North Dakota Pre-K

Physical Education

Students demonstrate motor skills and movement patterns needed to perform a variety of physical activities PD

1. Movement Skills PD.1

1 Combine large motor movements (e.g., pulling, throwing, catching, kicking, rolling, riding) with the use of equipment (e.g., balls, bean bags, playground equipment). PD. 1.1

2 Engage in a variety of activities that require fine motor skills (e.g., art projects, manipulative toys, dessing PD. 1.2

Control in Movement

3 Develop large body muscle control and coordination by engaging in a variety of physical activities (e.g., jumping, skipping, running, hopping, galloping, climbing, crawling, rolling). PD. 1.3

4 Demonstrate a growing sense of balance (e.g., stands on one foot, walks on a balance beam). PD. 1.4

5 Use eye-hand coordination to complete tasks (e.g., stringing beads, doing puzzles, using clay, tracing, lacing, cutting with scissors, pouring). PD. 1.5

7 Manipulate a variety of objects (e.g., clothing, blocks) and tools (e.g., writing and art tools, utensils). PD. 1.6

Students understand and apply movement concepts, principals, strategies, and tactics to learn and perform physical activities.

Movement Concepts

1 Demonstrate awareness of space and directionality in relationship to stationary and moving objects or boundaries (e.g., walls, lines, circles, bases) and respond to spatial directions. PD 2.1

Students participate in regular physical activity.

Benefit of Physical Activity

1 Identify the benefits and effects of exercise (e.g., positive feelings, increased stamina). PD. 3.1

Participates in Physical Activity

2 Participate in structured (e.g., games) and unstructured (e.g., playground) daily physical activities. PD. 3.2

Students understand an co maintain a health-

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Physiological Response to Physical Activity

Exhibit strength, flexibility, and stamina/ endurance when participating in exercises for large motor skills. PD. 4.1

enhancing level of physical fitness.	2 Exhibit control, strength, and dexterity in hand muscles. PD. 4.2
Students exhibit responsible personal and social behavior in physical activity settings.	**Procedures and Personal Responsibility** 1 Follow simple safety rules under teacher instruction and supervision during structured physical activities PD. 5.1
	Working with Others 2 Work cooperatively with others in play and group physical activities PD. 5.2