

# Grade K

The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns. **K.1**

## Locomotor Skills

- 1 Locomotor (Hopping, galloping, running, sliding, skipping, leaping, walking, running) **K.1.1**
  - A Performs emerging patterns in locomotor skills (walk, run, leap, hop, gallop, slide, and skip) while maintaining balance (such as when you hear the color of your shirt leap over a pillow). **K.1.1.A**
  - B Perform mature patterns in locomotor skills (walk). **K.1.1.B**
- 2 Locomotor (Jumping and landing in a horizontal and vertical plane) **K.1.2**
  - A Performs jumping and landing actions with balance (such as when you hear the color of your shirt, jump over a line on the floor). **K.1.2.A**
- 3 Locomotor (Dance, Rhythm, Combinations) **K.1.3**
  - A Performs dance (rhythmic) activities in response to teacher led creative activities. **K.1.3.A**
- 4 Non-Locomotor **K.1.4**
  - A Performs emerging patterns in nonlocomotor skills (such as bend, twist, turn, sway, stretch) in exploratory and a stable environment. **K.1.4.A**
- 5 Non-Locomotor (Balance) **K.1.5**
  - A Maintains momentary balance (such as wide, narrow, curled and twisted body shapes) on different bases of support (such as walking on the floor). **K.1.5.A**
- 6 Non-Locomotor (Weight Transfer) **K.1.6**
  - A Developmentally appropriate/emerging outcomes first appear in grade one. **K.1.6.A**

---

## Manipulative Skills

- 7 Manipulative Skills (Throw) **K.1.7**
    - A Throws underhand and overhand with opposite foot forward demonstrating an emerging pattern. **K.1.7.A**
  - 8 Manipulative Skills (Pass with Hands) **K.1.8**
    - A Developmentally appropriate/emerging outcomes first appear in grade four. **K.1.8.A**
  - 9 Manipulative Skills (Catch) **K.1.9**
    - A Drops a ball and catches it before it bounces twice. **K.1.9.A**
    - B Catches a large ball tossed by a skilled thrower. **K.1.9.B**
  - 10 Manipulative Skills (Hand Dribble) **K.1.10**
    - A Dribbles a ball with one hand, attempting the second contact. **K.1.10.A**
  - 11 Manipulative Skills (Foot Pass/Kick) **K.1.11**
    - A Demonstrates an emerging pattern while passing or kicking from a stationary position, demonstrating two of the five critical elements of a mature kicking pattern. **K.1.11.A**
  - 12 Manipulative Skills (Foot Dribble) **K.1.12**
    - A Soft taps a ball using the inside of the foot, sending it forward. **K.1.12.A**
  - 13 Manipulative Skills (Foot Trap Receive) **K.1.13**
    - A Performs emerging pattern while receiving with the preferred foot when stationary. **K.1.13.A**
  - 14 Manipulative Skills (Strike/Volley, Hands and Arms) **K.1.14**
    - A Volley a lightweight object (such as a balloon), sending it upward with an open palm. **K.1.14.A**
  - 15 Manipulative Skills (Strike with Implement) **K.1.15**
    - A Strikes a lightweight object with a paddle or short-handled racket **K.1.15.A**
  - 16 Manipulative Skills (Jump Rope) **K.1.16**
    - A Practices single and group jump roping frequently after watching the activities modeled for them. **K.1.16.A**
-

**The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.** K.2

### **Movement Concepts and Strategies**

- 1 Space K.2.1
    - A Differentiates between movement in personal space and general space at a slow to moderate speed. K.2.1.A
    - B Moves in personal space to a rhythm. K.2.1.B
  - 2 Pathways, Shapes, Levels K.2.2
    - A Travels in three different pathways (such as moving in various patterns: straight, curved). K.2.2.A
  - 3 Speed, Direction, Force K.2.3
    - A Travels in general space with different speeds (such as traveling at various speeds in skill development activities). K.2.3.A
  - 4 Strategies and Tactics K.2.4
    - A Developmentally appropriate/ emerging outcomes first appear in grade three K.2.4.A
- 

**The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.** K.3

### **Physical Activity**

- 1 Physical Activity Knowledge K.3.1
    - A Recognizes active play opportunities outside physical education class. K.3.1.A
  - 2 Engages in Physical Activity K.3.2
    - A Actively participates in physical education class. K.3.2.A
- 

### **Fitness**

- 3 Fitness Knowledge K.3.3
    - A Recognizes that when you move fast, your heart beats faster and you breathe faster. K.3.3.A
  - 4 Fitness Assessment & Wellness Planning K.3.4
    - A Developmentally appropriate/ emerging outcomes first appear in grade three. K.3.4.A
  - 5 Body Systems K.3.5
    - A Recognizes basic structure and function of body systems (such as the heart is a muscle, bones make up the skeletal system). K.3.5.A
  - 6 Nutrition K.3.6
    - A Identifies health and unhealthy foods and recognizes that food provides energy for physical activity. K.3.6.A
-

**The physically literate individual exhibits responsible personal and social behavior that respects self and others.** K.4

### **Responsible Personal and Social Behavior**

- 1 Personal Responsibility K.4.1
    - A Follows directions in group settings (such as safe behaviors, following rules, taking turns). K.4.1.A
    - B Demonstrates responsible behavior when prompted. K.4.1.B
  - 2 Accepting Feedback K.4.2
    - A Follow instructions/directions when prompted. K.4.2.A
  - 3 Working with Others K.4.3
    - A Shares equipment and space with others. K.4.3.A
  - 4 Rules & Etiquette K.4.4
    - A Recognizes the established protocols for class activities. K.4.4.A
  - 5 Safety K.4.5
    - A Follows teacher directions for safe participation and proper use of equipment with minimal reminders. K.4.5.A
- 

**The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction.** K.5

### **Valuing Health, Enjoyment, Challenge, Self Expression, and Social Interaction**

- 1 Health K.5.1
  - A Recognizes that physical activity is important for good health. K.5.1.A
- 2 Challenge K.5.2
  - A Understands that some physical activities are challenging. K.5.2.A
- 3 Self-expression and Enjoyment K.5.3
  - A Identifies physical activities that are enjoyable. K.5.3.A
- 4 Social Interaction K.5.4
  - A Recognizes that physical activity can help develop friendships. K.5.4.A