

# Physical Education: Grades K, 1, 2

Adopted 2008

**Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities**

**Physical Activity involves using movement and motor skills**

- Perform/demonstrate fundamental characteristics of motor skills.
  - Actively participate in movement activities with self and others
  - Move safely through space with self and others in changing environments
  - Associate specific physical activities or movements with specific health concepts
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**Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities**

**There are different rules for different movements.**

- Adapt movement to different situations
  - Demonstrate knowledge of movement concepts.
  - Demonstrate and identify anatomy of body parts.
  - Move safely in personal and general space.
  - Follow cues and commands (movement vocabulary)
  - Connect physical movements with overall health
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**Participates regularly in physical activity**

**We need to move**

- Participate and demonstrate how to evoke effects of movement on body (show heart rate with hand), sweating, breathing hard, feeling a stretch, out of breath, rosy cheeks, hard to talk (out of breath).
  - Perform tasks longer than before.
  - Demonstrate PE skills during recess or other nonschool activities.
  - Comply with rules and safe practices in PE.
  - Make use of PE opportunities.
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**Achieves and maintains a personal health-enhancing level of physical fitness**

**Physical fitness is good for you.**

Demonstrate location and feel the heart beat

Measure the heart beat

Participate in a variety of physical activity

Discuss the components of a healthy body

Relate specific activities with specific health related components of fitness

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**Exhibits responsible personal and social behavior that respects self and others in physical activity settings**

**There are ways to behave in physical activity settings.**

Apply the rules of a game/activity with little or no reinforcement

Take turns and invite others to participate

Interact with a diverse population

Share (equipment time, knowledge, space)

Play safely

Follow (classroom) safety rules

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**Creates opportunities for health, enjoyment, challenge, self-expression and/or social interaction through physical activity**

**Physical activity is fun.**

Look forward to physical activity/physical education opportunities

Continue to try regardless of success in the activity

Express their like and dislikes and state their reasons