

Pre-Kindergarten

Motor Skills and Movement Patterns S1

Hopping, Galloping, Jogging, Running, Sliding, and Skipping

- 1 Moves using a variety of locomotor skills. S1.PK.1
-

Jogging for Distance

- 2 This skill becomes a developmentally appropriate practice beginning in 2nd grade. S1.PK.2
-

Jumping and Landing

- 3 Demonstrates a vertical jump and landing with balance. S1.PK.3
-

Dance

- 4 Performs creative movements to the rhythm of music. S1.PK.4
-

Balance

- 5a Identifies different bases of support. S1.PK.5A

- 5b Balances on different body parts. S1.PK.5B
-

Weight Transfer

- 6 This skill becomes a developmentally appropriate practice beginning in 1st grade. S1.PK.6
-

Weight Transfer - Rolling

- 7a Creates curled shapes with their body. S1.PK.7A

- 7b Demonstrates how to rock on different body parts. S1.PK.7B
-

Curling, Stretching, Twisting, and Bending

- 8 Stretches the muscles. S1.PK.8
-

Combinations - Balance and Weight Transfers

- 9 This skill becomes a developmentally appropriate practice beginning in 2nd grade. S1.PK.9
-

Rolling a Ball

- 10 Rolls a ball to a stationary partner or target while seated. S1.PK.10

Underhand Throw

11 Underhand throws to a large, stationary target. [S1.PK.11](#)

Overhand Throw

12 This skill becomes a developmentally appropriate practice beginning in 2nd grade. [S1.PK.12](#)

Catching

13 Demonstrates some of the critical elements when catching a rolling ball. [S1.PK.13](#)

Dribbling with Hands

14 Bounces a ball down with two hands and attempts to catch it while remaining in personal space. [S1.PK.14](#)

Dribbling with Feet

15 Taps a stationary ball using the inside of the foot, maintaining body control. [S1.PK.15](#)

Kicking

16 Kicks a stationary ball from a stationary position, maintaining body control. [S1.PK.16](#)

Underhand Volley

17 Volleys a lightweight object using different body parts. [S1.PK.17](#)

Striking with a Short-Handled Implement

18 This skill becomes a developmentally appropriate practice beginning in kindergarten. [S1.PK.18](#)

Catching with a Short-Handled Implement

19 This skill becomes a developmentally appropriate practice beginning in kindergarten. [S1.PK.19](#)

Striking with a Long-Handled Implement

20 This skill becomes a developmentally appropriate practice beginning in 2nd grade. [S1.PK.20](#)

Jumping Rope

21 Demonstrates jumping over a stationary rope several times. [S1.PK.21](#)

Concepts and Strategies [S2](#)**Space**

1a Identifies personal space. [S2.PK.1A](#)

1b Identifies general space. [S2.PK.1B](#)

Pathways, Shapes, & Levels

- 2a Travels forward and sideways while changing directions quickly in response to a signal. [S2.PK.2A](#)
 - 2b Identifies three pathways (straight, curved, and zigzag). [S2.PK.2B](#)
-

Speed, Direction, & Force

- 3 Demonstrates the relationship of over, under, through, behind, next to, right, left, up, down, forward, backward, and in front of by using the body and/or object. [S2.PK.3](#)
-

Health-Enhancing Level of Physical Activity and Fitness [S3](#)

Physical Activity Knowledge

- 1 Identifies physical activities. [S3.PK.1](#)
-

Physical Activity Engagement

- 2 Participates in physical education class. [S3.PK.2](#)
-

Fitness Knowledge

- 3a Participates in activities that increase the heart rate. [S3.PK.3A](#)
 - 3b Identifies the chest as a place on the body to feel their heartbeat with one hand. [S3.PK.3B](#)
-

Nutrition

- 4a Identifies foods that fuel your body. [S3.PK.4A](#)
 - 4b Recognizes the relationship between nutrition and physical activity. [S3.PK.4B](#)
-

Responsible Personal and Social Behavior [S4](#)

Personal Responsibility

- 1a Follows directions in a group setting. [S4.PK.1A](#)
 - 1b Responds to signals when transitioning from one activity to another. [S4.PK.1B](#)
 - 1c Recognizes that practice helps skill development. [S4.PK.1C](#)
-

Corrective Feedback

- 2 Uses verbal and visual cues to improve skill performance. [S4.PK.2](#)
-

Accepting Feedback

- 3a Identifies the importance of corrective feedback on performance. [S4.PK.3A](#)
 - 3b Responds to an adult when asked. [S4.PK.3B](#)
-

Working with Others

- 4 Exhibits strategies for dealing with conflicts, such as sharing, taking turns, and compromising. [S4.PK.4](#)

Rules and Etiquette

5 Shows awareness for the established protocol for classroom activities. **S4.PK.5**

Safety

6a Appropriately handles materials and equipment. **S4.PK.6A**

6b Follows basic safety rules with adult guidance and support. **S4.PK.6B**

Recognizes the Value of Physical Activity **S5****Health**

1 Recognizes that physical activity can be fun and enjoyable. **S5.PK.1**

Challenge

2 Identifies some physical activities that can be challenging. **S5.PK.2**

Self Expression and Enjoyment

3a Demonstrates enjoyment of playing with other children. **S5.PK.3A**

3b Shows satisfaction or seeks acknowledgment when completing a task or solving a problem. **S5.PK.3B**