

# 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*

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**K.** Performs jumping/landing actions with balance. *S1.E3.K*

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**K.** Performs locomotor skills in response to teacher-led creative rhythmic activity/dance. *S1.E5.K*

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**Ka.** Maintains momentary stillness on different bases of support. *S1.E7.KA*

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**Kb.** Forms wide, narrow, curled and twisted body shapes. *S1.E7.KB*

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**K.** Rolls sideways in a narrow body shape. *S1.E9.K*

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**K.** Contrasts the actions of curling and stretching. *S1.E10.K*

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**K.** Throws underhand with opposite foot forward. *S1.E13.K*

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**Ka.** Drops a ball and catches it before it bounces twice. *S1.E16.KA*

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**Kb.** Catches a large ball tossed by a skilled thrower. *S1.E16.KB*

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**K.** Dribbles a ball with one hand, attempting the second contact. *S1.E17.K*

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**K.** Taps a ball using the inside of the foot, sending it forward. *S1.E18.K*

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**K.** Kicks a stationary ball from a stationary position, demonstrating two of the five elements of a mature kicking pattern. *S1.E21.K*

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**K.** Volleys a lightweight object (balloon), sending it upward. *S1.E22.K*

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**K.** Strikes a lightweight object with a paddle or short-handled implement. *S1.E24.K*

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**Ka.** Executes a single jump with self-turned rope. *S1.E27.KA*

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**Kb.** Jumps a long rope with teacher-assisted turning. *S1.E27.KB*

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The physically literate individual applies knowledge of concepts, principles, strategies

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

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, enjoyment, challenge, self-expression, employment

**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

**Ka.** Identifies physical activities that are enjoyable. S5.E3.KA

**opportunities and social interaction.**

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

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