

# Grade K

Adopted 2016

Students will achieve a level of competency in motor skills and movement patterns.

1. Perform hopping, galloping, running, sliding, skipping, jumping, and landing while maintaining balance. [K.1.1](#)
2. Perform locomotor skills in response to teacher-led creative dance. [K.1.2](#)
3. Contrast the actions of curling and stretching the body. [K.1.3](#)
4. Maintain momentary stillness on different bases of support. [K.1.4](#)
5. Form wide, narrow, curled, and twisted body shapes. [K.1.5](#)
6. Transfer weight from one foot to another using various speeds. [K.1.6](#)
7. Roll sideways in a narrow body shape. [K.1.7](#)
8. Drop a ball and catch it before it bounces twice. [K.1.8](#)
9. Catch a large ball tossed by a skilled thrower. [K.1.9](#)
10. Toss underhand with opposite foot forward. [K.1.10](#)
11. Dribble a ball with one hand, attempting the second contact. [K.1.11](#)
12. Tap a ball using the inside of the foot sending it forward. [K.1.12](#)
13. Kick a stationary ball from a stationary position. [K.1.13](#)
14. Volley a lightweight object (e.g., a balloon), sending it upward. [K.1.14](#)
15. Strike a lightweight object with a short-handled implement. [K.1.15](#)
16. Execute a single jump with self-turned rope. [K.1.16](#)
17. Jump a long rope with teacher-assisted turning. [K.1.17](#)

Students will apply knowledge to attain efficient movement and performance.

1. Differentiate between movement in personal space and general space. [K.2.1](#)
2. Travel in three different pathways. [K.2.2](#)
3. Travel in general space with different speeds. [K.2.3](#)

**Students will understand the components necessary to maintain a healthy level of fitness to support physical activity.**

- 1. Identify active play opportunities outside physical education class. K.3.1**
- 2. Actively participate in physical activities in class. K.3.2**
- 3. Recognize that when you move fast, your heart beats faster and you breathe more heavily. K.3.3**
- 4. Recognize that food provides energy for physical activity. K.3.4**
- 5. Recognize the role proper hydration is necessary during physical activity. K.3.5**

**Students will develop cooperative skills and positive personal behavior through communication and respect for self and others.**

- 1. Follow directions in a group setting (e.g., safe behaviors, following rules, taking turns) and recognize responsible behavior while following instruction with teacher prompt and minimal reminders. K.4.1**
- 2. Share equipment and space with others. K.4.2**
- 3. Understand established procedures for class activities. K.4.3**

**Students will appraise the personal value of physical activity as a tool for wellness, challenges, and interacting with appropriate social skills with friends and family.**

- 1. Recognize that physical activity is important for good health. K.5.1**
- 2. Acknowledge that some physical activities are challenging and difficult. K.5.2**
- 3. Identify physical activities that are enjoyable. K.5.3**
- 4. Discuss the enjoyment of participating in activities with others. K.5.4**