

Grades K, 1

Adopted 2003

Students will demonstrate competency in many movement forms and proficiency in a few movement forms.

- use mature form in basic gross locomotor patterns (walk, run, jump, hop, leap). K-1.S1.1
- show awareness of movement in relation to body, space, time, and effort (tempo, kinesphere, directionality, relationship). K-1.S1.2
- use initial form in fundamental manipulative skills (e.g., throw, catch, strike, dribble). K-1.S1.3
- demonstrate initial form in fundamental combinations of movement skills (e.g., run and jump, strike and run). K-1.S1.4

Students will apply movement concepts and principles to the learning and development of motor skills.

- recognize an initial movement vocabulary (e.g. heart rate) . K-1.S2.1
- listen and respond appropriately to feedback in regard to movement skills. K-1.S2.2

Students will understand the implications of and the benefits derived from involvement in physical activity.

- recognize the physical benefits of regular participation in physical activity (e.g., reduce health risks, disease prevention). K-1.S3.1
- use physical activity as a means of self-expression. K-1.S3.2

Students will apply physical activity-related skills and concepts to maintain a physically active lifestyle and a health-enhancing level of physical fitness.

- participate in activities promoting health-related fitness. K-1.S4.1
- recognize components of health-related physical fitness assessment. K-1.S4.2
- identify health-enhancing physical activities in which they participate. K-1.S4.3

Students will demonstrate responsible personal and social behavior in

- use self control with regard to personal and general space. K-1.S5.1
- follow activity-specific laws, rules, procedures, and etiquette. K-1.S5.2
- utilize safety principles in activity situations and settings. K-1.S5.3

physical activity settings.

- **work cooperatively and productively with a partner and/or a group to accomplish a set goal.** K-1.S5.4
- **work independently and on task for developmentally appropriate periods of time.** K-1.S5.5
- **understand and use appropriate interactions with peers while participating in group activities.** K-1.S5.6

Students will understand that internal and external environments influence physical activity.

- **recognize characteristics of appropriate and safe areas within their neighborhood to participate in physical activity.** K-1.S6.1
- **recognize physical activities that can be performed in a variety of settings.** K-1.S6.2
- **realize there are youth organizations in the community that offer physical activity program (e.g. Young Men's Christian Association (YMCA), Young Women's Christian Association (YWCA), town/city recreation departments, Police Athletic Leagues (PAL).).** K-1.S6.3
- **know there are a variety of valid sources to find information about physical activity.** K-1.S6.4