

Grade K

Adopted 2007

Efficiency of Human Movement and Performance

1. Personal Fitness and Healthy Active Living

A. Health-Related and Skill-Related Fitness

- a. Tell what it means to be fit.

D. Body Systems

- a. Identify major body parts (e.g., head, neck, arm, shoulders, elbow, legs, knee, hip, feet, back, fingers, toes).

2. Responsible Personal and Social Behavior in the Physical Activity Setting

A. Personal/Social Responsibilities

- a. Demonstrate the ability to share, be cooperative and safe with others.

3. Injury Prevention, Treatment and Rehabilitation

A. Prevention

- a. Demonstrate safe use of general and personal space.

B. Treatment

- a. Demonstrate how to seek adult help when an injury has occurred (e.g., playground, field trips, lunch room).
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Physical Activity and Lifetime Wellness

1. Fundamental Movement Skills and Games

- A. Locomotor
 - a. Demonstrate the correct form of three locomotor skills (e.g., walk, run, jump, hop, gallop).
 - B. Non-Locomotor
 - a. Demonstrate selected non-locomotor skills (e.g., push, pull, bend, twist, stretch, turn).
 - C. Manipulative Skills
 - a. Demonstrate manipulative skills in a stationary position (e.g., rolling, throwing, catching, kicking).
 - D. Body Management
 - a. Demonstrate introductory individual stunts (e.g., crab walk, bear walk, inch worm).
 - b. Demonstrate ways to balance on different body parts at different levels.
 - E. Movement Concepts
 - a. Identify relationship with body parts (e.g., left hand to left shoulder, right elbow to left knee).
 - b. Demonstrate the difference between slow and fast movement when performing locomotor movements.
 - c. Recognize the difference between general and personal space.
 - F. Developmental Games
 - a. Demonstrate cooperation with partners and small groups to accomplish a game objective.
 - b. Demonstrate chasing, fleeing, dodging.
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3. Rhythms and Dance

- A. Essential Elements of Rhythm
 - a. Demonstrate the concept of beat/rhythm pattern as it applies to music and movement (e.g., clap, drum).
 - b. Demonstrate simple movements to music (e.g., march to beat).
- B. Creative/Interpretive
 - a. Demonstrate the ability to use your body as a means of expression (e.g., snowman melting).