Nebraska Physical Education

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

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

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

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

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d. Travels at different speeds in general space. PE.K.2.1.D

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
2. **Engages in physical activity.** PE.K.3.2
   a. Participates in physical activity in physical education class. PE.K.3.2.A
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
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

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
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
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
4. **Follows rules and demonstrates proper etiquette.** PE.K.4.4
   a. Recognizes protocol for class activities. PE.K.4.4.A
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

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
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