

Grade K

Adopted 2018

Demonstrates competency in a variety of motor skills and movement patterns.

- 1. Hop, gallop, slide, skip, and run while maintaining balance.** 0.1.1.1
- 2. Jump and land in the horizontal plane while maintaining balance.** 0.1.1.2
- 3. Jump and land in the vertical plane while maintaining balance.** 0.1.1.3
- 4. Perform locomotor skills in educational dance while maintaining balance** 0.1.1.4
- 1. Maintain momentary stillness on different bases of support with different body shapes.** 0.1.2.1
- 2. Developmentally appropriate and emerging benchmarks first appear in Grade 1.** 0.1.2.2
- 3. Roll sideways in a narrow body shape. For example: pencil roll, log roll.** 0.1.2.3
- 4. Perform non-locomotor skills.** 0.1.2.4
- 5. Developmentally appropriate and emerging benchmarks first appear in Grade 2.** 0.1.2.5
- 1. Roll and throw underhand with opposite foot forward.** 0.1.3.1
- 2. Throw overhand while maintaining balance.** 0.1.3.2
- 3. Developmentally appropriate and emerging benchmarks first appear in Grade 3.** 0.1.3.3
- 4. Drop and catch a ball before it bounces twice.** 0.1.3.4
- 5. Dribble with one hand, attempting a second contact.** 0.1.3.5
- 6. Dribble with inside of the foot, attempting a second contact.** 0.1.3.6
- 7. Pass with the feet, while maintaining balance.** 0.1.3.7
- 8. Developmentally appropriate and emerging benchmarks first appear in Grade 4.** 0.1.3.8
- 9. Kick while maintaining balance.** 0.1.3.9

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- 10. Developmentally appropriate and emerging benchmarks first appear in Grade 3.** 0.1.3.10
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- 11. Volley individually using various body parts, attempting a second hit.** 0.1.3.11
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- 12. Developmentally appropriate and emerging benchmarks first appear in Grade 3.** 0.1.3.12
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- 13. Strike using a body part, while maintaining balance.** 0.1.3.13
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- 14. Developmentally appropriate and emerging benchmarks first appear in Grade 2.** 0.1.3.14
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- 15. Developmentally appropriate and emerging benchmarks first appear in Grade 4.** 0.1.3.15
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- 16. Jump a single jump with a self-turned rope.** 0.1.3.16
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- 17. Jump a long rope with teacher-assisted turning.** 0.1.3.17
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Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

- 1. Travel in different pathways differentiating between movement in personal space (self-space) and general space. For example: straight, curvy, zig zag.** 0.2.1.1
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- 2. Travel using body parts in different relationships to each other. For example: round, narrow, wide, twisted, symmetrical.** 0.2.1.2
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- 3. Travel using slow and fast speeds.** 0.2.1.3
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- 4. Developmentally appropriate and emerging benchmarks first appear in Grade 3.** 0.2.1.4
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- 5. Developmentally appropriate and emerging benchmarks first appear in Grade 3.** 0.2.1.5
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- 6. Developmentally appropriate and emerging benchmarks first appear in Grade 3.** 0.2.1.6
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Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 1. Identify ways to be physically active outside of physical education class, both indoors and outdoors.** 0.3.1.1
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- 1. Actively participates in physical activities with teacher prompting.** 0.3.2.1
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- 1. Recognize that faster movement corresponds to faster heartbeat and breathing.** 0.3.3.1
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- 2. Recognize that the body has muscles.** 0.3.3.2
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- 1. Developmentally appropriate and emerging benchmarks first appear in Grade 3.** 0.3.4.1
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1. Recognize that food provides energy for physical activity. 0.3.5.1

Exhibit responsible personal and social behavior that respects self and others.

1. Identify class rules and protocols related to self, space and equipment. 0.4.1.1

1. Use feedback from the teacher. 0.4.2.1

1. Share equipment and space with others. 0.4.3.1

1. Developmentally appropriate and emerging benchmarks first appear in Grade 3. 0.4.4.1

1. Move safely in personal space with minimal reminders. 0.4.5.1

Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

1. Recognize that physical activity is important for good health. 0.5.1.1

1. Recognize that some physical activities are challenging or difficult. 0.5.2.1

1. Express enjoyment when being physically active individually and with others. 0.5.3.1