

# Grade K

Adopted 2016

## Motor Skills

- 1. Hop (one foot), gallop, slide, skip** MS.1
  0. Performs locomotor skills while maintaining balance. MS.1.0

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- 2. Jog, run** MS.2
  0. Jogs while maintaining balance. MS.2.0

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- 3. Jump & land for distance (horizontal)** MS.3
  0. Jumps and lands with two feet while maintaining balance. MS.3.0

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- 4. Jump & land for height (vertical)** MS.4
  0. Jumps and lands with two feet while maintaining balance. MS.4.0

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- 5. Dance** MS.5
  0. Demonstrates beat awareness by moving to varying rhythms. MS.5.0

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- 6. Balance** MS.6
  0. Maintains momentary stillness on various bases of support (body parts). MS.6.0

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- 7. Weight Transfer & Rolling (OPTIONAL)** MS.7
  - a. Transfers weight from one body part to another. MS.7.0.A
  - b. Rolls sideways in a narrow (log) or curled (egg) body shape. MS.7.0.B

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- 8. Combinations (optional)** MS.8
  0. Developmentally appropriate at grade 2 MS.8.0

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- 9. Underhand Throw** MS.9
  - a. Tosses underhand to self. MS.9.0b Throws underhand in a forward direction. MS.9.0.A

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- 10. Overhand Throw** MS.10
  0. Developmentally appropriate at grade 2. MS.10.0

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- 11. Catching** MS.11
  0. Drops and catches a ball after one bounce. MS.11.0

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**12. Passing & Receiving with implements** MS.12

0. Developmentally appropriate at grade 3 MS.12.0
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**13. Dribbling with hands** MS.13

0. Dribbles in self-space using one or two hands. MS.13.0
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**14. Dribbling with feet** MS.14

0. Dribbles (taps) a ball with feet sending ball forward. MS.14.0
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**15. Kicking (force or distance)** MS.15

0. Kicks a stationary ball from a stationary position. MS.15.0
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**16. Passing & Receiving with feet** MS.16

0. Developmentally appropriate at grade 2 MS.16.0
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**17. Striking with hand(s)** MS.17

0. Strikes a lightweight object (eg. balloon, lightweight ball). MS.17.0
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**18. Striking, short implement** MS.18

0. Strikes a lightweight object (balloon) with a paddle. MS.18.0
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**19. Striking, long implement** MS.19

0. Developmentally appropriate at grade 2 MS.19.0
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**20. Jumping Rope** MS.20

0. Jumps (at least one time) a long rope with teacher-assisted turning. MS.20.0
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**Movement Knowledge & Application (MKA)**

**1. Space Awareness (location)** MKA.1

- a. Identifies self-space. MKA.1.0.A  
b. Moves in self-space. MKA.1.0.B
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**2. Space Awareness (pathways, levels, directions)** MKA.2

- a. Identifies five directions of travel (forward, backward, sideways, up/down). MKA.2.0.A  
b. Travels in five directions (forward, backward, sideways, up/down). MKA.2.0.B
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**3. Effort: speed and force** MKA.3

- a. Identifies fast and slow speeds. MKA.3.0.A  
b. Travels using fast and slow speeds. MKA.3.0.B

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**4. Relationships (body shapes, with objects, with people)** MKA.4

- a. Identifies narrow, wide, curled, and twisted body shapes. MKA.4.0.A
  - b. Demonstrates narrow, wide, curled, and twisted body shapes. MKA.4.0.B
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**5. Movement Principles (base of support, muscle tension, ready position)** MKA.5

- a. Identifies bases of support (body parts). MKA.5.0.A
  - b. Demonstrates bases of support on a variety of body parts. MKA.5.0.B
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**6. Performance Cues** MKA.6

- 0. Recalls performance cues of locomotor and manipulative skills. MKA.6.0
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**7. Simple Strategies** MKA.7

- 0. Developmentally appropriate at grade 2 MKA.7.0
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**Fitness & Physical Activity (FPA)**

**1. Health-related Fitness** FPA.1

- 0. Recognizes that movement increases heart rate and breathing. FPA.1.0
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**2. Physical Activity** FPA.2

- 0. Identifies active-play opportunities outside physical education class. FPA.2.0
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**Personal & Social Responsibility (PSR)**

**1. Personal Responsibility** PSR.1

- 0. Follows directions with few prompts (e.g., safe behaviors, taking turns). PSR.1.0
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**2. Feedback** PSR.2

- 0. Actively listens to teacher feedback. PSR.2.0
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**3. Working with others** PSR.3

- 0. Shares equipment with others. PSR.3.0
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**4. Procedures & Rules** PSR.4

- 0. Recalls procedures and rules in the learning environment. PSR.4.0
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**5. Safety** PSR.5

- 0. Participates safely and uses equipment properly with few reminders. PSR.5.0
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**Values Physical Activity (VPA)**

**1. Appreciation** VPA.1

- 0. Recognizes and participates in physical activity for enjoyment. VPA.1.0
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**2. Challenge** VPA.2

- 0. Acknowledges some physical activities are challenging/difficult. VPA.2.0