

# Grades K, 1, 2

Adopted 2014

**Movement:** The physically literate individual demonstrates competency and applies knowledge of a variety of movement skills, movement patterns, concepts, principles, and strategies/tactics as they apply to the learning and performance of physical activities.

1. Students demonstrate fundamental locomotor skills. PE 2.1.1
2. Students demonstrate fundamental body control skills. PE 2.1.2
3. Students demonstrate developing control of fundamental manipulative skills. PE 2.1.3
4. Students demonstrate fundamental movement concepts related to space, effort, and relationships. PE 2.1.4
5. Students identify critical elements of fundamental locomotor skills. PE 2.1.5
6. Students identify critical elements of fundamental body control skills. PE 2.1.6
7. Students identify critical elements of fundamental manipulative skills. PE 2.1.7
8. Students identify critical elements of fundamental movement concepts related to space, effort, and relationships. PE 2.1.8

**Fitness:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

1. Students identify current levels of personal health-related fitness. PE 2.2.1
2. Students identify the health benefits of physical activity. PE 2.2.2
3. Students identify the principles, components, and practices of health-related fitness. PE 2.2.3
4. Students engage in a variety of physical activities that will enhance health-related fitness. PE 2.2.4

**Personal and Social Behavior:** The physically literate individual exhibits responsible personal and social behavior that respects self and others and recognizes the value of physical activity for challenge, self-

1. Students know and follow procedures and safe practices. PE 2.3.1
2. Students demonstrate socially responsible behavior in physical activity settings. PE 2.3.2
3. Students exhibit persistence when participating in a variety of physical activities. PE 2.3.3
4. Students discover that physical activities promote self-expression and positive social interaction. PE 2.3.4

**expression, and/or  
social interaction.**