Virginia Physical Education

Kindergarten

Motor Skill Development

1 **The student will demonstrate progress toward the developmentally appropriate form of selected locomotor, non-locomotor, and manipulative skills to understand the various ways the body can move.** K.1

- a Demonstrate and differentiate between walking, jogging, running, hopping, galloping, and jumping. K.1.A
- b Demonstrate bending, pushing, pulling, turning, and balancing on one foot. K.1.B
- c Demonstrate moving forward, sideways, and side to side. K.1.C
- d Demonstrate moving at low, medium, and high levels. K.1.D
- e Demonstrate traveling in straight, curving, and zigzagging pathways. K.1.E
- f Demonstrate moving fast, slow, and at moderate speeds. K.1.F
- g Demonstrate simple educational gymnastic skills, including one roll (narrow or curled). K.1.G
- h Demonstrate at least two critical elements used in eye-hand coordination skills while stationary (e.g., bouncing and catching a ball, tossing, catching a ball/beanbag, volleying a balloon, tossing and rolling underhand to targets, and striking stationary objects with a long or short implement or noodle.) K.1.H
- i Demonstrate at least two critical elements used in eye-foot coordination skills (e.g., dribbling [small taps], kicking a stationary ball). K.1.I
- j Demonstrate moving to a beat and to rhythmic patterns using basic locomotor and nonlocomotor rhythmic patterns in personal and general space. K.1.J
- k Demonstrate jumping over a stationary rope and a self-turn single jump. K.1.K

Anatomical Basis of Movement

2 **The student will identify basic structures of the body and basic spatial awareness concepts.** K.2

- a Explain that the body has muscles and bones that help the body move. K.2.A
- b Identify that the heart is a special muscle that pumps blood throughout the body. K.2.B
- c Demonstrate the concept of personal and general space. K.2.C

Fitness Planning

3 **The student will identify physical activities that promote fitness.** K.3

- a Explain that physical activity helps the body become stronger. K.3.A
- b Identify physical activities that can be done at home, individually and with family and friends to keep the body healthy. K.3.B

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c Explain that moving faster makes the heart beat faster. K.3.C

d Explain that fitness requires staying physically active. K.3.D

Social and Emotional Development

4 The student will demonstrate appropriate behaviors and safe practices in physical activity settings. K.4

a Demonstrate cooperative and safe behaviors during play. K.4.A

b Identify three classroom (procedural) rules. K.4.B

Energy Balance

5 The student will identify basic concepts of energy balance. K.5

a Explain how food provides energy for the body. K.5.A

b Identify one fruit and one vegetable. K.5.B

c Explain that fruits and vegetables provide energy for the body. K.5.C