

Movement Skills and Patterns:

Students must be able to move efficiently and effectively in a variety of movement activities.

Skills						
Standard 1: Skills and Movement Patterns	K	1	2	3	4	5
Locomotor (Walking, Jogging, Hopping, Jumping, Skipping, Sliding, Gallop ing, Leaping)	Explores locomotor skills demonstrating 1 of 4 critical elements Explores locomotor skills in teacher-led creative dance routines.	Performs locomotor skills in a variety of movement settings demonstrating 2 of 4 critical elements Performs locomotor skills in teacher-led dance patterns with rhythm demonstrating 2 of 4 critical elements	Performs most locomotor skills in a variety of movement settings demonstrating 3 of 4 critical elements and 2 of 4 elements for leaping Performs locomotor skills in teacher-led dance patterns with rhythm demonstrating 3 of 4 critical elements	Performs most locomotor skills in a variety of movement settings demonstrating 4 of 4 critical elements Performs locomotor skills in teacher-led dance patterns with rhythm demonstrating 4 of 4 critical elements	Uses a variety of locomotor skills in multiple activities using all critical elements	Uses a variety of locomotor skills in small sided games, gymnastics activities, dance, and sports.
Non-Locomotor (Bending, Stretching, Curling, Stretching, Twisting, Shape, Sway, Pull, Push, Rocking, Shake, etc.)	Explores non-locomotor skills such as bending and stretching, pushing and pulling, twisting and turning, etc. Explores various points of balance at different bases of support.	Performs non-locomotor skills such as bending and stretching, pushing and pulling, twisting and turning, etc. demonstrating 2 of 4 critical elements Demonstrates balance using a variety of body shapes (e.g., wide, narrow,	Performs most non-locomotor skills such as rocking, curling, shaking, pulling, twisting and turning, etc. demonstrating 4 of 4 critical elements Demonstrates balance during combination of levels and shapes, and during inverted	Applies most non-locomotor skills in various activities demonstrating all critical elements Demonstrates weight transfer by combining rolling at different	Applies most non-locomotor skills in various activities demonstrating all critical elements	Applies most non-locomotor skills in various activities demonstrating all critical elements

	Explores weight transfer performing student selected rolling activities demonstrating 1 of 4 critical elements	twisted). Demonstrates weight transfer performing student selected rolling activities demonstrating 2 of 4 critical elements	positions. Demonstrates weight transfer by combining rolling at different combinations of rolling and balance stunts demonstrating 3 of 4 critical elements	combinations of rolling and balance stunts demonstrating 4 of 4 critical elements		
Throwing – Underhand & Rolling	Explores rolling and underhand throwing with a variety of objects	Performs rolling and underhand throwing with a variety of objects using 2 of 4 critical elements	Performs rolling and underhand throwing with a variety of objects using 3 of 4 critical elements	Performs rolling and underhand throwing with a variety of objects using 4 of 4 critical elements	Performs rolling and underhand throwing to a target while demonstrating all critical elements	Performs rolling and underhand throwing to a moving target using all critical elements Applies skill in a variety of activities demonstrating all critical elements
Throwing - Overhand	Explores overhand throwing with a variety of objects demonstrating 1 of 4 critical elements	Performs overhand throwing with a variety of objects demonstrating 2 of 4 critical elements	Performs overhand throwing with a variety of objects demonstrating 3 of 4 critical elements	Performs overhand throwing with a variety of objects demonstrating 4 of 4 critical elements	Performs overhand throwing to a target/partner demonstrating all critical elements	Performs overhand throwing to a moving partner demonstrating all critical elements
Catching	Explores catching a light medium sized object using 1 of 4 critical elements	Performs catching various sizes objects using 2 of 4 critical elements	Performs catching various sized objects using 3 of 4 critical elements	Performs catching various sized objects tossed from a partner using 3 of 4 critical elements	Performs catching various sized objects tossed, thrown, or rolled ball from a partner using 4 of 4 critical elements	Performs catching a tossed, thrown, or rolled ball from a partner while moving and using all critical elements
Striking & Volleying	Explores striking a balloon to self with hands and other parts of body	Performs striking a light object with hands demonstrating 2 of 4 critical elements	Performs striking an object with hands demonstrating 4 of 4 critical elements. Explores striking a	Strikes an object with a short handled implement using 3 of 4 critical elements	Strikes an object with a short handled implement using 4 of 4 critical elements Strikes an object with	Strikes an object with a short-handled implement with a partner over a net using all critical elements

