

Grade K

Adopted 2016

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

1. Performing basic locomotor, nonlocomotor, and manipulative skills; and **A.K.1**
2. Performing locomotor skills in response to teacher led creative dance. **A.K.2**

Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

1. Moving in different pathways, general space with different speeds, and in personal space to a rhythm. **B.K.1**

Demonstrate the knowledge and skills to achieve and maintain a healthenhancing level of physical activity and fitness.

1. Recognizing that food provides energy for physical activity; **C.K.1**
2. Identifying active play opportunities outside health enhancement class; **C.K.2**
3. Actively participating in health enhancement class; **C.K.3**
4. Recognizing that physical activity causes physical changes; and **C.K.4**
5. Practicing warm-up and cool-down activities relative to vigorous physical activity. **C.K.5**

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

1. Following directions in group settings; **D.K.1**
2. Acknowledging responsibility for behavior when prompted; **D.K.2**
3. Following instruction and direction when prompted; **D.K.3**
4. Recognizing the established protocol for class activities; **D.K.4**
5. Sharing equipment and space with others; **D.K.5**
6. Recognizing differences in ideas, cultures, and body types; and **D.K.6**
7. Following teacher directions for safe participation and proper use of equipment with minimal reminders. **D.K.7**

Recognize the value of physical activity for

1. Understanding that physical activity is important for good health; **E.K.1**

health, enjoyment,
selfexpression, and/or
social interaction.

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2. Acknowledging that some physical activities are challenging or difficult; E.K.2
 3. Identifying physical activities that result in a positive personal experience while playing with friends. E.K.3