Wyoming Physical Education Content

# Grades K, 1, 2

Adopted 2014

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| **Movement: The physically literate individual demonstrates competency and applies knowledge of a variety of movement skills, movement patterns, concepts, principles, and strategies/tactics as they apply to the learning and performance of physical activities.** | 1. **Students demonstrate fundamental locomotor skills.** PE 2.1.1<br>2. **Students demonstrate fundamental body control skills.** PE 2.1.2<br>3. **Students demonstrate developing control of fundamental manipulative skills.** PE 2.1.3<br>4. **Students demonstrate fundamental movement concepts related to space, effort, and relationships.** PE 2.1.4<br>5. **Students identify critical elements of fundamental locomotor skills.** PE 2.1.5<br>6. **Students identify critical elements of fundamental body control skills.** PE 2.1.6<br>7. **Students identify critical elements of fundamental manipulative skills.** PE 2.1.7<br>8. **Students identify critical elements of fundamental movement concepts related to space, effort, and relationships.** PE 2.1.8 |
| **Fitness: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.** | 1. **Students identify current levels of personal health-related fitness.** PE 2.2.1<br>2. **Students identify the health benefits of physical activity.** PE 2.2.2<br>3. **Students identify the principles, components, and practices of health-related fitness.** PE 2.2.3<br>4. **Students engage in a variety of physical activities that will enhance health-related fitness.** PE 2.2.4 |
| **Personal and Social Behavior: The physically literate individual exhibits responsible personal and social behavior that respects self and others and recognizes the value of physical activity for challenge, self-** | 1. **Students know and follow procedures and safe practices.** PE 2.3.1<br>2. **Students demonstrate socially responsible behavior in physical activity settings.** PE 2.3.2<br>3. **Students exhibit persistence when participating in a variety of physical activities.** PE 2.3.3<br>4. **Students discover that physical activities promote self-expression and positive social interaction.** PE 2.3.4 |

**expression, and/or social interaction.**