North Carolina Physical Education

Kindergarten

Motor Skills	**1 Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.** K.MS.1 1 Demonstrate recognizable forms of the locomotor skills (walk, run, jump, hop, skip, gallop, leap, slide). PE.K.MS.1.1 2 Demonstrate recognizable forms of manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking). PE.K.MS.1.2 3 Demonstrate transitions between locomotor skills with recognizable forms. PE.K.MS.1.3 4 Demonstrate rhythmic locomotor and non-locomotor movements to a beat. PE.K.MS.1.4
Movement Concepts	**2 Demonstrate understanding of concepts that apply to the learning and performance of movement.** K.MC.2 1 Demonstrate understanding of the movement concepts of space, pathways, and speed through movement. PE.K.MC.2.1 2 Identify one or more of the critical elements for fundamental manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking). PE.K.MC.2.2 3 Use teacher feedback to improve basic motor performance. PE.K.MC.2.3
Health-Related Fitness	**3 Demonstrate the knowledge and skills needed to achieve a health-enhancing level of physical activity and fitness.** K.HF.3 1 Identify one or more of the five health-related fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, or body composition) and their associated exercises. PE.K.HF.3.1 2 Identify opportunities for increased physical activity. PE.K.HF.3.2 3 Actively participate in physical education class. PE.K.HF.3.3

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Personal/Social Responsibility

4 Demonstrate responsible personal and social behavior that respects self and others. K.PR.4

1 Demonstrate cooperation by following directions in group settings. PE.K.PR.4.1

2 Identify physical activities that are personally enjoyable. PE.K.PR.4.2

3 Demonstrate safe practices when engaging in physical activities with minimal teacher reminders. PE.K.PR.4.3