

# Kindergarten

Demonstrates competency in a variety of motor skills and movement patterns

- 1 Identifies locomotor, non-locomotor, and manipulative skills 1.1.K
- 2 Identifies locomotor, non-locomotor, and manipulative skills in dance, movement, and rhythmic activities 1.2.K
- 3 Identifies locomotor, non-locomotor, and manipulative skills 1.3.K
- 4 Identifies locomotor, non-locomotor, and manipulative skills 1.4.K

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

- 1 Identifies simple movement concepts 2.1.K

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

- 1 Identifies how physical activity affects the heart and lungs 3.1.K
- 2 Identifies health-enhancing behaviors 3.2.K

Exhibits responsible personal and social behavior that respects self and others

- 1 Identifies responsible personal behavior in physical activity settings 4.1.K
- 2 Follows directions in physical activity settings 4.2.K

Recognize the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression

- 2 Identifies challenging skills in physical activities 5.2.K
- 3 Identifies physical activities that are enjoyable 5.3.K

Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to

- 1 Identifies physical activities available outside of school 6.1.K

**achieve and maintain  
overall wellness.**