Utah Physical Education

Grade K

Adopted 2016

Students will achieve a level of competency in motor skills and movement patterns.

1. **Perform hopping, galloping, running, sliding, skipping, jumping, and landing while maintaining balance.** K.1.1
2. **Perform locomotor skills in response to teacher-led creative dance.** K.1.2
3. **Contrast the actions of curling and stretching the body.** K.1.3
4. **Maintain momentary stillness on different bases of support.** K.1.4
5. **Form wide, narrow, curled, and twisted body shapes.** K.1.5
6. **Transfer weight from one foot to another using various speeds.** K.1.6
7. **Roll sideways in a narrow body shape.** K.1.7
8. **Drop a ball and catch it before it bounces twice.** K.1.8
9. **Catch a large ball tossed by a skilled thrower.** K.1.9
10. **Toss underhand with opposite foot forward.** K.1.10
11. **Dribble a ball with one hand, attempting the second contact.** K.1.11
12. **Tap a ball using the inside of the foot sending it forward.** K.1.12
13. **Kick a stationary ball from a stationary position.** K.1.13
14. **Volley a lightweight object (e.g., a balloon), sending it upward.** K.1.14
15. **Strike a lightweight object with a short-handled implement.** K.1.15
16. **Execute a single jump with self-turned rope.** K.1.16
17. **Jump a long rope with teacher-assisted turning.** K.1.17

Students will apply knowledge to attain efficient movement and pe

1. **Differentiate between movement in personal space and general space.** K.2.1
2. **Travel in three different pathways.** K.2.2

Travel in general space with different speeds. K.2.3

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Students will understand the components necessary to maintain a healthy level of fitness to support physical activity.	1. **Identify active play opportunities outside physical education class.** K.3.1 2. **Actively participate in physical activities in class.** K.3.2 3. **Recognize that when you move fast, your heart beats faster and you breathe more heavily.** K.3.3 4. **Recognize that food provides energy for physical activity.** K.3.4 5. **Recognize the role proper hydration is necessary during physical activity.** K.3.5
Students will develop cooperative skills and positive personal behavior through communication and respect for self and others.	1. **Follow directions in a group setting (e.g., safe behaviors, following rules, taking turns) and recognize responsible behavior while following instruction with teacher prompt and minimal reminders.** K.4.1 2. **Share equipment and space with others.** K.4.2 3. **Understand established procedures for class activities.** K.4.3
Students will appraise the personal value of physical activity as a tool for wellness, challenges, and interacting with appropriate social skills with friends and family.	1. **Recognize that physical activity is important for good health.** K.5.1 2. **Acknowledge that some physical activities are challenging and difficult.** K.5.2 3. **Identify physical activities that are enjoyable.** K.5.3 4. **Discuss the enjoyment of participating in activities with others.** K.5.4