

# Grade K

Adopted 2015

## **Demonstrates Competency in a Variety of Motor Skills and Movement Patterns.**

### **A. Demonstrate locomotor and non-locomotor skills in a variety of ways.**

1. Demonstrate walk, run and slide locomotor skills using critical elements.
2. Explore locomotor skills of jump, gallop, skip, hop and leap in a stable environment.
3. Use non-locomotor skills (e.g., bend, twist, turn, sway, stretch) in exploratory and a stable environment.
4. Balance using a variety of body parts (e.g., 1/2/3/4 point balances) and body shapes (e.g., wide, narrow, twisted).
5. Transfer weight by rocking and rolling.
6. Move in time with a changing beat (e.g., music, drum, clap, stomp).

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### **B. Demonstrate developing control of fundamental manipulative skills.**

1. Throw objects in a variety of ways to oneself.
2. Catch a bounced ball.
3. Use different body parts to strike a lightweight object (e.g., balloon) and keep it in the air.
4. Kick a stationary ball.
5. Dribble objects with the hand in a closed or stable environment.
6. Roll a ball underhand.

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## **Applies Knowledge of Concepts, Principles, Strategies and Tactics Related to Movement and Performance.**

### **A. Demonstrate knowledge of movement concepts related to body, space, effort and relationships.**

1. Establish a movement vocabulary through exploration of body, space, effort and relationships.
2. Recall pathways, direction, levels and relationships (e.g., near/far, lead/follow).
3. Distinguish between different degrees of effort (e.g., strong, weak, fast, slow, bound, free).
4. Identify boundaries for self-space and general space.

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**B. Demonstrate knowledge of critical elements of fundamental motor skills.**

1. Differentiate among locomotor skills.
  2. Repeat cue words for fundamental motor skills.
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**Demonstrates the Knowledge and Skills to Achieve and Maintain a Health-Enhancing Level of Physical Activity and Fitness.**

**A. Describes current level of physical activity and identifies additional physical activity opportunities.**

1. Recognize and differentiate between physical activity and inactivity.
  2. Track the amount of physical activity within physical education.
  3. Recognize that food provides energy for physical activity.
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**B. Understand the principles, components and practices of health-related physical fitness.**

1. Recognize activities that could be used to improve each component of health-related fitness.
  2. Recognize that when one moves fast, the heart beats faster and breathing becomes faster.
  3. Recognize the importance of muscular strength to support body weight.
  4. Identify ways to stretch muscles in the body.
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**Exhibits Responsible Personal and Social Behavior that Respects Self and Others.**

**A. Know and follow procedures and safe practices.**

1. Respond positively to reminders of appropriate safety procedures.
  2. Follow directions and handle equipment safely.
  3. Work independently and safely in self and shared space.
  4. Explain rules related to safety and activity-specific procedures.
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**Recognizes the Value of Physical Activity for Health, Enjoyment, Challenge, Self-Expression and/or Social Interaction.**

**A. Identifies health benefits as reasons to value physical activity.**

1. Recognize physical activity has positive health benefits.
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**B. Identifies reasons to participate in physical activity.**

1. Identify physical activities that are fun.