

Grade K

Adopted 2016

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

1. Performing basic locomotor, nonlocomotor, and manipulative skills; and [A.K.1](#)
2. Performing locomotor skills in response to teacher led creative dance. [A.K.2](#)

Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

1. Moving in different pathways, general space with different speeds, and in personal space to a rhythm. [B.K.1](#)

Demonstrate the knowledge and skills to achieve and maintain a healthenhancing level of physical activity and fitness.

1. Recognizing that food provides energy for physical activity; [C.K.1](#)
2. Identifying active play opportunities outside health enhancement class; [C.K.2](#)
3. Actively participating in health enhancement class; [C.K.3](#)
4. Recognizing that physical activity causes physical changes; and [C.K.4](#)
5. Practicing warm-up and cool-down activities relative to vigorous physical activity. [C.K.5](#)

Exhibit responsible personal and social behavior that respects self and others.

1. Following directions in group settings; [D.K.1](#)
2. Acknowledging responsibility for behavior when prompted; [D.K.2](#)
3. Following instruction and direction when prompted; [D.K.3](#)
4. Recognizing the established protocol for class activities; [D.K.4](#)
5. Sharing equipment and space with others; [D.K.5](#)
6. Recognizing differences in ideas, cultures, and body types; and [D.K.6](#)
7. Following teacher directions for safe participation and proper use of equipment with minimal reminders. [D.K.7](#)

Recognize the value of physical activity for

1. Understanding that physical activity is important for good health; [E.K.1](#)

**health, enjoyment,
selfexpression, and/or
social interaction.**

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- 2. Acknowledging that some physical activities are challenging or difficult; E.K.2**
 - 3. Identifying physical activities that result in a positive personal experience while playing with friends. E.K.3**