

# Grade K

Adopted 2018

## Motor Skills and Movement Patterns

- 1. The physically educated student demonstrates competency in a variety of motor skills and movement patterns. PEK.1**
    - a. Performs basic locomotor skills (walk, run, hop, jump, skip, slide, and gallop) while maintaining balance. PEK.1.A
    - b. Performs locomotor skills in response to teacher-led, creative dance. PEK.1.B
    - c. Performs jumping/landing with balance. PEK.1.C
    - d. Performs basic non-locomotor skills (bend, straighten, twist, stretch, swing, sway, and turn) while maintaining balance. PEK.1.D
    - e. Maintains balance on different bases of support (wide, narrow, curled, and twisted body shapes). PEK.1.E
    - f. Throws underhand with opposite foot forward. PEK.1.F
    - g. Catches a self-tossed object (ball, scarf, and bean bag). PEK.1.G
    - h. Drops a ball and catches it after a single bounce. PEK.1.H
    - i. Demonstrates basic dribbling skills with hands attempting multiple contacts. PEK.1.I
    - j. Demonstrates basic dribbling skills with feet attempting multiple contacts. PEK.1.J
    - k. Kicks a stationary ball from a stationary position (keeping eyes on the ball, stepping with the opposite foot next to ball, contacting the ball with dominant foot, and following through). PEK.1.K
    - l. Volleys a lightweight object (beach ball or balloon) upward using a variety of body parts. PEK.1.L
    - m. Strikes a lightweight object (beach ball or balloon) using a short-handled implement. PEK.1.M
    - n. Executes a single jump using a self-turned rope. PEK.1.N
    - o. Executes a single jump of a long rope with teacher assisted turning. PEK.1.O
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## **Movement Concepts and Principles**

- 2. The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.** PEK.2
  - a. Demonstrates an understanding of general and personal space by traveling without bumping into another student. PEK.2.A
  - b. Performs a rhythmic activity in a personal space. PEK.2.B
  - c. Travels in three different pathways (straight, curved, and zig zag) PEK.2.C
  - d. Travels in general space with different speeds. PEK.2.D
  - e. Travels in general space on different levels. PEK.2.E
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## **Fitness**

- 3. The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.** PEK.3
  - a. Identifies active play opportunities outside the physical education setting. PEK.3.A
  - b. Actively participates in physical education class. PEK.3.B
  - c. Recognizes that moving at a fast pace increases heart rate and breathing. PEK.3.C
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## **Personal and Social Behavior, Rules, Safety, and Etiquette**

- 4. The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.** PEK.4
  - a. Follows directions individually and in a group setting (follows rules and takes turns). PEK.4.A
  - b. Acknowledges responsibility for behavior when prompted. PEK.4.B
  - c. Shares equipment and space with others. PEK.4.C
  - d. Recognizes the established classroom procedures. PEK.4.D
  - e. Follows teacher directions for safe participation and proper use of equipment with minimal reminders. PEK.4.E
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- 5. The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.** PEK.5
  - a. Recognizes that physical activity is important for good health. PEK.5.A
  - b. Acknowledges that some physical activities are challenging/difficult. PEK.5.B
  - c. Identifies physical activities that are enjoyable. PEK.5.C
  - d. Recognizes the enjoyment of playing with others. PEK.5.D
  - e. Accepts and respects differences and similarities of physical abilities in self and others. PEK.5.E