

# Grade K

Adopted 2015

**Demonstrates competency in a variety of motor skills and movement patterns.**

- K. Performs locomotor skills (walking, hopping, galloping, running, sliding, skipping) while maintaining balance.** S1.E1.K

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- K. Performs jumping and landing actions with balance (horizontal).** S1.E3.K

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- K. Performs jumping and landing actions with balance (vertical).** S1.E4.K

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- K. Performs locomotor skills in response to teacher-led creative rhythms.** S1.E5.K

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- a. Maintains momentary stillness on different bases of support (e.g., one body part, combinations of body parts, wide base, narrow base).** S1.E7.K.A

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- b. Forms wide, narrow, curled and twisted body shapes.** S1.E7.K.B

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- K. Rolls sideways in a narrow body shape.** S1.E9.K

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- K. Contrasts the actions of curling and stretching.** S1.E10.K

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- K. Throws underhand with opposite foot forward.** S1.E13.K

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- a. Drops a ball and catches it before it bounces twice.** S1.E16.K.A

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- b. Catches a large ball tossed by a skilled thrower.** S1.E16.K.B

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- K. Dribbles a ball with one hand, attempting the second contact.** S1.E17.K

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- K. Taps a ball using the inside of the foot, sending it forward.** S1.E18.K

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- K. Kicks a stationary ball from a stationary position, demonstrating two of the five elements of a mature kicking pattern.** S1.E21.K

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- K. Volleys a lightweight object (balloon), sending it upward.** S1.E22.K

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- K. Strikes a lightweight object with a paddle or short-handled racket.** S1.E24.K

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- a. Executes a single jump with self-turned rope.** S1.E27.K.A

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- b. Jumps a long rope with teacher-assisted turning.** S1.E27.K.B

Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**a. Differentiates between movement in personal (self-space) and general space.** S2.E1.K.A

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**b. Moves in personal space to a rhythm.** S2.E1.K.B

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**K. Travels in three different pathways (e.g., zig-zag, curved, straight).** S2.E2.K

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**K. Travels in general space with different speeds.** S2.E3.K

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**K. Identify body parts (e.g., head, shoulders, knees, chest elbows, hands and feet).** S2.E4.K

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Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**K. Identifies active play opportunities outside physical education class (to include indoor and outdoor recess).** S3.E1.K

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**K. Actively participates in physical education class.** S3.E2.K

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**K. Recognizes that when you move fast, your heart beats faster and you breathe faster.** S3.E3.K

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**K. Recognizes that food provides energy for physical activity.** S3.E6.K

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Exhibits responsible personal and social behavior that respects self and others.

**K. Follows directions in group settings (e.g., safe behaviors, following rules, taking turns).** S4.E1.K

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**K. Acknowledges responsibility for behavior when prompted (e.g., thumbs up, fist of five, reflective listening).** S4.E2.K

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**K. Follows instruction/directions when prompted.** S4.E3.K

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**K. Shares equipment and space with others.** S4.E4.K

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**K. Recognizes the established protocol for class activities.** S4.E5.K

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**K. Follows teacher directions for safe participation and proper use of equipment with minimal reminders.** S4.E6.K

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Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**K. Recognizes that physical activity is important for good health.** S5.E1.K

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**K. Acknowledges that some physical activities are challenging/difficult.** S5.E2.K

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**a. Identifies physical activities that are enjoyable.** S5.E3.K.A

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**b. Discusses the enjoyment of playing with friends.** S5.E3.K.B