

Grades K, 1, 2

Adopted 2014

Demonstrate competency in motor skills, movement patterns and safety needed to perform a variety of physical activities.

Locomotor and Nonlocomotor Movement

1. Demonstrate the basic elements of movement forms. [1.2.1](#)
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Manipulative Skills

2. Perform a variety of basic level manipulative skills in isolation. [1.2.2](#)
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Motor Skills and Movement Patterns

3. Perform simple motor skills and movement patterns. [1.2.3](#)
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Safety

4. Demonstrate safe practices while participating in physical activities. [1.2.4](#)
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Apply knowledge of concepts, principles and strategies related to movement, performance and safety within physical activities.

Concepts and Principles

1. Recognize the basic elements of movement. [2.2.1](#)
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Strategies

2. Demonstrate basic strategies in physical activities. [2.2.2](#)
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Safety

3. Identify appropriate safety practices in general space for self and others. [2.2.3](#)
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Participate regularly in physical activity.

Moderate to Vigorous Physical Activity

1. Demonstrate the differences between sedentary, light, moderate, and vigorous physical activity. [3.2.1](#)
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Establishing Healthy Activity Patterns and Values

2. Demonstrate healthy activity patterns by participating in physical activity. [3.2.2](#)
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Self-Management Skills

3. Demonstrate ways to be physically active during the day. [3.2.3](#)
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Achieves and maintains a health-enhancing level of physical fitness

Health-related Fitness Components

1. Practice health-related fitness components in various physical activities. [4.2.1](#)

Physiological Effects & Benefits of Physical Fitness

2. Identify physiological signs of light, moderate and vigorous physical activity. 4.2.2