			balloon with a short-handled implement..		a short-handled implement with a partner	
Kicking	Explores kicking a stationary ball using 1 of 4 critical elements	Performs kicking a stationary ball demonstrating 2 of 4 critical elements	Performs kicking a stationary ball demonstrating 3 of 4 critical elements	Performs kicking a rolling ball demonstrating 3 of 4 critical elements	Performs kicking a rolling ball demonstrating 4 of 4 critical elements	Applies kicking in various activities using all critical elements
Dribbling-Hand	Explores stationary dribbling with one hand demonstrating 1 of 4 critical elements	Performs stationary dribbling with one hand demonstrating 2 of 4 critical elements Explores dribbling with one hand and walking	Performs stationary dribbling with one hand demonstrating 3 of 4 critical elements Performs dribbling with one walking using 2 of 4 critical elements Explores dribbling with alternating hands	Performs dribbling with one walking using 4 of 4 critical elements Dribbles and travels while alternating hands	Dribbles and travels while alternating hands demonstrating 3 of 4 critical elements	Applies dribbling with alternating hands in a 1 v 1 activity using all critical elements
Dribbling-Foot	Explores dribbling with feet demonstrating 1 of 4 critical elements	Performs dribbling with feet demonstrating 2 of 4 critical elements	Performs dribbling with feet demonstrating 3 of 4 critical elements	Performs dribbling with feet demonstrating 4 of 4 critical elements	Performs dribbling with feet with a shadow partner while using all critical elements	Applies dribbling with feet in a 1 v 1 setting using all critical elements
Passing & Receiving – Hands		Explores passing and receiving a medium sized ball with hands	Passes and receives a ball with hands using a wall demonstrating 2 of 4 cues	Passes and receives a ball using a wall demonstrating 3 of 4 critical elements Explores passing and receiving with a partner using 2 of 4 critical elements	Passes and receives with a partner while moving using 3 of 4 critical elements	Passes a ball to a partner with hands demonstrating 4 of 4 cues Receives a ball from a partner using 4 of 4 cues
Passing & Receiving - Feet		Explores passing and receiving a medium sized ball with feet	Passes and receives a ball using a wall demonstrating 2 of 4 cues	Passes and receives a ball using a wall demonstrating 3 of 4 critical elements Explores passing	Passes and receives with a partner while moving using 3 of 4 critical elements	Passes a ball to a partner with feet demonstrating 4 of 4 cues Receives a ball from

				and receiving with a partner using 2 of 4 critical elements		a partner using 4 of 4 cues
Jumping Rope	Explores jumping a rope that is lying on the ground using 1 of 4 critical elements	Jumps a turned long rope using 2 of 4 cues Performs self-turned rope jumping demonstrating 1 of 4 critical elements	Jumps a long rope with student turners using 3 of 4 critical elements Jumps a self-turned rope forwards and backwards using 2 of 4 critical elements	Jumps a long rope with student turners using 4 of 4 critical elements Jumps a self-turned rope forwards and backwards or other tricks using 3 of 4 critical elements	Jumps a long rope with student turners demonstrating one self-selected trick maintaining all critical elements Jumps a self-turned rope forwards and backwards or other tricks using 3 of 4 critical elements	Creates a long rope routine alone or with a partner using long or short ropes
Dance/Rhythms	Explores moving rhythmically	Combines locomotor and non-locomotor skills in a teacher designed dance	Performs a teacher or student designed rhythmic activity with correct response to simple rhythms.	Performs a sequence of rhythmic movements led by the teacher	Creates a dance sequence using a variety of movements.	
Combination Movements	Explores combining various motor skills	Performs and combines various skills.	Performs a sequence of locomotor skills with smooth transitions	Performs a sequence of skills with smooth transitions and limited hesitation using critical elements	Combines a sequence of skills in teacher and/or student designed activities	Applies movement combinations of skills in teacher and/or student designed activities
Fitness Related Skills – (Ex: weight support, abdominal movements, flexibility activities)	Explores various fitness related activities	Demonstrates various fitness related activities during a teacher led fitness activity	Performs various self-selected fitness related activities during a fitness activity	Performs component specific fitness activities when prompted by a teacher	Creates a routine using various fitness skills	Leads peers in a variety of component specific fitness activities

Knowledge:

Educating students to understand physical competence, health-related fitness and healthful behaviors is critical to their development and long-term success as healthy and productive citizens.

