PK.2](#)
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### Accepting Feedback

- 3a Identifies the importance of corrective feedback on performance. [S4.PK.3A](#)
  - 3b Responds to an adult when asked. [S4.PK.3B](#)
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### Working with Others

- 4 Exhibits strategies for dealing with conflicts, such as sharing, taking turns, and compromising. [S4.PK.4](#)

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**Rules and Etiquette**

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

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**Safety**

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

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

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**Recognizes the Value of Physical Activity** **S5****Health**

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

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**Challenge**

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

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**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**