

Grades K, 1, 2

Adopted 2005

Movement Forms — Use motor skills and movement patterns to perform a variety of physical activities

Fundamental Skills

1. Use basic locomotor skills in initial (immature) form alone, with a partner, and in small groups [PE.K-2.1.1](#)
 2. Use basic non-locomotor skills in initial (immature) form alone, with a partner, and in small groups [PE.K-2.1.2](#)
 3. Use basic manipulative skills in initial (immature) form alone, with a partner, and in small groups [PE.K-2.1.3](#)
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Cognitive Concepts — Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities

Safety and Play Etiquette

1. Use basic movement concepts related to space, time, effort, and relationships (e.g., personal space, fast/slow, strong/light, under/over) [PE.K-2.2.1](#)
 2. Identify basic rules for safe participation in physical activities [PE.K-2.2.2](#)
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Active Lifestyle — Participate regularly in physical activity

Individual, Dual, and Lifetime Activities

1. Participate regularly in physical activities [PE.K-2.3.1](#)
 2. Describe the social and emotional benefits of participating in physical activities [PE.K-2.3.2](#)
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Physical Fitness — Know ways to achieve and maintain a health-enhancing level of physical fitness

Fitness and Conditioning-Related Activities

1. Identify physiological indicators that accompany moderate to vigorous physical activities [PE.K-2.4.1](#)