

Grade K

Adopted 2015

Demonstrates competency in a variety of motor skills and movement patterns.

- K. Performs locomotor skills (walking, hopping, galloping, running, sliding, skipping) while maintaining balance.** S1.E1.K

- K. Performs jumping and landing actions with balance (horizontal).** S1.E3.K

- K. Performs jumping and landing actions with balance (vertical).** S1.E4.K

- K. Performs locomotor skills in response to teacher-led creative rhythms.** S1.E5.K

- a. Maintains momentary stillness on different bases of support (e.g., one body part, combinations of body parts, wide base, narrow base).** S1.E7.K.A

- b. Forms wide, narrow, curled and twisted body shapes.** S1.E7.K.B

- K. Rolls sideways in a narrow body shape.** S1.E9.K

- K. Contrasts the actions of curling and stretching.** S1.E10.K

- K. Throws underhand with opposite foot forward.** S1.E13.K

- a. Drops a ball and catches it before it bounces twice.** S1.E16.K.A

- b. Catches a large ball tossed by a skilled thrower.** S1.E16.K.B

- K. Dribbles a ball with one hand, attempting the second contact.** S1.E17.K

- K. Taps a ball using the inside of the foot, sending it forward.** S1.E18.K

- K. Kicks a stationary ball from a stationary position, demonstrating two of the five elements of a mature kicking pattern.** S1.E21.K

- K. Volleys a lightweight object (balloon), sending it upward.** S1.E22.K

- K. Strikes a lightweight object with a paddle or short-handled racket.** S1.E24.K

- a. Executes a single jump with self-turned rope.** S1.E27.K.A

- b. Jumps a long rope with teacher-assisted turning.** S1.E27.K.B

Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

a. Differentiates between movement in personal (self-space) and general space. *S2.E1.K.A*

b. Moves in personal space to a rhythm. *S2.E1.K.B*

K. Travels in three different pathways (e.g., zig-zag, curved, straight). *S2.E2.K*

K. Travels in general space with different speeds. *S2.E3.K*

K. Identify body parts (e.g., head, shoulders, knees, chest elbows, hands and feet). *S2.E4.K*

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

K. Identifies active play opportunities outside physical education class (to include indoor and outdoor recess). *S3.E1.K*

K. Actively participates in physical education class. *S3.E2.K*

K. Recognizes that when you move fast, your heart beats faster and you breathe faster. *S3.E3.K*

K. Recognizes that food provides energy for physical activity. *S3.E6.K*

Exhibits responsible personal and social behavior that respects self and others.

K. Follows directions in group settings (e.g., safe behaviors, following rules, taking turns). *S4.E1.K*

K. Acknowledges responsibility for behavior when prompted (e.g., thumbs up, fist of five, reflective listening). *S4.E2.K*

K. Follows instruction/directions when prompted. *S4.E3.K*

K. Shares equipment and space with others. *S4.E4.K*

K. Recognizes the established protocol for class activities. *S4.E5.K*

K. Follows teacher directions for safe participation and proper use of equipment with minimal reminders. *S4.E6.K*

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

K. Recognizes that physical activity is important for good health. *S5.E1.K*

K. Acknowledges that some physical activities are challenging/difficult. *S5.E2.K*

a. Identifies physical activities that are enjoyable. *S5.E3.K.A*

b. Discusses the enjoyment of playing with friends. *S5.E3.K.B*