

# Kindergarten

## Motor Skills

### 1 Demonstrate motor skills and movement patterns needed to perform a variety of physical activities. K.MS.1

- 1 Demonstrate recognizable forms of the locomotor skills (walk, run, jump, hop, skip, gallop, leap, slide). PE.K.MS.1.1
  - 2 Demonstrate recognizable forms of manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking). PE.K.MS.1.2
  - 3 Demonstrate transitions between locomotor skills with recognizable forms. PE.K.MS.1.3
  - 4 Demonstrate rhythmic locomotor and non-locomotor movements to a beat. PE.K.MS.1.4
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## Movement Concepts

### 2 Demonstrate understanding of concepts that apply to the learning and performance of movement. K.MC.2

- 1 Demonstrate understanding of the movement concepts of space, pathways, and speed through movement. PE.K.MC.2.1
  - 2 Identify one or more of the critical elements for fundamental manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking). PE.K.MC.2.2
  - 3 Use teacher feedback to improve basic motor performance. PE.K.MC.2.3
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## Health-Related Fitness

### 3 Demonstrate the knowledge and skills needed to achieve a health-enhancing level of physical activity and fitness. K.HF.3

- 1 Identify one or more of the five health-related fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, or body composition) and their associated exercises. PE.K.HF.3.1
  - 2 Identify opportunities for increased physical activity. PE.K.HF.3.2
  - 3 Actively participate in physical education class. PE.K.HF.3.3
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## Personal/Social Responsibility

### **4 Demonstrate responsible personal and social behavior that respects self and others.** K.PR.4

- 1** Demonstrate cooperation by following directions in group settings. PE.K.PR.4.1
- 2** Identify physical activities that are personally enjoyable. PE.K.PR.4.2
- 3** Demonstrate safe practices when engaging in physical activities with minimal teacher reminders. PE.K.PR.4.3