

# Grade K

Adopted 2018

**Demonstrates competency in a variety of motor skills and movement patterns.**

- 1. Hop, gallop, slide, skip, and run while maintaining balance.** 0.1.1.1

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- 2. Jump and land in the horizontal plane while maintaining balance.** 0.1.1.2

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- 3. Jump and land in the vertical plane while maintaining balance.** 0.1.1.3

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- 4. Perform locomotor skills in educational dance while maintaining balance** 0.1.1.4

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- 1. Maintain momentary stillness on different bases of support with different body shapes.** 0.1.2.1

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- 2. Developmentally appropriate and emerging benchmarks first appear in Grade 1.** 0.1.2.2

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- 3. Roll sideways in a narrow body shape. For example: pencil roll, log roll.** 0.1.2.3

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- 4. Perform non-locomotor skills.** 0.1.2.4

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- 5. Developmentally appropriate and emerging benchmarks first appear in Grade 2.** 0.1.2.5

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- 1. Roll and throw underhand with opposite foot forward.** 0.1.3.1

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- 2. Throw overhand while maintaining balance.** 0.1.3.2

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- 3. Developmentally appropriate and emerging benchmarks first appear in Grade 3.** 0.1.3.3

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- 4. Drop and catch a ball before it bounces twice.** 0.1.3.4

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- 5. Dribble with one hand, attempting a second contact.** 0.1.3.5

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- 6. Dribble with inside of the foot, attempting a second contact.** 0.1.3.6

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- 7. Pass with the feet, while maintaining balance.** 0.1.3.7

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- 8. Developmentally appropriate and emerging benchmarks first appear in Grade 4.** 0.1.3.8

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- 9. Kick while maintaining balance.** 0.1.3.9

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- 10. Developmentally appropriate and emerging benchmarks first appear in Grade 3.** 0.1.3.10
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- 11. Volley individually using various body parts, attempting a second hit.** 0.1.3.11
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- 12. Developmentally appropriate and emerging benchmarks first appear in Grade 3.** 0.1.3.12
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- 13. Strike using a body part, while maintaining balance.** 0.1.3.13
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- 14. Developmentally appropriate and emerging benchmarks first appear in Grade 2.** 0.1.3.14
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- 15. Developmentally appropriate and emerging benchmarks first appear in Grade 4.** 0.1.3.15
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- 16. Jump a single jump with a self-turned rope.** 0.1.3.16
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- 17. Jump a long rope with teacher-assisted turning.** 0.1.3.17
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Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

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- 1. Travel in different pathways differentiating between movement in personal space (self-space) and general space. For example: straight, curvy, zig zag.** 0.2.1.1
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- 2. Travel using body parts in different relationships to each other. For example: round, narrow, wide, twisted, symmetrical.** 0.2.1.2
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- 3. Travel using slow and fast speeds.** 0.2.1.3
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- 4. Developmentally appropriate and emerging benchmarks first appear in Grade 3.** 0.2.1.4
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- 5. Developmentally appropriate and emerging benchmarks first appear in Grade 3.** 0.2.1.5
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- 6. Developmentally appropriate and emerging benchmarks first appear in Grade 3.** 0.2.1.6
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Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

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- 1. Identify ways to be physically active outside of physical education class, both indoors and outdoors.** 0.3.1.1
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- 1. Actively participates in physical activities with teacher prompting.** 0.3.2.1
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- 1. Recognize that faster movement corresponds to faster heartbeat and breathing.** 0.3.3.1
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- 2. Recognize that the body has muscles.** 0.3.3.2
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- 1. Developmentally appropriate and emerging benchmarks first appear in Grade 3.** 0.3.4.1
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**1. Recognize that food provides energy for physical activity.** 0.3.5.1

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**Exhibit responsible personal and social behavior that respects self and others.**

**1. Identify class rules and protocols related to self, space and equipment.** 0.4.1.1

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**1. Use feedback from the teacher.** 0.4.2.1

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**1. Share equipment and space with others.** 0.4.3.1

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**1. Developmentally appropriate and emerging benchmarks first appear in Grade 3.** 0.4.4.1

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**1. Move safely in personal space with minimal reminders.** 0.4.5.1

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**Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

**1. Recognize that physical activity is important for good health.** 0.5.1.1

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**1. Recognize that some physical activities are challenging or difficult.** 0.5.2.1

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**1. Express enjoyment when being physically active individually and with others.** 0.5.3.1