

# Grades Pre-K, K

Adopted 2016

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

**PreK-K.** Performs locomotor skills (hopping, galloping, running, sliding, skipping, leaping) while maintaining balance. [S1.E1.PREK-K](#)

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**PreK-K.** Developmentally appropriate/emerging outcomes first appearing in grade two. [S1.E2.PREK-K](#)

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**PreK-K.** Performs jumping and landing actions with balance. [S1.E3.PREK-K](#)

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**PreK-K.** Performs jumping and landing actions with balance. [S1.E4.PREK-K](#)

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**PreK-K.** Performs locomotor skills in response to teacher-led creative dance. [S1.E5.PREK-K](#)

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**PreK-K.** Developmentally appropriate/emerging outcomes first appear in grade three. [S1.E6.PREK-K](#)

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**PreK-K.** Maintains momentary stillness on different bases of support. Forms wide, narrow, curled, and twisted body shapes. [S1.E7.PREK-K](#)

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**PreK-K.** Developmentally appropriate/emerging outcomes first appear in grade one. [S1.E8.PREK-K](#)

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**PreK-K.** Roll sideways in a narrow body shape. [S1.E9.PREK-K](#)

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**PreK-K.** Contrasts the actions of curling and stretching. [S1.E10.PREK-K](#)

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**PreK-K.** Developmentally appropriate/emerging outcomes first appear in grade two. [S1.E11.PREK-K](#)

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**PreK-K.** Developmentally appropriate/emerging outcomes first appear in grade three. [S1.E12.PREK-K](#)

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**PreK-K.** Throws underhand and overhand with opposite foot forward. [S1.E13.PREK-K](#)

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**PreK-K.** Developmentally appropriate/emerging outcomes first appear in grade four. [S1.E14.PREK-K](#)

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**Prek-Ka.** Drops a ball or object and catches it before it bounces twice. [S1.E15.PREK-KA](#)

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**PreK-Kb.** Catches a large ball or object tossed by a skilled thrower. [S1.E15.PREK-KB](#)

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**PreK-K.** Dribbles a ball with one hand attempting second contact. [S1.E16.PREK-K](#)

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**PreK-K.** Taps a ball using the inside of the foot, sending it forward. [S1.E17.PREK-K](#)

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**PreK-K.** Developmentally appropriate/emerging outcomes first appear in grade three. [S1.E18.PREK-K](#)

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**PreK-K.** Developmentally appropriate/emerging outcomes first appear in grade four. [S1.E19.PREK-K](#)

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**PreK-K.** Kicks a stationary ball from a stationary position demonstrating two of the five critical elements of mature kicking. [S1.E20.PREK-K](#)

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**PreK-K.** Volleys a lightweight object (balloon), sending it upward. [S1.E21.PREK-K](#)

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**PreK-K.** Developmentally appropriate/emerging outcomes first appear in grade four. [S1.E22.PREK-K](#)

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**PreK-K.** Strikes a lightweight object with a paddle or short-handled racket. [S1.E23.PREK-K](#)

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**PreK-K.** Developmentally appropriate/emerging outcomes first appear in grade two. [S1.E24.PREK-K](#)

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**PreK-K.** Developmentally appropriate/emerging outcomes first appear in grade four. [S1.E25.PREK-K](#)

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**PreK-Ka.** Executes a single jump with a self-turned rope. [S1.E26.PREK-KA](#)

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**PreK-Kb.** Jumps a long rope with teacher-assisted turning. [S1.E26.PREK-KB](#)

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**PreK-Kc.** Turns a long rope with a mature form. [S1.E26.PREK-KC](#)

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Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**PK-Ka.** Differentiates between movement in personal (self-space) and general space. [S2.E1.PK-KA](#)

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**PK-Kb.** Moves in personal space to a rhythm. [S2.E1.PK-KB](#)

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**PK-K.** Travels in three different pathways (straight, zig-zag, and weaving). [S2.E2.PK-K](#)

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**PK-K.** Travels in general space with different speeds. [S2.E3.PK-K](#)

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**PK-K.** Developmentally appropriate/emerging outcomes first appear in grade three. [S2.E4.PK-K](#)

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**PK-K.** Developmentally appropriate/emerging outcomes first appear in grade three. [S2.E5.PK-K](#)

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Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**PK-K.** Identifies active-play opportunities outside physical education class. (e.g., before and after school, at home, at the park, with friends, with family). [S3.E1.PK-K](#)

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**PK-Ka.** Actively participates in physical education class. [S3.E2.PK-KA](#)

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**PK-Kb.** Engaged in MVPA 50% of class time. [S3.E2.PK-KB](#)

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**PK-K.** Recognizes that when you move fast, your heart beats faster and you breathe faster. [S3.E3.PK-K](#)

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**PK-K.** Developmentally appropriate/emerging outcomes first appear in grade three. [S3.E4.PK-K](#)

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**PK-K.** Developmentally appropriate/emerging outcomes first appear in grade three. [S3.E5.PK-K](#)

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**PK-K.** Recognizes that food provides energy for physical activity. [S3.E6.PK-K](#)

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Exhibits responsible personal and social behavior that respects self and others.

**PK-K.** Follows directions in group settings (e.g., safe behaviors, following rules). [S4.E1.PK-K](#)

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**PK-K.** Acknowledges responsibility for behavior when prompted. [S4.E2.PK-K](#)

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**PK-K.** Follows instruction/directions when prompted. [S4.E3.PK-K](#)

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**PK-K.** Shares equipment and space with others. [S4.E4.PK-K](#)

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**PK-K.** Recognizes the established protocols for class activities. [S4.E5.PK-K](#)

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**PK-K.** Follows teacher directions for safe participation and proper use of equipment with minimal reminders. [S4.E6.PK-K](#)

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

**PK-K.** Recognizes that physical activity is important for good health. [S5.E1.PK-K](#)

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**PK-K.** Acknowledges that some physical activities are challenging/difficult. [S5.E2.PK-K](#)

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**PK-Ka.** Identifies physical activities that are enjoyable. [S5.E3.PK-KA](#)

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**PK-Kb.** Discusses the enjoyment of playing with friends. [S5.E3.PK-KB](#)

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**PK-K.** Demonstrates socially acceptable conflict resolution skills. [S5.E4.PK-K](#)