Oklahoma Physical Education

Grades Pre-K, K

Adopted 2016

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

- **PreK-K.** **Performs locomotor skills (hopping, galloping, running, sliding, skipping, leaping) while maintaining balance.** S1.E1.PREK-K
- **PreK-K.** **Developmentally appropriate/emerging outcomes first appearing in grade two.** S1.E2.PREK-K
- **PreK-K.** **Performs jumping and landing actions with balance.** S1.E3.PREK-K
- **PreK-K.** **Performs jumping and landing actions with balance.** S1.E4.PREK-K
- **PreK-K.** **Performs locomotor skills in response to teacher-led creative dance.** S1.E5.PREK-K
- **PreK-K.** **Developmentally appropriate/emerging outcomes first appear in grade three.** S1.E6.PREK-K
- **PreK-K.** **Maintains momentary stillness on different bases of support. Forms wide, narrow, curled, and twisted body shapes.** S1.E7.PREK-K
- **PreK-K.** **Developmentally appropriate/emerging outcomes first appear in grade one.** S1.E8.PREK-K
- **PreK-K.** **Roll sideways in a narrow body shape.** S1.E9.PREK-K
- **PreK-K.** **Contrasts the actions of curling and stretching.** S1.E10.PREK-K
- **PreK-K.** **Developmentally appropriate/emerging outcomes first appear in grade two.** S1.E11.PREK-K
- **PreK-K.** **Developmentally appropriate/emerging outcomes first appear in grade three.** S1.E12.PREK-K
- **PreK-K.** **Throws underhand and overhand with opposite foot forward.** S1.E13.PREK-K
- **PreK-K.** **Developmentally appropriate/emerging outcomes first appear in grade four.** S1.E14.PREK-K
- **k-Ka.** **Drops a ball or object and catches it before it bounces twice.** S1.E15.PREK-KA

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	Prek-Kb. Catches a large ball or object tossed by a skilled thrower. S1.E15.PREK-KB
	PreK-K. Dribbles a ball with one hand attempting second contact. S1.E16.PREK-K
	PreK-K. Taps a ball using the inside of the foot, sending it forward. S1.E17.PREK-K
	PreK-K. Developmentally appropriate/emerging outcomes first appear in grade three. S1.E18.PREK-K
	PreK-K. Developmentally appropriate/emerging outcomes first appear in grade four. S1.E19.PREK-K
	PreK-K. Kicks a stationary ball from a stationary position demonstrating two of the five critical elements of mature kicking. S1.E20.PREK-K
	PreK-K. Volleys a lightweight object (balloon), sending it upward. S1.E21.PREK-K
	PreK-K. Developmentally appropriate/emerging outcomes first appear in grade four. S1.E22.PREK-K
	PreK-K. Strikes a lightweight object with a paddle or short-handled racket. S1.E23.PREK-K
	PreK-K. Developmentally appropriate/emerging outcomes first appear in grade two. S1.E24.PREK-K
	PreK-K. Developmentally appropriate/emerging outcomes first appear in grade four. S1.E25.PREK-K
	PreK-Ka. Executes a single jump with a self-turned rope. S1.E26.PREK-KA
	PreK-Kb. Jumps a long rope with teacher-assisted turning. S1.E26.PREK-KB
	PreK-Kc. Turns a long rope with a mature form. S1.E26.PREK-KC
Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	**PK-Ka.** Differentiates between movement in personal (self-space) and general space. S2.E1.PK-KA
	PK-Kb. Moves in personal space to a rhythm. S2.E1.PK-KB
	PK-K. Travels in three different pathways (straight, zig-zag, and weaving). S2.E2.PK-K
	PK-K. Travels in general space with different speeds. S2.E3.PK-K
	PK-K. Developmentally appropriate/emerging outcomes first appear in grade three. S2.E4.PK-K
	K. Developmentally appropriate/emerging outcomes first appear in grade three. S2.E5.PK-K

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Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	**PK-K.** Identifies active-play opportunities outside physical education class. (e.g., before and after school, at home, at the park, with friends, with family). S3.E1.PK-K
	PK-Ka. Actively participates in physical education class. S3.E2.PK-KA
	PK-Kb. Engaged in MVPA 50% of class time. S3.E2.PK-KB
	PK-K. Recognizes that when you move fast, your heart beats faster and you breathe faster. S3.E3.PK-K
	PK-K. Developmentally appropriate/emerging outcomes first appear in grade three. S3.E4.PK-K
	PK-K. Developmentally appropriate/emerging outcomes first appear in grade three. S3.E5.PK-K
	PK-K. Recognizes that food provides energy for physical activity. S3.E6.PK-K
Exhibits responsible personal and social behavior that respects self and others.	**PK-K.** Follows directions in group settings (e.g., safe behaviors, following rules). S4.E1.PK-K
	PK-K. Acknowledges responsibility for behavior when prompted. S4.E2.PK-K
	PK-K. Follows instruction/directions when prompted. S4.E3.PK-K
	PK-K. Shares equipment and space with others. S4.E4.PK-K
	PK-K. Recognizes the established protocols for class activities. S4.E5.PK-K
	PK-K. Follows teacher directions for safe participation and proper use of equipment with minimal reminders. S4.E6.PK-K
Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	**PK-K.** Recognizes that physical activity is important for good health. S5.E1.PK-K
	PK-K. Acknowledges that some physical activities are challenging/difficult. S5.E2.PK-K
	PK-Ka. Identifies physical activities that are enjoyable. S5.E3.PK-KA
	PK-Kb. Discusses the enjoyment of playing with friends. S5.E3.PK-KB
	PK-K. Demonstrates socially acceptable conflict resolution skills. S5.E4.PK-K