

Kindergarten

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

Locomotor

- 1 Explore a variety of locomotor movements, travelling in different directions. [K.1.L1](#)
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Non-Locomotor

- 1 Explore non-locomotor skills, using different body parts. [K.1.NL1](#)
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Body Management

- 1 Maintain momentary stillness on different bases of support and transfers weight from one foot to another. [K.1.BM1](#)
 - 2 Transfer weight from one foot to the other [K.1.BM2](#)
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Manipulative Skills

- 1 Explore manipulative skills with a variety of objects using performance cues. [K.1.MS1](#)
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Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Space

- 1 Explore the difference between personal and general space. [K.2.SP1](#)
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Pathways, Shapes and Levels

- 1 Explore pathways, levels and relationships. [K.2.PS1](#)
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Speed, Direction and Force

- 1 Explore travel in general space with different speeds. [K.2.SD1](#)
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Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge

- 1 Identify a variety of ways to be physically active at school and home. [K.3.PA1](#)
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Physical Fitness Knowledge

- 1 Identify the importance of daily activity [K.3.PF1](#)
 - 2 Recognize that moving increases heart and respiratory rate. [K.3.PF2](#)
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Nutrition

- 1 Recognize that food provides energy for physical activity. [K.3.N1](#)
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Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Social Interactions/Working with Others

- 1 Share equipment and space with others in physical activity settings. **K.4.SW1**
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Rules and Etiquette

- 1 Recognize and follow the established rules, protocol and etiquette in physical education. **K.4.RE1**
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Safety

- 1 Follow teacher directions for safe participation and proper use of equipment, independently and with others **K.4.SA1**
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Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Health

- 1 Identify physical activity as a component of good health. **K.5.H1**
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Challenge

- 1 Acknowledge that some physical activities are challenging **K.5.C1**
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Self-Expression and Enjoyment

- 1 Explore enjoyable physical activities. **K.5.SE1**
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Social Interaction

- 1 Explore social interaction through physical activity **K.5.SI1**
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Advocacy

- 1 Recognize the importance of promoting physical activity **K.5.A1**