

Grade K

Adopted 2010

Motor Skills

- 1. Apply competent motor skills and movement patterns needed to perform a variety of physical activities.** *K.MS.1*
 1. Execute recognizable forms of the basic locomotor skills *PE.K.MS.1.1*
 2. Use recognizable forms of the basic manipulative skills. *PE.K.MS.1.2*
 3. Create transitions between sequential locomotor skills. *PE.K.MS.1.3*
 4. Use non-locomotor and locomotor skills in response to even and uneven rhythms in order to integrate beat awareness. *PE.K.MS.1.4*
-

Movement Concepts

- 2. Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.** *K.MC.2*
 1. Understand the meaning of words and terms associated with movement. *PE.K.MC.2.1*
 2. Identify one or more of the essential elements of correct form for the five fundamental manipulative skills. *PE.K.MC.2.2*
 3. Use teacher feedback to improve basic motor performance. *PE.K.MC.2.3*
 4. Illustrate activities that increase heart rate. *PE.K.MC.2.4*
-

Health-Related Fitness

- 3. Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.** *K.HF.3*
 1. Recognize one or more of the five health-related fitness assessments and the associated exercises. *PE.K.HF.3.1*
 2. Identify opportunities for increased physical activity. *PE.K.HF.3.2*
 3. Select moderate-to-vigorous physical activity (MVPA) and sustain for periods of accumulated time. *PE.K.HF.3.3*
-

Personal/Social Responsibility

- 4. Use behavioral strategies that are responsible and enhance respect of self and others and value activity.** *K.PR.4*
 1. Use basic strategies and concepts for working cooperatively in group settings. *PE.K.PR.4.1*
 2. Understand how social interaction can make activities more enjoyable. *PE.K.PR.4.2*
 3. Use safe practices when engaging in physical education activities. *PE.K.PR.4.3*