Knowledge						
Standard 2: Concepts, strategies, and principles	K	1	2	3	4	5
Space	Recognizes boundaries for movement in personal (self-space) and general space	Recognizes personal space (self-space) and general space in response to designated beats or rhythms.	Combines locomotor skills in general space to a rhythm	Recognizes the concept of open spaces in a movement context	Applies the concept of open spaces to combination skills involving traveling (e.g., dribbling and traveling). Applies the concept of closing spaces in small-sided practice tasks. Dribbles in general space with changes in direction and speed.	Combines spatial concepts with locomotor and Non-locomotor movements for small groups in gymnastics, dance and games environments.
Pathways, Shapes & Levels	Explores pathways, levels and relationships (e.g. near/far, lead/follow).	Travels demonstrating low, middle and high levels. Travels demonstrating a variety of relationships with objects (e.g., over, under, around, through).	Combines shapes, levels and pathways into simple travel, dance and gymnastics sequences	Recognizes locomotor skills specific to a wide variety of physical activities.	Recognizes locomotor skills specific to a wide variety of physical activities.	Recognizes locomotor skills specific to a wide variety of physical activities.
Speed,	Travels in general	Differentiates	Varies time and force	Combines	Applies the	Applies movement

Direction, & Force	space with different speeds. (S2.E3.K)	between fast and slow speeds Differentiates between strong and light force. (S2.E3.1b)	with gradual increases and decreases.	movement concepts (direction, levels, force, time) with skills as directed by the teacher.	movement concepts of speed, endurance and pacing for running. Applies the concepts of direction and force when striking an object with a short-handled implement, sending it toward a designated target.	concepts to strategy in game situations. Applies the concepts of direction and force to strike an object with a short handled implement. Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, dance and gymnastics
Tension & Relaxation				Employs the concept of alignment in gymnastics and dance. Employs the concept of muscular tension with balance in gymnastics and dance.		
Strategy				Applies simple strategies and tactics in chasing activities. Applies simple strategies in fleeing activities.	Applies simple offensive strategies and tactics in chasing and fleeing activities. Applies simple	Applies basic offensive and defensive strategies and tactics in invasion small-sided practice tasks.

					defensive strategies and tactics in chasing and fleeing activities. (S2.E5.4b) Recognizes the types of skills needed for various situations in different activities	Applies basic offensive and defensive strategies and tactics in net and wall small-sided practice tasks. Discusses the types of skills needed for various situations in different activities
Physical Activity	Identifies movement as a healthy behavior	Lists three benefits of physical activity	Discusses the benefits of being active and playing	Identifies physical activity as a way to be healthier	Charts physical activity during physical education	Charts and analyzes physical activity during physical education.
Fitness	Recognizes that when you move fast, your heart beats faster and you breathe faster. ³	Identifies physical activities that contribute to fitness.	Identifies the heart as a muscle that grows stronger with exercise, play and physical activity.	Describes the concept of fitness and provides examples of physical activity to enhance fitness. Recognizes the importance of warm-up and cool-down relative to vigorous physical activity.	Identifies the components of health-related fitness. Demonstrates warm-up and cool-down relative to the cardiorespiratory fitness assessment.	Discusses physical activities to enhance all levels of fitness. Identifies the need for warm-up and cool-down relative to various physical activities.
Nutrition	Recognizes that food provides energy for physical activity.	Differentiates between healthy and unhealthy foods.	Recognizes the “good health balance” of good nutrition with physical activity.	Identifies foods that are beneficial for before and after physical activity	Discusses the importance of hydration and hydration choices relative to physical activities	Analyzes the impact of food choices relative to physical activity, youth sports and personal health

Participation:

