

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**
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Jogging for Distance

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

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

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

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

- 5b** Balances on different body parts. **S1.PK.5B**
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Weight Transfer

- 6** This skill becomes a developmentally appropriate practice beginning in 1st grade. **S1.PK.6**
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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**
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Curling, Stretching, Twisting, and Bending

- 8** Stretches the muscles. **S1.PK.8**
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Combinations - Balance and Weight Transfers

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

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

Underhand 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 This 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

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 physical activities. S3.PK.1
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Physical Activity Engagement

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

- 4a Identifies foods that fuel your body. S3.PK.4A
 - 4b Recognizes the relationship between nutrition and physical activity. S3.PK.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

Rules and Etiquette

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

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**