Vermont Physical Education

Grades Pre-K, K

Adopted 2004

Knowledge/Motor Skills

PEPK-K:1. Students will apply problem-solving skills in movement-related activities by... PEPK-K:1

a. Solving simple movement challenges individually. (Show me how many ways you can move in general space.)

b. Solving simple movement challenges involving body parts or self and general space. (Show me how to travel on two body parts without using two feet).

PEPK-K:2. Students will show an understanding of body awareness concepts by... PEPK-K:2

a. Identifying large and small body parts (e.g., arm, leg, wrist, elbow, ankle, etc.).

f. Demonstrating progress toward the mature form of selected locomotor skills (walking, running, skipping, hopping, galloping, jumping and sliding) by performing two critical elements of each skill.

g. Demonstrating the ability to stop and start on a signal.

i. Demonstrating progress toward the mature form of selected manipulative skills (throwing, catching, bouncing, striking, kicking, rolling an object) by performing two critical elements of each skill.

PEPK-K:3. Students show an understanding of space concepts by... PEPK-K:3

a. Identifying and demonstrating personal and general space.

PEPK-K:4. BALANCE Students show an understanding of quality of movement concepts and apply them to psycho-motor skills by... PEPK-K:4

a. Demonstrating momentary stillness in a variety of balance activities.

PEPK-K:7. Students will show competency in aquatic activities and water survival skills when facilities allow by... PEPK-K:7

a. Performing elementary aquatic skills that align with Level I of the American Red Cross Swimming Standards.

b. Performing good attitudes and safe practices around the water.

Affi

Skip to main content

'K-K:10. Students promote individual success and self-confidence by... PEPK-K:10

a. Identifying several activities that are personally enjoyable.

b. Attempting movement, skills, and activities.

PEPK-K:11. **Students show safe behavior for self and others by...** PEPK-K:11

a. Applying established class rules, procedures, and safe practices with teacher guidance.

Social Interaction

PEPK-K:12. **Students show appropriate social interactions by...** PEPK-K:12

a. Demonstrating responsibility for following established class rules, procedures, and safe practices with teacher reinforcement.

c. Staying on task for a short period of time with teacher supervision.

d. Listening quietly without interrupting when the teacher is talking.

e. Demonstrating a willingness to work with any child in the class.

f. Demonstrating listening skills by sitting in a self space with quiet hands and feet and focusing on the speaker cooperatively.