Rhode Island Physical Education

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

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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