

# Grade K

Adopted 2013

**Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.**

**Develop fundamental locomotor/non-locomotor skills at an introductory level.**

**Demonstrate clear contrasts between fast and slow.**

**Explore manipulative skills at an introductory level.**

**Demonstrate rhythmic movements, timing, and following a beat at an introductory level.**

**Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.**

**Identify body parts (i.e., knee, foot, arm, etc.) and apply these to different movement activities.**

**Demonstrate awareness of immediate surroundings using a variety of movement skills while transferring weight in various directions and pathways.**

**Participates regularly in physical activity.**

**Regularly participate in a variety of non-structured physical activities in school settings and out of school settings (recess, home) individually and as a group.**

**Achieve and maintain a health-enhancing level of physical fitness.**

**Vigorously participate in physical activity for a sustained amount of time.**

**Recognize the change in heart rate and respiration as a result of physical activity.**

**Exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

**Follow rules, procedures and safety practices while recognizing inappropriate behavior.**

**Follow directions and work cooperatively with others during physical activity.**

**Demonstrate proper use and care of equipment.**

**Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

**Express a positive outlook during physical activity and enjoy interaction with others.**

**Develop skills while participating in different activities individually and while working with others.**