



Grade K Physical Education

Overarching Standards

Standard 1: Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.

Standard 3: Assess and maintain a level of physical fitness to improve health and performance.

Standard 4: Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

Standard 5: Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activities.

Content Standard	Learning Opportunities	Bodies of Evidence
<p>1.1 Travel within a large group, without bumping into others or falling, while using locomotor skills. 1.2 Travel forward and sideways while changing direction quickly in response to a signal. 1.3 Demonstrate contrasts between slow and fast speeds while using locomotor skills. 1.8 Demonstrate the relationship of under, over, behind, next to, through, right, left, up, down, forward, backward and in front of by using the body and an object. 1.10 Travel in straight, curved, and zigzag pathways. 1.16 Perform locomotor and non-locomotor movements to a steady beat. 1.17 Clap in time to a simple rhythmic beat. 2.1 Explain the difference between under and over, behind and in front of, next to and through, up and down, forward and backwards, and sideways. 2.2 Identify and use independently personal space, general space, and boundaries and discuss why they are important. 2.5 Identify the locomotor skills of walk, jog, run, hop, jump, slide, and gallop. 3.1 Participate in physical activities that are enjoyable and challenging. 3.6 Sustain continuous movement for increasing periods of time, while participating in moderate to vigorous physical activity. 4.1 Identify physical activities that are enjoyable and challenging. 4.2 Explain that the body is comprised mostly of water. 4.3 Explain why nutritious food provides energy for physical activity. 4.4 Identify that the heart is a muscle located in the chest, and explain that the heart beats faster and becomes stronger with physical activity. 5.1 Identify feelings that result from participation in physical activity. 5.2 Willingly participate in physical activities.</p>	<ul style="list-style-type: none"> • Tag Games • Obstacle Courses • Stunts and Tumbling • Balance Beam • Parachute • Noodles • Fundamental Rhythms and Dance • Hoops • Wands • Scooters • Tag Games • Walk, Jog, and Run Activities • Animal Movements • Fitness Challenges • Aerobic Games • Relays • Cooperative Games 	<ul style="list-style-type: none"> • Self-Evaluation • Peer Reviews • Group Projects • Performances • Structured Observation • Role Playing • Reflections • Logs • Worksheets • Individual Projects • Event Tasks • Group Projects
<p>1.4 Create shapes at high, medium, and low levels using hands, arms, torso, feet, and legs in a variety of combinations. 1.5 Create shapes by using non-locomotor movements. 1.6 Balance on one, two, three, four, and five body parts. 1.7 Balance while walking forward and sideways on a narrow, elevated surface. 1.9 Perform a continuous log roll. 1.11 Jump over a stationary rope several times in succession using forward and back and side-to-side movement patterns. 2.3 Identify and describe body parts including the head, shoulders, neck, back, chest, waist, hips, arms, elbows, wrists, hands, fingers, legs, knees, ankles, feet, and toes. 2.4 Explain base of support. 3.2 Participate 3-4 days per week in moderate to vigorous physical activities that increase breathing and heart rate. 3.3 Hang and hold body weight on overhead bars for a prolonged period of time. 3.4 Climb a ladder, jungle gym, or apparatus. 3.6 Sustain continuous movement for increasing periods of time, while participating in moderate to vigorous physical activity. 4.6 Explain that strong muscles help the body to climb, hang, push, and pull. 5.3 Demonstrate the characteristics of sharing in a physical activity setting. 5.4 Describe how positive social interaction can make physical activity with others more fun.</p>	<ul style="list-style-type: none"> • Tag Games • Obstacle Courses • Stunts and Tumbling • Balance Beam • Parachute • Noodles • Jump Rope Activities • Walk, Jog, and Run Activities • Animal Movements • Fitness Challenges • Cooperative Games 	
<p>1.12 Strike a stationary ball or balloon with the hands, arms, and feet. 1.13 Toss a ball to oneself, using the underhand throw pattern, and catch it before it bounces twice. 1.14 Kick a stationary object, using a simple kicking pattern. 1.15 Bounce a ball continuously, using two hands. 2.6 Explain the role of the eyes when striking objects with the hands, arms, and feet. 2.7 Identify the point of contact for kicking a ball in a straight, forward direction. 2.8 Describe the position of the fingers in the follow through phase of dribbling a ball continuously. 3.5 Stretch shoulders, legs, arms, and back without bouncing. 3.6 Sustain continuous movement for increasing periods of time, while participating in moderate to vigorous physical activity. 3.7 Identify indicators of increased capacity to participate in vigorous physical activity. 4.5 Identify that the lungs are in the chest near the heart and explain that they collect air. 4.7 Explain that muscles move bones. 4.8 Identify the body part involved when stretching. 4.9 Explain that the body is composed of bones, muscles, organs, tissue, and fat. 5.5 Participate as a leader and a follower during physical activity.</p>	<ul style="list-style-type: none"> • Activities with bean bags, balls, and balloons • Activities with Manipulative • Animal Movements • Fitness Challenges • Cooperative Games • Parachute Activities 	