Tennessee Physical Education

Grade K

Adopted 2016

Motor Skills

1. **Hop (one foot), gallop, slide, skip** MS.1
   0. Performs locomotor skills while maintaining balance. MS.1.0
2. **Jog, run** MS.2
   0. Jogs while maintaining balance. MS.2.0
3. **Jump & land for distance (horizontal)** MS.3
   0. Jumps and lands with two feet while maintaining balance. MS.3.0
4. **Jump & land for height (vertical)** MS.4
   0. Jumps and lands with two feet while maintaining balance. MS.4.0
5. **Dance** MS.5
   0. Demonstrates beat awareness by moving to varying rhythms. MS.5.0
6. **Balance** MS.6
   0. Maintains momentary stillness on various bases of support (body parts). MS.6.0
7. **Weight Transfer & Rolling (OPTIONAL)** MS.7
   a. Transfers weight from one body part to another. MS.7.0.A
   b. Rolls sideways in a narrow (log) or curled (egg) body shape. MS.7.0.B
8. **Combinations (optional)** MS.8
   0. Developmentally appropriate at grade 2 MS.8.0
9. **Underhand Throw** MS.9
   a. Tosses underhand to self. MS.9.0b Throws underhand in a forward direction. MS.9.0.A
10. **Overhand Throw** MS.10
    0. Developmentally appropriate at grade 2. MS.10.0
11. **Catching** MS.11
    0. Drops and catches a ball after one bounce. MS.11.0

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12. **Passing & Receiving with implements** MS.12
    0. Developmentally appropriate at grade 3 MS.12.0

13. **Dribbling with hands** MS.13
    0. Dribbles in self-space using one or two hands. MS.13.0

14. **Dribbling with feet** MS.14
    0. Dribbles (taps) a ball with feet sending ball forward. MS.14.0

15. **Kicking (force or distance)** MS.15
    0. Kicks a stationary ball from a stationary position. MS.15.0

16. **Passing & Receiving with feet** MS.16
    0. Developmentally appropriate at grade 2 MS.16.0

17. **Striking with hand(s)** MS.17
    0. Strikes a lightweight object (eg. balloon, lightweight ball). MS.17.0

18. **Striking, short implement** MS.18
    0. Strikes a lightweight object (balloon) with a paddle. MS.18.0

19. **Striking, long implement** MS.19
    0. Developmentally appropriate at grade 2 MS.19.0

20. **Jumping Rope** MS.20
    0. Jumps (at least one time) a long rope with teacher-assisted turning. MS.20.0

Movement Knowledge & Application (MKA)

1. **Space Awareness (location)** MKA.1
    a. Identifies self-space. MKA.1.0.A
    b. Moves in self-space. MKA.1.0.B

2. **Space Awareness (pathways, levels, directions** MKA.2
    a. Identifies five directions of travel (forward, backward, sideways, up/down). MKA.2.0.A
    b. Travels in five directions (forward, backward, sideways, up/down). MKA.2.0.B

3. **Effort: speed and force** MKA.3
    a. Identifies fast and slow speeds. MKA.3.0.A
    b. Travels using fast and slow speeds. MKA.3.0.B

4. **Relationships (body shapes, with objects, with people)** MKA.4
    a. Identifies narrow, wide, curled, and twisted body shapes. MKA.4.0.A

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b. Demonstrates narrow, wide, curled, and twisted body shapes. MKA.4.0.B

5. Movement Principles (base of support, muscle tension, ready position) MKA.5

a. Identifies bases of support (body parts). MKA.5.0.A

b. Demonstrates bases of support on a variety of body parts. MKA.5.0.B

6. Performance Cues MKA.6

0. Recalls performance cues of locomotor and manipulative skills. MKA.6.0

7. Simple Strategies MKA.7

0. Developmentally appropriate at grade 2 MKA.7.0

Fitness & Physical Activity (FPA)

1. Health-related Fitness FPA.1

0. Recognizes that movement increases heart rate and breathing. FPA.1.0

2. Physical Activity FPA.2

0. Identifies active-play opportunities outside physical education class. FPA.2.0

Personal & Social Responsibility (PSR)

1. Personal Responsibility PSR.1

0. Follows directions with few prompts (e.g., safe behaviors, taking turns). PSR.1.0

2. Feedback PSR.2

0. Actively listens to teacher feedback. PSR.2.0

3. Working with others PSR.3

0. Shares equipment with others. PSR.3.0

4. Procedures & Rules PSR.4

0. Recalls procedures and rules in the learning environment. PSR.4.0

5. Safety PSR.5

0. Participates safely and uses equipment properly with few reminders. PSR.5.0

Values Physical Activity (VPA)

1. Appreciation VPA.1

0. Recognizes and participates in physical activity for enjoyment. VPA.1.0

2. Challenge VPA.2

0. Acknowledges some physical activities are challenging/difficult. VPA.2.0