Nevada Physical Education

Grades K, 1, 2

Adopted 2014

Demonstrate competency in motor skills, movement patterns and safety needed to perform a variety of physical activities.

Locomotor and Nonlocomotor Movement

1. Demonstrate the basic elements of movement forms. 1.2.1

Manipulative Skills

2. Perform a variety of basic level manipulative skills in isolation. 1.2.2

Motor Skills and Movement Patterns

3. Perform simple motor skills and movement patterns. 1.2.3

Safety

4. Demonstrate safe practices while participating in physical activities. 1.2.4

Apply knowledge of concepts, principles and strategies related to movement, performance and safety within physical activities.

Concepts and Principles

1. Recognize the basic elements of movement. 2.2.1

Strategies

2. Demonstrate basic strategies in physical activities. 2.2.2

Safety

3. Identify appropriate safety practices in general space for self and others. 2.2.3

Participate regularly in physical activity.

Moderate to Vigorous Physical Activity

1. Demonstrate the differences between sedentary, light, moderate, and vigorous physical activity. 3.2.1

Establishing Healthy Activity Patterns and Values

2. Demonstrate healthy activity patterns by participating in physical activity. 3.2.2

Self-Management Skills

3. Demonstrate ways to be physically active during the day. 3.2.3

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Health-related Fitness Components

Practice health-related fitness components in various physical activities. 4.2.1

Physiological Effects & Benefits of Physical Fitness

2. Identify physiological signs of light, moderate and vigorous physical activity. 4.2.2