

# Kindergarten

**Demonstrate competency in a variety of motor skills and movement patterns.**

## **Locomotor**

- 1 Explore a variety of locomotor movements, travelling in different directions. [K.1.L1](#)
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## **Non-Locomotor**

- 1 Explore non-locomotor skills, using different body parts. [K.1.NL1](#)
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## **Body Management**

- 1 Maintain momentary stillness on different bases of support and transfers weight from one foot to another. [K.1.BM1](#)
  - 2 Transfer weight from one foot to the other [K.1.BM2](#)
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## **Manipulative Skills**

- 1 Explore manipulative skills with a variety of objects using performance cues. [K.1.MS1](#)
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**Apply knowledge of concepts, principles, strategies and tactics to movement and performance.**

## **Space**

- 1 Explore the difference between personal and general space. [K.2.SP1](#)
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## **Pathways, Shapes and Levels**

- 1 Explore pathways, levels and relationships. [K.2.PS1](#)
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## **Speed, Direction and Force**

- 1 Explore travel in general space with different speeds. [K.2.SD1](#)
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**Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**

## **Physical Activity Knowledge**

- 1 Identify a variety of ways to be physically active at school and home. [K.3.PA1](#)
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## **Physical Fitness Knowledge**

- 1 Identify the importance of daily activity [K.3.PF1](#)
  - 2 Recognize that moving increases heart and respiratory rate. [K.3.PF2](#)
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## **Nutrition**

- 1 Recognize that food provides energy for physical activity. [K.3.N1](#)
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**Demonstrate responsible personal and social behavior that exhibits respect for self and others.**

### **Social Interactions/Working with Others**

- 1 Share equipment and space with others in physical activity settings. **K.4.SW1**
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### **Rules and Etiquette**

- 1 Recognize and follow the established rules, protocol and etiquette in physical education. **K.4.RE1**
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### **Safety**

- 1 Follow teacher directions for safe participation and proper use of equipment, independently and with others **K.4.SA1**
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**Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.**

### **Health**

- 1 Identify physical activity as a component of good health. **K.5.H1**
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### **Challenge**

- 1 Acknowledge that some physical activities are challenging **K.5.C1**
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### **Self-Expression and Enjoyment**

- 1 Explore enjoyable physical activities. **K.5.SE1**
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### **Social Interaction**

- 1 Explore social interaction through physical activity **K.5.SI1**
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### **Advocacy**

- 1 Recognize the importance of promoting physical activity **K.5.A1**