Students must develop positive personal and social behaviors and responsibilities through demonstrations of sportsmanship, teamwork, cooperation and conflict resolution skills. Understanding one's overall physical health and fitness status provides the basis for personal responsibility for lifetime health and physical literacy

Attitude						
Standard 3: Attitude Values and Social/Personal Responsibility	K	1	2	3	4	5
Health	Recognizes physical activity as a component of a healthy lifestyle	Identifies physical activity as a components to good health	Recognizes the value of a good health balance	Discusses the relationship between physical activity and good health	Examines the health benefits of participating in physical activity	Compares the health benefits of participating in selected physical activities
Challenge	Acknowledges that some physical activities are challenging	Recognizes that challenge in physical activity can lead to success	Compares physical activities that bring confidence and challenge	Discusses the challenge that comes with learning new activities	Rates the enjoyment of challenging and mastered physical activities	Expresses feelings about participating in physical activity
Self-expression and enjoyment	Identifies physical activities that are enjoyable Discussed enjoyment of playing with friends	Lists positive feelings that result from participating in physical activities Discuss personal reasons for enjoying physical activity	Describe positive feelings resulting from physical activity Identify physical activities that allow self-expression	Reflects on reasons for enjoying physical activities	Ranks the enjoyment of participating in various activities	Critiques various activities for enjoyment, challenge identifying reasons for positive or negative responses.
Social Interactions/Working With others	Shares equipment and space with others	Works with others in a variety of activities (partner, small groups)	Works cooperatively with others	Compliments others in physical education Accepts all peers regardless of skill level Lists the social benefits of physical activity	Encourages all peers in a variety of activities Describes and compares the social benefits of various physical activities	Accepts, compliments and encourages others in a variety of settings. Describes the social benefits of engaging physical activity outside of physical education

Rules and Etiquette	Recognizes the established rules and protocol in physical education	Exhibits the established rules and protocol in physical education	Recognizes the role of rules and protocol in teacher designed activities	Recognizes the role of rules and protocol in activities with peers	Exhibits etiquette in a variety of physical activities	Critiques the etiquette and rules involved in various activities
Safety	Follows teacher directions for safe participation and proper use of equipment with minimal reminders. (S4.E6.K)	Follows teacher directions for safe participation and proper use of equipment without teacher reminders. (S4.E6.1)	Works independently and safely in physical education. (S4.E6.2a) Works safely with physical education equipment. (S4.E6.2b)	Works independent-ly and safely in physical activity settings. (S4.E6.3)	Works safely with peers and equipment in physical activity settings. (S4.E6.4)	Applies safety principles with age-appropriate physical activities

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Physical Activity Promotion:

Student participation in a variety of leisure/ recreational or competitive physical activities will support healthier lifestyles and improve fitness levels

Physical Activity Promotion						
Standard 4:	K	1	2	3	4	5
Engages in Physical Activity	Engages in physical activity during physical education	Engages actively in physical education class	Engages actively in physical education more than 50% of the lesson	Engages actively in physical education more than 50% of the lesson most lessons	Engages actively in physical education more than 50% of the lesson every lesson without teacher encouragement	Engages actively in physical education more than 50% of the lesson without teacher encouragement every lesson
Locations for Physical Activity	Identifies physical education and recess as a time to be active	Identifies opportunities to be active during the school day (e.g. recess, physical education, classroom activity breaks)	Lists opportunities for physical activity outside physical education class (e.g., before and after school, at home, at the park, with friends, with the family).	Discuss strategies for using skills learned in physical education outside of physical education	Critiques a variety of opportunities for physical activity during school.	Critiques a variety of opportunities for physical activity outside of school
Assessment and Program Planning				Lists methods of of measuring physical activity behaviors (e.g. pedometers, recall, perceived exertion, HR, sweat)	Apply methods of measuring physical activity behavior to specific activities	Critique measures of physical activity behaviors. Applies methods of measuring physical activity behaviors outside of the school day
Advocates	Make requests to others to promote being physically active.	Demonstrate how to encourage peers to be physically active.	Encourages peers to be active during physical education.	Give factual information to improve the physical activity of others.	State personal beliefs to improve the physical activity of others.	Demonstrate how to persuade others to make healthy physical activity choices.