Texas Physical Education

Kindergarten

Movement patterns and movement skills--locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate locomotor skills. The student is expected to: K.1	**a** practice proper foot patterns and form and maintain balance while hopping, galloping, running, sliding, skipping, and walking; K.1.A
	b practice correct technique while jumping in place, forward and backward, and side to side; K.1.B
	c demonstrate visual tracking and tracing, simple balancing, cross lateralization, and sequencing of two skills; and K.1.C
	d spin and roll at different levels, speeds, and positions. K.1.D
Movement patterns and movement skills--non-locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate non-locomotor skills. The student is expected to: K.2	**a** maintain balance while bearing weight using different bases of support; and K.2.A
	b practice bending, stretching, twisting, and curling while maintaining balance. K.2.B
Movement patterns and movement skills--manipulative skills. The physically literate student demonstrates competency in developmentally appropriate manipulative skills. The student is expected to: K.3	**a** self-toss an object and throw underhand with opposite foot forward; K.3.A
	b catch a self-dropped ball before it bounces twice and catch a self-tossed object before it hits the ground; K.3.B
	c practice dribbling with one hand; K.3.C
	d tap a ball using the inside of the foot; K.3.D
	e kick a stationary ball from a stationary position; K.3.E
	f volley a lightweight object to self; K.3.F
	trike a lightweight object using hand or short-handled implement; K.3.G

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	h jump at least once with a self-turned rope; and K.3.H
	i demonstrate swinging a long rope back and forth with a partner. K.3.I
Movement patterns and movement skills--spatial and body awareness. The physically literate student demonstrates competency in spatial and body awareness, including pathways, shapes, levels, speed, direction, and force. The student is expected to: K.4	**a** differentiate between personal and general space while moving to simple rhythms and maintaining balance; K.4.A
	b demonstrate a variety of pathways, shapes, and levels while maintaining balance; and K.4.B
	c demonstrate clear contrast when moving in different speeds and directions while maintaining balance. K.4.C
Movement patterns and movement skills--rhythmic activities. The physically literate student demonstrates competency in rhythmic activities and rhythmic combinations. The student is expected to mirror and follow teacher movement and basic rhythm patterns. K.5	**5** Movement patterns and movement skills--rhythmic activities. The physically literate student demonstrates competency in rhythmic activities and rhythmic combinations. The student is expected to mirror and follow teacher movement and basic rhythm patterns. K.5
Performance strategies--games and activities. The physically literate student demonstrates competency in performance strategies in invasion, target, net or wall, fielding, striking, and cooperative games. The student is expected to: K.6	**a** demonstrate the skills of chasing, fleeing, and dodging to avoid or catch others during a variety of games while maintaining appropriate space and speed; K.6.A
	b practice the correct techniques for motor development skills following teacher direction; and K.6.B
	c demonstrate safe practices by following rules, procedures, and directions during class and activities. K.6.C
Performance strategies--outdoor and rec Th stu	**7** Performance strategies--outdoor and recreational pursuits. The physically literate student demonstrates competency in outdoor and recreational pursuits. The tudent is expected to discuss outdoor recreation and health and fitness activities n school and the community. K.7

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competency in outdoor and recreational pursuits. The student is expected to discuss outdoor recreation and health and fitness activities in school and the community. K.7	
Health, physical activity, and fitness--fitness principles. The physically literate student demonstrates and recognizes a health-enhancing, physically active lifestyle. The student is expected to: K.8	**a** discuss the immediate effect of physical activity on the heart and lungs; K.8.A **b** describe the importance of daily active play; and K.8.B **c** participate in exercises that promote health-related fitness. K.8.C
Health, physical activity, and fitness--analyze data. The physically literate student demonstrates competency in the ability to analyze data used during fitness performance. The student is expected to: K.9	**a** describe the importance of goal setting; and K.9.A **b** identify how to measure improvement in physical skills such as counting the number of times a student can hop while maintaining balance. K.9.B
Health, physical activity, and fitness--nutrition and hydration. The physically literate student recognizes the correlation between nutrition, hydration, and physical activity. The student is expected to: K.10	**a** recognize that eating a variety of foods produces energy for physical activity; and K.10.A **b** identify the best source of hydration during physical activity. K.10.B
Health, physical activity, and fitness--environmental awareness and safety pra lite	**a** identify proper clothing and footwear for physical activity; and K.11.A **b** identify safety precautions, including pedestrian, water, sun, and cycling safety, with teacher guidance. K.11.B

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demonstrates competency in environmental awareness and understands safety practices. The student is expected to: K.11	
Social and emotional health--personal responsibility and self-management. The physically literate student demonstrates competency in personal responsibility. The student is expected to: K.12	**a** give examples of consequences resulting from personal actions; K.12.A **b** demonstrate respect for differences and similarities in abilities of self and others; and K.12.B **c** identify personal impulses and emotions with teacher guidance. K.12.C
Social and emotional health--resolving conflict and social interaction. The physically literate student demonstrates competency in resolving conflict and social interaction. The student is expected to: K.13	**a** demonstrate respect and cooperation through words and actions with teacher guidance; and K.13.A **b** communicate feelings and thoughts appropriately with teacher guidance. K.13.B
Social and emotional health--perseverance. The physically literate student perseveres while addressing challenges. The student is expected to explain why some physical activities are challenging. K.14	**14** Social and emotional health--perseverance. The physically literate student perseveres while addressing challenges. The student is expected to explain why some physical activities are challenging. K.14
Social and emotional health--accepting and providing constructive feedback. The physically literate student accepts and provides co Th	**15** Social and emotional health--accepting and providing constructive feedback. The physically literate student accepts and provides constructive feedback. The student is expected to listen respectfully and respond appropriately to corrective feedback with teacher guidance. K.15

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to listen respectfully and respond appropriately to corrective feedback with teacher guidance. K.15	
Lifetime wellness--application of lifetime wellness. The physically literate student identifies the value of lifetime wellness. The student is expected to: K.16	**a** participate in moderate to vigorous physical activity on a regular basis; and K.16.A
	b identify physical activity for personal enjoyment with teacher guidance. K.16.B