North Dakota Physical Education

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

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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