

Grade K

Adopted 2016

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

1. Performs locomotor skills (hopping, galloping, sliding, skipping) while maintaining balance. PE.1.K.1
2. Performs jumping & landing actions with balance. PE.1.K.2
3. Performs locomotor skills in response to teacher-led creative rhythmic activities. PE.1.K.3
4. Maintains momentary stillness on different bases of support. PE.1.K.4
5. Forms wide, narrow, curled & twisted body shapes. PE.1.K.5
6. Rolls sideways in a narrow body shape. PE.1.K.6
7. Contrasts the actions of curling & stretching. PE.1.K.7
8. Throws underhand with opposite foot forward. PE.1.K.8
9. Drops a ball and catches it before it bounces twice. PE.1.K.9
10. Catches a large ball tossed by a skilled thrower. PE.1.K.10
11. Dribbles a ball with one hand, attempting the second contact. PE.1.K.11
12. Taps a ball using the inside of the foot, sending it forward. PE.1.K.12
13. Kicks a stationary ball from a stationary position, demonstrating 2 of the 5 elements of a mature kicking pattern. PE.1.K.13
14. Volleys a light-weight object (balloon), sending it upward. PE.1.K.14
15. Strikes a lightweight object with a paddle or short-handled racket. PE.1.K.15

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

1. Differentiates between movement in personal (self-space) & general space. PE.2.K.1
2. Moves in personal space to a rhythm. PE.2.K.2
3. Travels in 3 different pathways. PE.2.K.3

4. Travels in general space with different speeds. PE.2.K.4

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 1. Identifies active-play opportunities outside physical education class. PE.3.K.1**
 - 2. Actively participates in physical education class. PE.3.K.2**
 - 3. Recognizes that when you move fast, your heart beats faster and you breathe faster. PE.3.K.3**
 - 4. Recognizes that food provides energy for physical activity. PE.3.K.4**
-

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- 1. Follows directions in group settings (e.g., safe behaviors, following rules, taking turns). PE.4.K.1**
 - 2. Acknowledges responsibility for behavior when prompted. PE.4.K.2**
 - 3. Follows instruction/directions when prompted. PE.4.K.3**
 - 4. Shares equipment and space with others. PE.4.K.4**
 - 5. Recognizes the established protocol for class activities. PE.4.K.5**
 - 6. Follows teacher directions for safe participation and proper use of equipment with minimal reminders. PE.4.K.6**
-

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

- 1. Recognizes that physical activity is important for good health. PE.5.K.1**
- 2. Acknowledges that some physical activities are challenging/difficult. PE.5.K.2**
- 3. Identifies physical activities that are enjoyable. PE.5.K.3**