

Kindergarten

Motor Skill Development

1 The student will demonstrate progress toward the developmentally appropriate form of selected locomotor, non-locomotor, and manipulative skills to understand the various ways the body can move. K.1

- a Demonstrate and differentiate between walking, jogging, running, hopping, galloping, and jumping. **K.1.A**
- b Demonstrate bending, pushing, pulling, turning, and balancing on one foot. **K.1.B**
- c Demonstrate moving forward, sideways, and side to side. **K.1.C**
- d Demonstrate moving at low, medium, and high levels. **K.1.D**
- e Demonstrate traveling in straight, curving, and zigzagging pathways. **K.1.E**
- f Demonstrate moving fast, slow, and at moderate speeds. **K.1.F**
- g Demonstrate simple educational gymnastic skills, including one roll (narrow or curled). **K.1.G**
- h Demonstrate at least two critical elements used in eye-hand coordination skills while stationary (e.g., bouncing and catching a ball, tossing, catching a ball/beanbag, volleying a balloon, tossing and rolling underhand to targets, and striking stationary objects with a long or short implement or noodle.) **K.1.H**
- i Demonstrate at least two critical elements used in eye-foot coordination skills (e.g., dribbling [small taps], kicking a stationary ball). **K.1.I**
- j Demonstrate moving to a beat and to rhythmic patterns using basic locomotor and nonlocomotor rhythmic patterns in personal and general space. **K.1.J**
- k Demonstrate jumping over a stationary rope and a self-turn single jump. **K.1.K**

Anatomical Basis of Movement

2 The student will identify basic structures of the body and basic spatial awareness concepts. K.2

- a Explain that the body has muscles and bones that help the body move. **K.2.A**
 - b Identify that the heart is a special muscle that pumps blood throughout the body. **K.2.B**
 - c Demonstrate the concept of personal and general space. **K.2.C**
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Fitness Planning

3 The student will identify physical activities that promote fitness. K.3

- a Explain that physical activity helps the body become stronger. K.3.A
 - b Identify physical activities that can be done at home, individually and with family and friends to keep the body healthy. K.3.B
 - c Explain that moving faster makes the heart beat faster. K.3.C
 - d Explain that fitness requires staying physically active. K.3.D
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Social and Emotional Development

4 The student will demonstrate appropriate behaviors and safe practices in physical activity settings. K.4

- a Demonstrate cooperative and safe behaviors during play. K.4.A
 - b Identify three classroom (procedural) rules. K.4.B
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Energy Balance

5 The student will identify basic concepts of energy balance. K.5

- a Explain how food provides energy for the body. K.5.A
- b Identify one fruit and one vegetable. K.5.B
- c Explain that fruits and vegetables provide energy for the body. K.5.C