

# Grade K

Adopted 2014

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. (Psychomotor Domain)

1. Travel with control forward and sideways using a variety of locomotor skills (including run, jump, hop, gallop, and slide) and change directions in response to a signal or obstacle. [K-1.1](#)
2. Move in general space in a controlled manner to avoid contact with people and objects and be able to stop in control on command. [K-1.2](#)
3. Demonstrate beat awareness by moving to even and uneven rhythms (for example, galloping or sliding to the uneven rhythm of a drum beat or music). [K-1.3](#)
4. Support body weight on a variety of body parts while maintaining stillness (for example, balancing on two hands and a foot). [K-1.4](#)
5. Demonstrate controlled traveling, rolling, and balancing actions with or without equipment. [K-1.5](#)
6. Throw, catch, kick, and strike objects in simple conditions (for example, tossing and catching in personal space, kicking and striking a stationary ball). [K-1.6](#)

The physically literate individual demonstrates knowledge of concepts, principles, strategies and tactics related to movement and performance. (Cognitive Domain)

1. Identify fundamental movement skills (for example, hop, jump, gallop, slide, catch, throw, strike). [K-2.1](#)
2. Identify basic body and space awareness movement concepts (for example, body parts, body shapes, non-locomotor movements such as bend and twist, personal and general space, high and low levels, directions, and pathways). [K-2.2](#)
3. Identify a variety of spatial relationships with objects (for example, over, under, behind, beside, through). [K-2.3](#)
4. Identify the physiological effects of moderate physical activity (for example, fast heart rate, rapid breathing, increase body temperature). [K-2.4](#)

The physically literate individual achieves and maintains a health-enhancing level of physical activity and fitness. (Psychomotor Domain)

1. Sustain moderate-to-vigorous physical activity for short periods of time. [K-3.1](#)
2. Engage in sustained physical activity that causes an increased heart rate, and rapid breathing. [K-3.2](#)

---

**3. Demonstrate muscular strength by supporting body weight for climbing, hanging, and momentarily supporting weight on hands (for example, maintaining a push-up position). K-3.3**

---

**4. Engage in a variety of physical activities during leisure time (for example, t-ball, riding a bicycle, tag, hide-and-seek). K-3.4**

---

**The physically literate individual exhibits responsible personal and social behavior that respects self and others in physical-activity settings. (Affective Domain)**

**1. Share physical-activity space and equipment willingly with others. K-4.1**

---

**2. Interact positively with others in physical-activity settings (for example, treating others with respect during physical activity regardless of personal differences, including gender, skill level, or ethnicity). K-4.2**

---

**3. Work independently and with others on physical education tasks. K-4.3**

---

**4. Participate appropriately as a member of the class by following directions and classroom rules and using safe physical-activity practices. K-4.4**

---

**The physically literate individual demonstrates awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression and/or social interaction. (Affective Domain)**

**1. Participate willingly in individual and group physical activities. K-5.1**

---

**2. Identify feelings resulting from participation in physical activities (for example, sense of excitement after running a 25 meter dash or completing the fun run). K-5.2**

---

**3. Demonstrate a willingness to learn new fundamental movement skills and try new games. K-5.3**

---

**4. Continue to participate/practice in physical activities after being unsuccessful in initial attempts. K-5.4**

---

**5. Identify his or her likes and dislikes with regard to participating in physical activities. K-5.5**

---