South Dakota Physical Education

Grade K

Adopted 2014

The physically literate individual demonstrates proficiency in a variety of motor skills and movement patterns.

- **K.** Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance. S1.E1.K
- **K.** Performs jumping/landing actions with balance. S1.E3.K
- **K.** Performs locomotor skills in response to teacher-led creative rhythmic activity/dance. S1.E5.K
- **Ka.** Maintains momentary stillness on different bases of support. S1.E7.KA
- **Kb.** Forms wide, narrow, curled and twisted body shapes. S1.E7.KB
- **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
- **Ka.** Drops a ball and catches it before it bounces twice. S1.E16.KA
- **Kb.** Catches a large ball tossed by a skilled thrower. S1.E16.KB
- **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 implement. S1.E24.K
- **Ka.** Executes a single jump with self-turned rope. S1.E27.KA
- **Kb.** Jumps a long rope with teacher-assisted turning. S1.E27.KB

The physically literate inc kn principles, strategies

- **Ka.** Differentiates between movement in space/location, direction, and extensions. S2.E1.KA

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and tactics to enhance movement and performance.	**Kb.** Moves in personal space to a rhythm/beat. S2.E1.KB
	K. Travels in three different pathways. S2.E2.K
	K. Travels in space with time, force, and flow. S2.E3.K
	K. Demonstrates traveling in proximity to self, other people, and other objects safely. S2.E4.K
	K. Recognizes technology or other resources that affect fitness. S2.E6.K
The physically literate individual 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. S3.E1.K
	K. Participates in physical education class in response to instruction and practice. 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
The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment.	**K.** Follows directions in group settings (e.g., safe behaviors, following rules, taking turns). S4.E1.K
	Ka. Acknowledges responsibility for behavior when prompted. S4.E2.KA
	Kb. Exhibits respect for self with developmentally appropriate behavior while engaging in physical activity. S4.E2.KB
	K. Listens respectfully to general feedback from the teacher. S4.E3.K
	Ka. Shares equipment and space with others. S4.E4.KA
	Kb. Recognizes and understands individual uniqueness and diversity. S4.E4.KB
	Ka. Recognizes the established protocol for class activities. S4.E5.KA
	Kb. Recognizes the fundamentals of good sportsmanship. S4.E5.KB
	K. Follows teacher directions for safe participation and proper use of equipment with teacher reminders. S4.E6.K
The physically literate individual recognizes the value of physical activity for health, en... sel... en...	**K.** Recognizes that physical activity is important for a healthy lifestyle and for brain health. S5.E1.K
	K. Acknowledges that some physical activities are challenging/difficult. S5.E2.K
	Identifies physical activities that are enjoyable. S5.E3.KA

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opportunities and social interaction.

Kb. **Demonstrates the enjoyment of playing with friends.** S5.E3.KB

K. **Reflects on the positive social interactions that come when engaged with others in physical activity** S5.E4.K