

# PHYSICAL EDUCATION STANDARDS

## KINDERGARTEN

THE PHYSICALLY LITERATE INDIVIDUAL DEMONSTRATES COMPETENCY IN A VARIETY OF MOTOR SKILLS AND MOVEMENT PATTERNS.

- Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance.
- Performs jumping and landing actions with balance.
- Performs locomotor skills in response to teacher-led creative dance.
- Maintains momentary stillness on different bases of support.
- Forms wide, narrow, curled and twisted body shapes.
- Rolls sideways in a narrow body shape.
- Contrasts the actions of curling and stretching.
- Throws underhand with opposite foot forward.
- Drops a ball and catches it before it bounces twice.
- Catches a large ball tossed by a skilled thrower.
- Dribbles a ball with one hand, attempting the second contact.
- Taps a ball using the inside of the foot, sending it forward.
- Kicks a stationary ball from a stationary position, demonstrating 2 of the 5 critical elements of a mature kicking pattern.
- Volleys a lightweight object (balloon), sending it upward.
- Strikes a lightweight object with a paddle or short-handled racket.
- Executes a single jump with self-turned rope.
- Jumps a long rope with teacher-assisted turning.

THE PHYSICALLY LITERATE INDIVIDUAL APPLIES KNOWLEDGE OF CONCEPTS, PRINCIPLES, STRATEGIES AND TACTICS RELATED TO MOVEMENT AND PERFORMANCE.

- Differentiates between movement in personal (self-space) and general space.
- Moves in personal space to a rhythm.
- Travels in three different pathways.
- Travels in general space with different speeds.

THE PHYSICALLY LITERATE INDIVIDUAL DEMONSTRATES THE KNOWLEDGE AND SKILLS TO ACHIEVE AND MAINTAIN A HEALTH-ENHANCING LEVEL OF PHYSICAL ACTIVITY AND FITNESS.

- Identifies active-play opportunities outside physical education class.
- Participates actively in physical education class.
- Recognizes that when you move fast, your heart beats faster and you breathe faster.
- Recognizes that food provides energy for physical activity.

THE PHYSICALLY LITERATE INDIVIDUAL EXHIBITS RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS.

- Follows directions in group settings (e.g., safe behaviors, following rules, taking turns).
- Acknowledges responsibility for behavior when prompted.
- Follows instruction and directions when prompted.
- Shares equipment and space with others.
- Recognizes the established protocol for class activities.
- Follows teacher directions for safe participation and proper use of equipment with minimal reminders.

THE PHYSICALLY LITERATE INDIVIDUAL RECOGNIZES THE VALUE OF PHYSICAL ACTIVITY FOR HEALTH, ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND/OR SOCIAL INTERACTION.

- Recognizes that physical activity is important for good health.
- Acknowledges that some physical activities are challenging/ difficult.

- Identifies physical activities that are enjoyable
- Discusses the enjoyment of playing with friends.