Minnesota Physical Education

# 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

Skip to main content

**Kick while maintaining balance.** 0.1.3.9

| | |
|---|---|
| | 10. Developmentally appropriate and emerging benchmarks first appear in Grade 3. 0.1.3.10 |
| | 11. Volley individually using various body parts, attempting a second hit. 0.1.3.11 |
| | 12. Developmentally appropriate and emerging benchmarks first appear in Grade 3. 0.1.3.12 |
| | 13. Strike using a body part, while maintaining balance. 0.1.3.13 |
| | 14. Developmentally appropriate and emerging benchmarks first appear in Grade 2. 0.1.3.14 |
| | 15. Developmentally appropriate and emerging benchmarks first appear in Grade 4. 0.1.3.15 |
| | 16. Jump a single jump with a self-turned rope. 0.1.3.16 |
| | 17. Jump a long rope with teacher-assisted turning. 0.1.3.17 |
| 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 |
| | 2. Travel using body parts in different relationships to each other. For example: round, narrow, wide, twisted, symmetrical. 0.2.1.2 |
| | 3. Travel using slow and fast speeds. 0.2.1.3 |
| | 4. Developmentally appropriate and emerging benchmarks first appear in Grade 3. 0.2.1.4 |
| | 5. Developmentally appropriate and emerging benchmarks first appear in Grade 3. 0.2.1.5 |
| | 6. Developmentally appropriate and emerging benchmarks first appear in Grade 3. 0.2.1.6 |
| 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 |
| | 1. Actively participates in physical activities with teacher prompting. 0.3.2.1 |
| | 1. Recognize that faster movement corresponds to faster heartbeat and breathing. 0.3.3.1 |
| | 2. Recognize that the body has muscles. 0.3.3.2 |
| | Developmentally appropriate and emerging benchmarks first appear in Grade 3. 0.3.4.1 |

Skip to main content

| | |
|---|---|
| | 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 |