

# Grade K

Adopted 2016

## Physical Activity Skills and Movement Patterns PE.K.1

- 1. Performs locomotor skills in a variety of environments.** PE.K.1.1
  - a. Hops, gallops, jogs, runs, walks, slides, skips, and leaps while maintaining balance. PE.K.1.1.A
  - b. Jumps vertically and lands with balance. PE.K.1.1.B
  - c. Jumps horizontally and lands with balance. PE.K.1.1.C
  - d. Exhibits a variety of locomotor skills in rhythmic activities led by teacher. PE.K.1.1.D

---
- 2. Performs non-locomotor skills in a variety of environments.** PE.K.1.2
  - a. Maintains momentary stillness on different bases of support. PE.K.1.2.A
  - b. Forms wide, narrow, curled, and twisted body shapes. PE.K.1.2.B
  - c. Rolls sideways in a narrow body shape. PE.K.1.2.C
  - d. Curls and stretches the body and/or parts of the body. PE.K.1.2.D

---
- 3. Performs manipulative skills in a variety of environments.** PE.K.1.3
  - a. Throws underhand with opposite foot forward. PE.K.1.3.A
  - b. Drops a ball and catches it before it bounces twice. PE.K.1.3.B
  - c. Dribbles a ball with one hand, attempting the second contact. PE.K.1.3.C
  - d. Pushes a ball using the inside of the foot, sending it forward. PE.K.1.3.D
  - e. Kicks a stationary ball from a stationary position, demonstrating 2 of 5 critical elements. PE.K.1.3.E
  - f. Volleys a lightweight object underhand, sending it upward. PE.K.1.3.F
  - g. Strikes a lightweight object with a short-handled implement. PE.K.1.3.G
  - h. Completes a single jump with self-turned rope. PE.K.1.3.H
  - i. Jumps a long rope with teacher-assisted turning. PE.K.1.3.I

---

**Movement Concepts,  
Strategies, and  
Tactics** PE.K.2

- 1. Demonstrates knowledge of movement concepts in a variety of environments.** PE.K.2.1
    - a. Differentiates between movement in self space and general space. PE.K.2.1.A
    - b. Moves to a rhythm in self space. PE.K.2.1.B
    - c. Travels in straight, curved, and zig zag pathways. PE.K.2.1.C
    - d. Travels at different speeds in general space. PE.K.2.1.D
- 

**Health-Related Physical  
Activity and  
Fitness** PE.K.3

- 1. Demonstrates the knowledge to achieve and maintain a health-enhancing level of physical activity.** PE.K.3.1
    - a. Identifies active play opportunities outside of physical education class. PE.K.3.1.A
  - 2. Engages in physical activity.** PE.K.3.2
    - a. Participates in physical activity in physical education class. PE.K.3.2.A
  - 3. Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness.** PE.K.3.3
    - a. Recognizes that moving fast increases heart rate and breathing. PE.K.3.3.A
  - 4. Communicates the importance of health-related fitness components and nutrition for physical activity.** PE.K.3.4
    - a. Recognizes that food provides energy for physical activity. PE.K.3.4.A
- 

**Responsible  
Behavior** PE.K.4

- 1. Exhibits personal responsibility in physical activity settings.** PE.K.4.1
    - a. Follows directions in group settings (e.g., safe behaviors, following rules, taking turns). PE.K.4.1.A
    - b. Acknowledges responsibility for behavior when prompted. PE.K.4.1.B
  - 2. Accepts and responds to specific corrective feedback from teacher and peers.** PE.K.4.2
    - a. Follows instructions when prompted. PE.K.4.2.A
  - 3. Exhibits responsible social behavior when working with others.** PE.K.4.3
    - a. Shares equipment and space with others. PE.K.4.3.A
  - 4. Follows rules and demonstrates proper etiquette.** PE.K.4.4
    - a. Recognizes protocol for class activities. PE.K.4.4.A
  - 5. Participates safely in physical activities.** PE.K.4.5
    - a. Follows teacher directions for safe participation and proper use of equipment with minimal reminders. PE.K.4.5.A
-

**Physical Activity  
Benefits** PE.K.5

- 1. Recognizes the benefits of physical activity for health.** PE.K.5.1
  - a. Recognizes that physical activity is important for good health. PE.K.5.1.A

---
- 2. Recognizes the benefits of physical activity for challenge.** PE.K.5.2
  - a. Acknowledges that some physical activities are difficult/challenging. PE.K.5.2.A

---
- 3. Recognizes the benefits of physical activity for self-expression and enjoyment.** PE.K.5.3
  - a. Identifies physical activities that are enjoyable. PE.K.5.3.A
  - b. Discusses the enjoyment of playing with friends. PE.K.5.3.B