Maryland Physical Education

Pre-Kindergarten

Motor Skills and Movement Patterns S1

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

1 Moves using a variety of locomotor skills. S1.PK.1

Jogging for Distance

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

Jumping and Landing

3 Demonstrates a vertical jump and landing with balance. S1.PK.3

Dance

4 Performs creative movements to the rhythm of music. S1.PK.4

Balance

5a Identifies different bases of support. S1.PK.5A

5b Balances on different body parts. S1.PK.5B

Weight Transfer

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

Weight Transfer - Rolling

7a Creates curled shapes with their body. S1.PK.7A

7b Demonstrates how to rock on different body parts. S1.PK.7B

Curling, Stretching, Twisting, and Bending

8 Stretches the muscles. S1.PK.8

Combinations - Balance and Weight Transfers

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

Rolling a Ball

10 Rolls a ball to a stationary partner or target while seated. S1.PK.10

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nderhand Throw

11 Underhand throws to a large, stationary target. S1.PK.11

Overhand Throw

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

Catching

13 Demonstrates some of the critical elements when catching a rolling ball. S1.PK.13

Dribbling with Hands

14 Bounces a ball down with two hands and attempts to catch it while remaining in personal space. S1.PK.14

Dribbling with Feet

15 Taps a stationary ball using the inside of the foot, maintaining body control. S1.PK.15

Kicking

16 Kicks a stationary ball from a stationary position, maintaining body control. S1.PK.16

Underhand Volley

17 Volleys a lightweight object using different body parts. S1.PK.17

Striking with a Short-Handled Implement

18 This skill becomes a developmentally appropriate practice beginning in kindergarten. S1.PK.18

Catching with a Short-Handled Implement

19 This skill becomes a developmentally appropriate practice beginning in kindergarten. S1.PK.19

Striking with a Long-Handled Implement

20 his skill becomes a developmentally appropriate practice beginning in 2nd grade. S1.PK.20

Jumping Rope

21 Demonstrates jumping over a stationary rope several times. S1.PK.21

Concepts and Strategies S2

Space

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

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

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athways, 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

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 physical activities. S3.PK.1

Physical Activity Engagement

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

Fitness Knowledge

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

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

Nutrition

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

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

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

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