

# Grades K, 1, 2

Adopted 2005

Engages in a physically active lifestyle.

- a. Participate in daily physical activity during and after school.
- b. Identify the physiological changes in the body during physical activity.
- c. Identify benefits gained from participation in physical activity.
- d. List activities that will promote a physically active lifestyle.

Achieves and maintains a health enhancing level of physical fitness.

- a. Participate in daily health-enhancing physical activities.
- b. Participate in aerobic, anaerobic, flexibility and muscular strength and endurance activities.
- c. Progress in vigorous activities from shorter periods to longer periods of time.

Demonstrates competency in motor skills and movements patterns, proficiency in a few, and applies these skills and patterns in a variety of physical activities (psychomotor).

- a. Demonstrate locomotor, non-locomotor and manipulative skills in a developmentally appropriate form.
- b. Apply fundamental motor skills in a variety of physical activities, such as low-organized games, rhythmic activities, fitness activities, tumbling/gymnastics.

Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the development of motor skills and the learning and performance of physical activities

- a. Begin to use a movement vocabulary.
- b. Begin to describe the critical elements of fundamental motor skills.
- c. Distinguish differences in time, space, force, flow and direction.
- d. Use feedback from teachers to improve motor skill performance and cognitive understanding.

Identifies that physical activity provides opportunities for health

- a. Identify the value of participation in physical activities.
- b. Describe what it is like to work in a group.

enhancement,  
enjoyment, challenge,  
self-expression and  
social interaction

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Exhibits responsible  
personal and social  
behavior that respects  
self and others in  
physical activity settings

- a. Accept responsibility for his/her participation in physical activity settings.

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- b. Work cooperatively and productively with a partner or small groups.

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- c. Identify and follow safety rules for all activities.

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- d. Display responsible behaviors in physical activity settings.

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- e. Recognize the existence of individual uniqueness in physical activity settings.

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- d. Display consideration for others in physical activity settings.

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- e. Discuss the importance of including all students in physical activity settings.

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- f. Resolve conflict in socially acceptable ways.