Washington Health and Physical Education

Physical: Grade K

Adopted 2016

Students will demonstrate competency in a variety of motor skills and movement patterns.

1. **Locomotor**
   a. Demonstrate emerging pattern in locomotor skills while maintaining balance (jog, run, gallop, slide, skip, jump, and hop). PE1.1.K.A
   b. Demonstrate mature pattern in locomotor skills in isolation (walk). PE1.1.K.B
2. **Nonlocomotor**
   K. Demonstrate emerging pattern in nonlocomotor skills while maintaining balance (rock, sway, push, pull, bend, stretch, twist, turn, and swing). PE1.2.K
3. **Balance**
   K. Demonstrate static balance on different bases of support. PE1.3.K
5. **Rhythm**
   K. Demonstrate rhythmic skills in response to teacher-led creative activities. PE1.5.K
6. **Underhand Throw**
   K. Demonstrate emerging pattern in an underhand throw. PE1.6.K
7. **Overhand Throw**
   K. Demonstrate emerging pattern in an overhand throw. PE1.7.K
8. **Catch**
   a. Demonstrate emerging pattern while catching a dropped ball before it bounces twice. PE1.8.K.A
   b. Demonstrate emerging pattern while catching a large ball that is tossed by a skilled thrower. PE1.8.K.B
9. **Hand Dribble**
   K. Demonstrate emerging pattern while hand-dribbling continuously in self-space using preferred hand. PE1.9.K
10. **Foot Pass/Kick**
    K. Demonstrate emerging pattern while passing and kicking a stationary ball with preferred foot. PE1.10.K
11. **Foot Trap/Receive**

Skip to main content

K. Demonstrate emerging pattern while receiving with the preferred foot when stationary. PE1.11.K

12. Foot Dribble

K. Demonstrate emerging pattern while foot-dribbling with light force when walking. PE1.12.K

13. Strike/Volley, Hands and Arms

K. Demonstrate emerging pattern while striking a lightweight object upward with an open palm. PE1.13.K

14. Strike, Short Implement

K. Demonstrate emerging pattern while striking a lightweight object with a short-handled implement. PE1.14.K

15. Strike, Long Implement

a. Demonstrate emerging pattern while striking a large ball off a tee with an oversized lightweight bat. PE1.15.K.A

b. Demonstrate emerging pattern while striking a large object with a long-handled implement. PE1.15.K.B

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

1. Space

K. Demonstrate safe movement in personal and general space at a slow to moderate speed. PE2.1.K

2. Pathways, Levels, and Relationships

K. Demonstrate movement in different pathways. PE2.2.K

3. Speed, Direction, and Force

K. Demonstrate movement in general space at varying speeds. PE2.3.K

Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

1. Benefit of Physical Activity

K. Recognize active and inactive behaviors. PE3.1.K

2. Engagement in Physical Activity

K. Actively engage in physical education class. PE3.2.K

3. Health-Related Fitness

K. Recognize moving fast causes faster heartbeat and faster breathing. PE3.3.K

6. Engagement in Fitness Activities

K. Participate in developmentally appropriate activities to improve overall fitness. PE3.6.K

Skip to main content

7. Body Systems

a. Recognize basic structure and function of body systems (the heart is a muscle). PE3.7.K.A

b. Describe the five senses and related body parts. PE3.7.K.B

8. Nutrition

a. Recognize food groups. PE3.8.K.A

b. Identify healthy and unhealthy foods. PE3.8.K.B

c. Recognize importance of eating breakfast. PE3.8.K.C

Students will exhibit responsible personal and social behavior that respects self and others.

1. Personal Responsibility

K. Demonstrate responsible behavior when prompted. PE4.1.K

2. Rules and Etiquette

a. Recognize class protocols. PE4.2.K.A

b. Demonstrate how to follow directions. PE4.2.K.B

3. Receiving and Providing Feedback

K. Demonstrate listening respectfully to feedback from teacher. PE4.3.K

4. Working with Others

a. Demonstrate how to share equipment and space with others. PE4.4.K.A

b. Demonstrate taking turns. PE4.4.K.B

5. Safety

K. Demonstrate following directions for safe participation and proper use of equipment with minimal reminders. PE4.5.K

Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

1. Challenge

K. Understand that some physical activities are challenging. PE5.1.K

2. Self-Expression and Enjoyment

K. Identify positive feelings that result from participating in physical activity. PE5.2.K

3. Social Interaction

K. Recognize that physical activity can help develop friendships. PE5.3.K