

Kindergarten

Development of Motor Skills/Movement Forms

- 17 Develop a beginning movement vocabulary for body and spatial awareness (e.g., general/self-space, left, right, up, down, high, low). [WE.K.17](#)

- 18 Distinguish between personal space and general space. [WE.K.18](#)

- 19 Distinguish between and perform locomotor movements of running, hopping, jumping, galloping, and sliding. [WE.K.19](#)

- 20 Travel in straight, curved, and zigzag pathways. [WE.K.20](#)

- 21 Perform movements that promote cross lateral development. [WE.K.21](#)

- 22 Make wide, narrow, round, and twisted body shapes. [WE.K.22](#)

- 23 Move the body at high, medium, and low levels. [WE.K.23](#)

- 24 Move to a variety of beats, tempos, and rhythms. [WE.K.24](#)

- 25 Transfer weight to balance on different body parts or combinations of body parts (e.g., beginner gymnastics, yoga). [WE.K.25](#)

- 26 Develop spatial awareness of an object or person (e.g., beside, under, near, far). [WE.K.26](#)

Physical Fitness

- 27 Recognize body responses to physical activities (e.g., increased heart rate, faster breathing, perspiration). [WE.K.27](#)

- 28 Discuss the need for proper rest and exercise. [WE.K.28](#)

- 29 Locate and identify a variety of body parts. [WE.K.29](#)

Responsible, Personal, and Social Behaviors

- 30 Demonstrate appropriate interactions with others (e.g., partners, small groups and large groups). [WE.K.30](#)

- 31 Identify and participate in physical activities outside of school that enhance health. [WE.K.31](#)