

Grade K

Adopted 2013

Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.

Develop fundamental locomotor/non-locomotor skills at an introductory level.

Demonstrate clear contrasts between fast and slow.

Explore manipulative skills at an introductory level.

Demonstrate rhythmic movements, timing, and following a beat at an introductory level.

Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.

Identify body parts (i.e., knee, foot, arm, etc.) and apply these to different movement activities.

Demonstrate awareness of immediate surroundings using a variety of movement skills while transferring weight in various directions and pathways.

Participates regularly in physical activity.

Regularly participate in a variety of non-structured physical activities in school settings and out of school settings (recess, home) individually and as a group.

Achieve and maintain a health-enhancing level of physical fitness.

Vigorously participate in physical activity for a sustained amount of time.

Recognize the change in heart rate and respiration as a result of physical activity.

Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Follow rules, procedures and safety practices while recognizing inappropriate behavior.

Follow directions and work cooperatively with others during physical activity.

Demonstrate proper use and care of equipment.

Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Express a positive outlook during physical activity and enjoy interaction with others.

Develop skills while participating in different activities individually and while working with others.