

Physical Education

Grade Level: K

MOVEMENT COMPETENCY

Standard 1: Demonstrate competency in many and proficiency in a few movement forms from a variety of categories (locomotor, non-locomotor, manipulative, non-manipulative, educational gymnastics and dance, aquatics). (PE.K.M.1)

Benchmark: 1. Use a variety of locomotor skills to travel in personal and general space. (PE.K.M.1.1)

Benchmark: 2. Strike objects using body parts forcefully. (PE.K.M.1.2)

Benchmark: 3. Balance a lightweight object on a paddle while moving. (PE.K.M.1.3)

Benchmark: 4. Strike an object forcefully using a modified, long-handled implement of various sizes, weights, and compositions. (PE.K.M.1.4)

Benchmark: 5. Use two hands to bounce and catch a large playground ball. (PE.K.M.1.5)

Benchmark: 6. Participate in a variety of introductory water skills. (PE.K.M.1.6)

Benchmark: 7. Catch a variety of self-tossed objects. (PE.K.M.1.7)

Benchmark: 8. Roll and throw a variety of objects using an underhand motion. (PE.K.M.1.8)

Benchmark: 9. Throw a variety of objects forcefully using an overhand motion. (PE.K.M.1.9)

Benchmark: 10. Perform a creative movement sequence with a clear beginning shape, at least one movement concept, and a clear ending shape. (PE.K.M.1.10)

Benchmark: 11. Balance on a variety of body parts. (PE.K.M.1.11)

Benchmark: 12. Perform a variety of rolling actions. (PE.K.M.1.12)

Benchmark: 13. Move in a variety of ways in relation to others. (PE.K.M.1.13)

COGNITIVE ABILITIES

Standard 1: Identify, analyze, and evaluate movement concepts, mechanical principles, safety considerations, and strategies/tactics regarding movement performance in a variety of physical activities. (PE.K.C.1)

Benchmark: 1. Recognize locomotor skills. (PE.K.C.1.1)

Benchmark: 2. Recognize physical activities have safety rules and procedures. (PE.K.C.1.2)

Benchmark: 3. Recognize technology can be utilized during physical activity. (PE.K.C.1.3)

Benchmark: 4. Recognize there are deep and shallow areas of a pool and understand the dangers of entering a body of water without supervision. (PE.K.C.1.4)

Benchmark: 5. Recognize the concept of a dominant hand/foot for throwing/striking patterns. (PE.K.C.1.5)

Benchmark: 6. Recite cues for a variety of movement patterns and skills. (PE.K.C.1.6)

Benchmark: 7. Identify personal and general space. (PE.K.C.1.7)

Benchmark: 8. Recognize movement concepts. (PE.K.C.1.8)

Benchmark: 9. Identify body parts. (PE.K.C.1.9)

LIFETIME FITNESS

Standard 1: Participate regularly in physical activity. (PE.K.L.1)

Benchmark: 1. Participate in moderate to vigorous physical activity (MVPA) on a daily basis. (PE.K.L.1.1)

Benchmark: 2. Identify opportunities for involvement in physical activities both during and after the school day. (PE.K.L.1.2)

Benchmark: 3. Describe physical activity goal-setting. (PE.K.L.1.3)

Benchmark: 4. Invite others to participate in physical activities with them. (PE.K.L.1.4)

Benchmark: 5. Recognize that physical activity is good for you. (PE.K.L.1.5)

Benchmark: 6. Verbally state the search (look left, look right, look left again) used before crossing a roadway. (PE.K.L.1.6)

Standard 2: Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness. (PE.K.L.2)

Benchmark: 1. Recognize that strong muscles help the body perform physical activities. (PE.K.L.2.1)

Benchmark: 2. Recognize the physiological signs of physical activity. (PE.K.L.2.2)

Benchmark: 3. Recognize the difference in the activity of the heart during rest and while physically active. (PE.K.L.2.3)

Benchmark: 4. Participate in a variety of games that increase breathing and heart rate. (PE.K.L.2.4)

Benchmark: 5. Recognize that flexibility is important. (PE.K.L.2.5)

Benchmark: 6. Differentiate between healthy and unhealthy food choices. (PE.K.L.2.6)

RESPONSIBLE BEHAVIORS AND VALUES

Standard 1: Exhibit responsible personal and social behavior that respects self and others in physical activity settings. (PE.K.R.1)

Benchmark: 1. Treat others with respect during play. (PE.K.R.1.1)

Benchmark: 2. Practice specific skills as assigned until the teacher signals the end of practice. (PE.K.R.1.2)

Benchmark: 3. Use equipment safely and properly. (PE.K.R.1.3)

Benchmark: 4. Identify sharing with a partner as a way to cooperate. (PE.K.R.1.4)

Standard 2: Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. (PE.K.R.2)

Benchmark: 1. Identify physical activities that are enjoyable. (PE.K.R.2.1)

Benchmark: 2. Willingly try new movements and motor skills. (PE.K.R.2.2)

Benchmark: 3. Continue to participate when not successful on the first try. (PE.K.R.2.3)

Benchmark: 4. Enjoy participation alone and with others. (PE.K.R.2.4)

