

Grade K

Adopted 2009

Skill Development

1. Travel while changing direction, speed, and pathways to avoid contact with peers.
2. Use correct form while marching and walking
3. Demonstrate the nonlocomotor skills of bending, stretching, twisting, turning, rocking, and swaying.
4. Demonstrate throwing and catching skills by throwing a ball overhand and underhand and catching a tossed ball before it bounces twice.
5. Demonstrate individual rope-jumping skills by jumping over a rope lying on the floor, jumping over a swinging rope, and jumping a single rope five consecutive times.
6. Move rhythmically to even and uneven beats in creative dance, aerobic exercises, movement songs, and simple dances.
7. Demonstrate body control skills by balancing on multiple body parts, rolling sideways without hesitation, and landing with control from a jump.
8. Combine fundamental movement skills and concepts in simple games.

Cognitive Development

9. Apply movement vocabulary to fundamental skills upon teacher direction.

Social Development

10. Apply physical education class rules and procedures for starting and stopping, adhering to safety requirements, using equipment, and entering and exiting an activity.
11. Demonstrate willingness to play with a diverse range of students using sharing skills with equipment and working cooperatively with peers.
12. Demonstrate respect for classmates by playing without interfering with others and interacting appropriately with peers.

Physical Activity and Health

13. Describe benefits of regular participation in physical activities.
14. Describe the location and function of the heart and lungs

15. Identify appropriate footwear and clothing for participation in physical activities