Wisconsin Physical Education

Kindergarten

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

Locomotor: Walk, Run, Hop, Leap, Slide, Gallop, Skip

1 Perform locomotor skills (e.g., hop, gallop, run, slide, skip) while maintaining balance. PE.S1.E1.K

Locomotor: Jumping and Landing (horizontal and vertical planes)

2 Perform jumping and landing actions with balance. PE.S1.E2.K

Locomotor: Dance/ Rhythmic Activities

3 Perform locomotor skills in response to teacher-led creative dance. PE.S1.E3.K

Locomotor: Combinations

Nonlocomotor (stability): Weight Transfer and Rolling Actions

4 Roll sideways in a narrow body shape. PE.S1.E5.K

Nonlocomotor (stability): Balance

6A Maintain momentary stillness on different bases of support. PE.S1.E6A.K

6B Form wide, narrow, curled, and twisted body shapes. PE.S1.E6B.K

Nonlocomotor (stability): Curling and Stretching; Twisting and Bending

7 Contrast the actions of curling and stretching. PE.S1.E7.K

Nonlocomotor (stability): Combinations

Nonlocomotor (stability): Balance and Weight Transfer

Manipulative: Underhand Throw; Underhand Roll

10 Roll or throw underhand with opposite foot forward. PE.S1.E10.K

Manipulative: Overhand Throw; Backhand Throw (disc)

Manipulative: Passing (with hands)

Manipulative: Catching

13A Drop an object and catch it before it bounces twice. PE.S1.E13A.K

13B Catch a large object tossed by a skilled thrower. PE.S1.E13B.K

Manipulative: Dribbling (with hands)

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14 Dribble a ball with one hand, attempting the second contact. PE.S1.E14.K

Manipulative: Kicking

15 Kick a stationary object from a stationary position, demonstrating two of the five critical elements of a mature kicking pattern. PE.S1.E15.K

Manipulative: Dribbling (with feet)

16 Tap an object using the inside of the foot, sending it forward. PE.S1.E16.K

Manipulative: Passing and Receiving (with feet)

Manipulative: Volley Underhand

18 Volley a lightweight object (balloon), with an open palm, sending it upward. PE.S1.E18.K

Manipulative: Volley Overhead

Manipulative Striking with Shorthandled Implement

20 Strike a lightweight object with a paddle or short-handled racket. PE.S1.E20.K

Manipulative Striking with Long-handled Implement

Jumping Rope

22A Execute a single jump with a selfturned rope. PE.S1.E22A.K

22B Jump a long rope with teacherassisted turning. PE.S1.E22B.K

Outdoor Pursuits/ Adventure Activities

Aquatics: Swim Skills

24 Demonstrate swim skills as described by the American Red Cross “Learn to Swim and Achieve” or any other nationally recognized swim program. Students may exhibit skills in any of the skill levels. PE.S1.E24.K

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

Movement Concepts: Space

1A Differentiate between movement in personal (selfspace) and general space. PE.S2.E1A.K

1B Move in personal space to a rhythm. PE.S2.E1B.K

Movement Concepts: Pathways, Shapes, and Levels

2 Travel in three different pathways (e.g., straight line, curved line, and zigzag). PE.S2.E2.K

Movement Concepts: Speed, Direction, and Force

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Travel in general space at different speeds. PE.S2.E3.K

	Movement Concepts: Strategy and Tactics
	Aquatics: Safety
	5 Understand and follow safety concepts as described by the American Red Cross for levels one through three. PE.S2.E5.K
The student will demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.	**Physical Activity Knowledge**
	1 Identify active play opportunities in and out of school. PE.S3.E1.K
	Fitness Knowledge: Cardiorespiratory Endurance
	2A Recognize and model the visible and physical signs that are related to vigorous movement. (e.g., sweating, heavy breathing, heart beating faster). PE.S3.E2A.K
	2B Recognize exercising the heart helps keep the body healthy. PE.S3.E2B.K
	Fitness Knowledge: Muscular Strength and Endurance
	3 Recognize the body has bones and muscles. PE.S3.E3.K
	Fitness Knowledge: Flexibility
	4 Identify the body part involved when stretching. PE.S3.E4.K
	Fitness Knowledge: Body Composition
	Fitness Knowledge: Skill-related Fitness
	Knowledge Application
	7 Demonstrate knowledge of physical activity and fitness (listed above) related to increasing heart rate, engaging different muscles, and performing various stretches during activity. PE.S3.E7.K
	Assessment and Program Planning
	Nutrition
	9 Recognize that food provides energy for physical activity. PE.S3.E9.K
The student will exhibit responsible personal and social behavior that respects self and others.	**Safety**
	1 Identify how to safely participate with peers and safely use equipment while following teacher directives. PE.S4.E1.K
	Social Awareness: Procedures and Protocols
	2 Recognize the established protocol for the learning environment. (WSELC 21) PE.S4.E2.K
	ɔcial Awareness

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3 Recognize everyone has similarities and differences with teacher guidance. (WSELC 14) PE.S4.E3.K

Self-management: Goal Setting

4 Demonstrate curiosity, risktaking, and willingness to engage in new experiences with teacher guidance. (WSELC 10) PE.S4.E4.K

Relationship Skills: Feedback

5 Adapt behavior based on teacher directives. (WSELC 17) PE.S4.E5.K

Relationship Skills: Conflict Resolution

6 Identify and communicate needs in conflict situations with teacher guidance. (WSELC 19) PE.S4.E6.K

Decision-making

7 Recognize that they have choices in how to respond to situations with teacher guidance. (WSELC 20) PE.S4.E7.K

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

Health and Well-being

1 Recognize that physical activity is important for overall health and well-being. PE.S5.E1.K

Self-awareness and Self-management: Challenge and Growth Mindset

2 Engage in meaningful learning through attempting, repeating, and exploring a variety of experiences and activities. (WSELC 11) PE.S5.E2.K

Self-expression, Social Interaction, and Enjoyment

3 Identify physical activities that are enjoyable with or without others. PE.S5.E3.K