

# Physical: Grade K

Adopted 2016

**Students will demonstrate competency in a variety of motor skills and movement patterns.**

## 1. Locomotor

- a. Demonstrate emerging pattern in locomotor skills while maintaining balance (jog, run, gallop, slide, skip, jump, and hop). [PE1.1.K.A](#)
  - b. Demonstrate mature pattern in locomotor skills in isolation (walk). [PE1.1.K.B](#)
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## 2. Nonlocomotor

- K. Demonstrate emerging pattern in nonlocomotor skills while maintaining balance (rock, sway, push, pull, bend, stretch, twist, turn, and swing). [PE1.2.K](#)
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## 3. Balance

- K. Demonstrate static balance on different bases of support. [PE1.3.K](#)
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## 5. Rhythm

- K. Demonstrate rhythmic skills in response to teacher-led creative activities. [PE1.5.K](#)
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## 6. Underhand Throw

- K. Demonstrate emerging pattern in an underhand throw. [PE1.6.K](#)
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## 7. Overhand Throw

- K. Demonstrate emerging pattern in an overhand throw. [PE1.7.K](#)
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## 8. Catch

- a. Demonstrate emerging pattern while catching a dropped ball before it bounces twice. [PE1.8.K.A](#)
  - b. Demonstrate emerging pattern while catching a large ball that is tossed by a skilled thrower. [PE1.8.K.B](#)
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## 9. Hand Dribble

- K. Demonstrate emerging pattern while hand-dribbling continuously in self-space using preferred hand. [PE1.9.K](#)
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## 10. Foot Pass/Kick

- K. Demonstrate emerging pattern while passing and kicking a stationary ball with preferred foot. [PE1.10.K](#)

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**11. Foot Trap/Receive**

- K. Demonstrate emerging pattern while receiving with the preferred foot when stationary. PE1.11.K
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**12. Foot Dribble**

- K. Demonstrate emerging pattern while foot-dribbling with light force when walking. PE1.12.K
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**13. Strike/Volley, Hands and Arms**

- K. Demonstrate emerging pattern while striking a lightweight object upward with an open palm. PE1.13.K
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**14. Strike, Short Implement**

- K. Demonstrate emerging pattern while striking a lightweight object with a short-handled implement. PE1.14.K
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**15. Strike, Long Implement**

- a. Demonstrate emerging pattern while striking a large ball off a tee with an oversized lightweight bat. PE1.15.K.A
  - b. Demonstrate emerging pattern while striking a large object with a long-handled implement. PE1.15.K.B
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Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

**1. Space**

- K. Demonstrate safe movement in personal and general space at a slow to moderate speed. PE2.1.K
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**2. Pathways, Levels, and Relationships**

- K. Demonstrate movement in different pathways. PE2.2.K
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**3. Speed, Direction, and Force**

- K. Demonstrate movement in general space at varying speeds. PE2.3.K
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Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**1. Benefit of Physical Activity**

- K. Recognize active and inactive behaviors. PE3.1.K
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**2. Engagement in Physical Activity**

- K. Actively engage in physical education class. PE3.2.K
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**3. Health-Related Fitness**

- K. Recognize moving fast causes faster heartbeat and faster breathing. PE3.3.K

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## 6. Engagement in Fitness Activities

- K. Participate in developmentally appropriate activities to improve overall fitness. PE3.6.K
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## 7. Body Systems

- a. Recognize basic structure and function of body systems (the heart is a muscle). PE3.7.K.A
  - b. Describe the five senses and related body parts. PE3.7.K.B
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## 8. Nutrition

- a. Recognize food groups. PE3.8.K.A
  - b. Identify healthy and unhealthy foods. PE3.8.K.B
  - c. Recognize importance of eating breakfast. PE3.8.K.C
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Students will exhibit responsible personal and social behavior that respects self and others.

### 1. Personal Responsibility

- K. Demonstrate responsible behavior when prompted. PE4.1.K
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### 2. Rules and Etiquette

- a. Recognize class protocols. PE4.2.K.A
  - b. Demonstrate how to follow directions. PE4.2.K.B
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### 3. Receiving and Providing Feedback

- K. Demonstrate listening respectfully to feedback from teacher. PE4.3.K
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### 4. Working with Others

- a. Demonstrate how to share equipment and space with others. PE4.4.K.A
  - b. Demonstrate taking turns. PE4.4.K.B
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### 5. Safety

- K. Demonstrate following directions for safe participation and proper use of equipment with minimal reminders. PE4.5.K
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Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

### 1. Challenge

- K. Understand that some physical activities are challenging. PE5.1.K
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### 2. Self-Expression and Enjoyment

- K. Identify positive feelings that result from participating in physical activity. PE5.2.K
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### 3. Social Interaction

- K. Recognize that physical activity can help develop friendships. PE5.3.K