Missouri Physical Education

Grade K

Adopted 2007

Efficiency of Human Movement and Performance

1. **Personal Fitness and Healthy Active Living**
   - A. Health-Related and Skill-Related Fitness
     - a. Tell what it means to be fit.
   - D. Body Systems
     - a. Identify major body parts (e.g., head, neck, arm, shoulders, elbow, legs, knee, hip, feet, back, fingers, toes).
2. **Responsible Personal and Social Behavior in the Physical Activity Setting**
   - A. Personal/Social Responsibilities
     - a. Demonstrate the ability to share, be cooperative and safe with others.
3. **Injury Prevention, Treatment and Rehabilitation**
   - A. Prevention
     - a. Demonstrate safe use of general and personal space.
   - B. Treatment
     - a. Demonstrate how to seek adult help when an injury has occurred (e.g., playground, field trips, lunch room).

Physical Activity and Lifetime Wellness

1. **Fundamental Movement Skills and Games**
   - A. Locomotor
     - a. Demonstrate the correct form of three locomotor skills (e.g., walk, run, jump, hop, gallop).
   - B. Non-Locomotor
     - a. Demonstrate selected non-locomotor skills (e.g., push, pull, bend, twist, stretch, turn).
   - C. Manipulative Skills
     - a. Demonstrate manipulative skills in a stationary position (e.g., rolling, throwing, catching, kicking).

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D. Body Management

a. Demonstrate introductory individual stunts (e.g., crab walk, bear walk, inch worm).

b. Demonstrate ways to balance on different body parts at different levels.

E. Movement Concepts

a. Identify relationship with body parts (e.g., left hand to left shoulder, right elbow to left knee).

b. Demonstrate the difference between slow and fast movement when performing locomotor movements.

c. Recognize the difference between general and personal space.

F. Developmental Games

a. Demonstrate cooperation with partners and small groups to accomplish a game objective.

b. Demonstrate chasing, fleeing, dodging.

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3. Rhythms and Dance

A. Essential Elements of Rhythm

a. Demonstrate the concept of beat/rhythm pattern as it applies to music and movement (e.g., clap, drum).

b. Demonstrate simple movements to music (e.g., march to beat).

B. Creative/Interpretive

a. Demonstrate the ability to use your body as a means of expression (e.g., snowman melting).