

Grade K

Adopted 2016

Physical Activity Skills and Movement Patterns PE.K.1

1. Performs locomotor skills in a variety of environments. PE.K.1.1

- a. Hops, gallops, jogs, runs, walks, slides, skips, and leaps while maintaining balance. PE.K.1.1.A
 - b. Jumps vertically and lands with balance. PE.K.1.1.B
 - c. Jumps horizontally and lands with balance. PE.K.1.1.C
 - d. Exhibits a variety of locomotor skills in rhythmic activities led by teacher. PE.K.1.1.D
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2. Performs non-locomotor skills in a variety of environments. PE.K.1.2

- a. Maintains momentary stillness on different bases of support. PE.K.1.2.A
 - b. Forms wide, narrow, curled, and twisted body shapes. PE.K.1.2.B
 - c. Rolls sideways in a narrow body shape. PE.K.1.2.C
 - d. Curls and stretches the body and/or parts of the body. PE.K.1.2.D
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3. Performs manipulative skills in a variety of environments. PE.K.1.3

- a. Throws underhand with opposite foot forward. PE.K.1.3.A
 - b. Drops a ball and catches it before it bounces twice. PE.K.1.3.B
 - c. Dribbles a ball with one hand, attempting the second contact. PE.K.1.3.C
 - d. Pushes a ball using the inside of the foot, sending it forward. PE.K.1.3.D
 - e. Kicks a stationary ball from a stationary position, demonstrating 2 of 5 critical elements. PE.K.1.3.E
 - f. Volleys a lightweight object underhand, sending it upward. PE.K.1.3.F
 - g. Strikes a lightweight object with a short-handled implement. PE.K.1.3.G
 - h. Completes a single jump with self-turned rope. PE.K.1.3.H
 - i. Jumps a long rope with teacher-assisted turning. PE.K.1.3.I
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**Movement Concepts,
Strategies, and
Tactics** PE.K.2

1. Demonstrates knowledge of movement concepts in a variety of environments. PE.K.2.1

- a. Differentiates between movement in self space and general space. PE.K.2.1.A
 - b. Moves to a rhythm in self space. PE.K.2.1.B
 - c. Travels in straight, curved, and zig zag pathways. PE.K.2.1.C
 - d. Travels at different speeds in general space. PE.K.2.1.D
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**Health-Related Physical
Activity and
Fitness** PE.K.3

1. Demonstrates the knowledge to achieve and maintain a health-enhancing level of physical activity. PE.K.3.1

- a. Identifies active play opportunities outside of physical education class. PE.K.3.1.A
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2. Engages in physical activity. PE.K.3.2

- a. Participates in physical activity in physical education class. PE.K.3.2.A
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3. Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness. PE.K.3.3

- a. Recognizes that moving fast increases heart rate and breathing. PE.K.3.3.A
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4. Communicates the importance of health-related fitness components and nutrition for physical activity. PE.K.3.4

- a. Recognizes that food provides energy for physical activity. PE.K.3.4.A
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**Responsible
Behavior** PE.K.4

1. Exhibits personal responsibility in physical activity settings. PE.K.4.1

- a. Follows directions in group settings (e.g., safe behaviors, following rules, taking turns). PE.K.4.1.A
 - b. Acknowledges responsibility for behavior when prompted. PE.K.4.1.B
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2. Accepts and responds to specific corrective feedback from teacher and peers. PE.K.4.2

- a. Follows instructions when prompted. PE.K.4.2.A
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3. Exhibits responsible social behavior when working with others. PE.K.4.3

- a. Shares equipment and space with others. PE.K.4.3.A
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4. Follows rules and demonstrates proper etiquette. PE.K.4.4

- a. Recognizes protocol for class activities. PE.K.4.4.A
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5. Participates safely in physical activities. PE.K.4.5

- a. Follows teacher directions for safe participation and proper use of equipment with minimal reminders. PE.K.4.5.A
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**Physical Activity
Benefits** PE.K.5

1. Recognizes the benefits of physical activity for health. PE.K.5.1

- a. Recognizes that physical activity is important for good health. PE.K.5.1.A
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2. Recognizes the benefits of physical activity for challenge. PE.K.5.2

- a. Acknowledges that some physical activities are difficult/challenging. PE.K.5.2.A
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3. Recognizes the benefits of physical activity for self-expression and enjoyment. PE.K.5.3

- a. Identifies physical activities that are enjoyable. PE.K.5.3.A
- b. Discusses the enjoyment of playing with friends. PE.K.5.3.B