

Kindergarten

Demonstrates competency in a variety of motor skills and movement patterns. S1

Locomotor

- 1 Hopping, galloping, running, sliding, skipping, leaping: S1.1
 - K Performs locomotor skills while maintaining balance. S1.1.K
- 2 Jogging, running: S1.2
 - Developmentally appropriate/emerging outcomes first appear in Grade 2.
- 3 Jumping and landing, horizontal: S1.3
 - K Performs jumping and landing actions with balance. S1.3.K
- 4 Jumping and Landing, vertical: S1.4
 - K Performs jumping and landing actions with balance. S1.4.K
- 5 Dance: S1.5
 - K Performs locomotor skills in response to teacher-led creative dance. S1.5.K
- 6 Combinations: S1.6
 - Developmentally appropriate/emerging outcomes first appear in Grade 3.

Nonlocomotor (stability)

- 7 Balance: S1.7
 - Ka Maintains momentary stillness on different bases of support. S1.7.KA
 - Kb Forms wide, narrow, curled, and twisted body shapes. S1.7.KB
- 8 Weight Transfer: S1.8
 - Developmentally appropriate/emerging outcomes first appear in Grade 1.
- 9 Weight Transfer, rolling: S1.9
 - K Rolls sideways in a narrow body shape. S1.9.K
- 10 Curling and Stretching; twisting and bending: S1.10
 - K Contrasts the actions of curling and stretching. S1.10.K
- 11 Combinations: S1.11
 - Developmentally appropriate/emerging outcome first appear in Grade 2.
- 12 Balance and Weight Transfers: S1.12
 - Developmentally appropriate/emerging outcomes first appear in Grade 3.

Manipulative

13 Throwing Underhand: [S1.13](#)

K Throws underhand with opposite foot forward. [S1.13.K](#)

14 Throwing Overhand: [S1.14](#)

Developmentally appropriate/emerging outcomes first appear in Grade 2.

15 Passing with Hands: [S1.15](#)

Developmentally appropriate/emerging outcomes first appear in Grade 4.

16 Catching: [S1.16](#)

Ka Drops a ball and catches it before it bounces twice. [S1.16.KA](#)

Kb Catches a large ball tossed by a skilled thrower. [S1.16.KB](#)

17 Dribbling/ball control with hands: [S1.17](#)

K Dribbles a ball with one hand, attempting the second contact. [S1.17.K](#)

18 Dribbling/ball control with feet: [S1.18](#)

K Taps a ball using the inside of the foot, sending it forward. [S1.18.K](#)

19 Passing and Receiving with feet: [S1.19](#)

Developmentally appropriate/emerging outcomes first appear in Grade 3.

20 Dribbling in Combination: [S1.20](#)

Developmentally appropriate/emerging outcomes first appear in Grade 4.

21 Kicking: [S1.21](#)

K Kicks a stationary ball from a stationary position, demonstrating 2 of the 5 elements of a mature kicking pattern. [S1.21.K](#)

22 Volleying Underhand: [S1.22](#)

K Volleys a light weight object (balloon), sending it upward. [S1.22.K](#)

23 Volleying Overhead: [S1.23](#)

Developmentally appropriate/emerging outcomes first appear in Grade 4.

24 Striking, short implement: [S1.24](#)

K Strikes a light-weight object with a paddle or short-handled racket. [S1.24.K](#)

25 Striking, long implement: [S1.25](#)

Developmentally appropriate/emerging outcomes first appear in Grade 2.

26 In combination with locomotor: [S1.26](#)

Developmentally appropriate/emerging outcomes first appear in Grade 4.

27 Jumping Rope: [S1.27](#)

Ka Executes a single jump with self-turned rope. [S1.27.KA](#)

Kb Jumps a long rope with teacher-assisted turning. [S1.27.KB](#)

AQUATICS

28 S1.28

K Demonstrate selected elements of basic aquatics skills of front float and back float with flotation and instructor support in isolated settings. S1.28.K

29 S1.29

K Demonstrate selected elements of safe water entry and exit with flotation and instructor support in isolated settings. S1.29.K

30 S1.30

Developmentally appropriate/emerging outcomes first appear in Grade 1.

31 S1.31

Developmentally appropriate/emerging outcomes first appear in Grade 1.

32 S1.32

Developmentally appropriate/emerging outcomes first appear in Grade 2.

Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. S2

Movement concepts, principles and knowledge

1 Space: S2.1

Ka Differentiates between movement in personal (self-space) and general space. S2.1.KA

Kb Moves in personal space to a rhythm. S2.1.KB

2 Pathways, shapes, levels: S2.2

K Travels in 3 different pathways. S2.2.K

3 Speed, direction, force: S2.3

K Travels in general space with different speeds. S2.3.K

4 Alignment and muscular tension: S2.4

Developmentally appropriate/emerging outcomes first appear in Grade 3.

5 Strategies and tactics: S2.5

Developmentally appropriate/emerging outcomes first appear in Grade 3.

Demonstrates the knowledge and skills to achieve and maintain a health-enhanced level of physical activity and fitness. S3

Physical activity knowledge

1 S3.1

K Identifies active-play opportunities outside physical education class. S3.1.K

Engages in physical activity

2 S3.2

K Actively participates in physical education class. S3.2.K

Fitness Knowledge

3 S3.3

K Recognizes that when you move fast, your heart beats faster and you breathe faster. S3.3.K

4 S3.4

Developmentally appropriate/emerging outcomes first appear in Grade 3.

Assessment and program planning

5 S3.5

Developmentally appropriate/emerging outcomes first appear in Grade 3.

6 Nutrition: S3.6

K Recognizes that food provides energy for physical activity. S3.6.K

Exhibits responsible personal and social behavior that respects self and others. S4

Personal Responsibility

1 S4.1

K Follows directions in group settings (e.g. safe behaviors, following rules, taking turns). S4.1.K

2 S4.2

K Acknowledges responsibility for behavior when prompted. S4.2.K

Accepting Feedback

3 S4.3

K Follows instruction/directions when prompted. S4.3.K

Working with Others

4 S4.4

K Shares equipment and space with others. S4.4.K

Rules and Etiquette

5 S4.5

K Recognizes the established protocols for class activities. S4.5.K

Safety

6 S4.6

K Follows teacher directions for safe participation and proper use of equipment with minimal reminders. S4.6.K

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. S5

Health

1 S5.1

K Recognizes that physical activity is important for good health. S5.1.K

Challenge

2 S5.2

K Acknowledges that some physical activities are challenging/difficult. S5.2.K

Self-Expression and Enjoyment

3 S5.3

Ka Identifies physical activities that are enjoyable. S5.3.KA

Kb Discusses the enjoyment of playing with friends. S5.3.KB

4 Social Interaction: S5.4

Developmentally appropriate/emerging outcomes first appear in Grade 3.