

# Grades K, 1, 2

Adopted 2014

**Demonstrate competency in motor skills, movement patterns and safety needed to perform a variety of physical activities.**

## **Locomotor and Nonlocomotor Movement**

1. Demonstrate the basic elements of movement forms. [1.2.1](#)
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## **Manipulative Skills**

2. Perform a variety of basic level manipulative skills in isolation. [1.2.2](#)
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## **Motor Skills and Movement Patterns**

3. Perform simple motor skills and movement patterns. [1.2.3](#)
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## **Safety**

4. Demonstrate safe practices while participating in physical activities. [1.2.4](#)
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**Apply knowledge of concepts, principles and strategies related to movement, performance and safety within physical activities.**

## **Concepts and Principles**

1. Recognize the basic elements of movement. [2.2.1](#)
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## **Strategies**

2. Demonstrate basic strategies in physical activities. [2.2.2](#)
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## **Safety**

3. Identify appropriate safety practices in general space for self and others. [2.2.3](#)
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**Participate regularly in physical activity.**

## **Moderate to Vigorous Physical Activity**

1. Demonstrate the differences between sedentary, light, moderate, and vigorous physical activity. [3.2.1](#)
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## **Establishing Healthy Activity Patterns and Values**

2. Demonstrate healthy activity patterns by participating in physical activity. [3.2.2](#)
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## **Self-Management Skills**

3. Demonstrate ways to be physically active during the day. [3.2.3](#)
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**Achieves and maintains a health-enhancing level of physical fitness**

## **Health-related Fitness Components**

1. Practice health-related fitness components in various physical activities. [4.2.1](#)

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## **Physiological Effects & Benefits of Physical Fitness**

2. Identify physiological signs of light, moderate and vigorous physical activity. 4.2.2