

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

- 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](#)

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
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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
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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
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2. Rules and Etiquette

- a. Recognize class protocols. PE4.2.K.A
 - b. Demonstrate how to follow directions. PE4.2.K.B
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3. Receiving and Providing Feedback

- K. Demonstrate listening respectfully to feedback from teacher. PE4.3.K
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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
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5. Safety

- K. Demonstrate following directions for safe participation and proper use of equipment with minimal reminders. PE4.5.K
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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
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2. Self-Expression and Enjoyment

- K. Identify positive feelings that result from participating in physical activity. PE5.2.K
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3. Social Interaction

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