

# STANDARDS FOR PHYSICAL EDUCATION: KINDERGARTEN

## CATALINA FOOTHILLS SCHOOL DISTRICT

### **Standard 1: Motor Skills and Movement Patterns**

**The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.**

PE.K.1.1 Perform age-appropriate locomotor skills (hopping, jumping, galloping, running). [mature form not required]

PE.K.1.2 Perform locomotor skills in response to teacher-led creative dance (rhythmic movement, moving to beat). [lumi sticks, Chinese ribbons, ball gymnastics]

PE.K.1.3 Perform nonlocomotor (stability) skills.

- maintain momentary stillness on different bases of support [balance]
- roll sideways in a narrow body shape [rolling]

PE.K.1.4 Explore manipulative skills (required: catching, underhand volleying, jumping rope).

- drop a ball and catch it before it bounces twice [catching]
- volley a lightweight object (balloon), sending it upward [volley]
- executes a single jump over a stationary rope [jumping rope]

### **Standard 2: Movement and Performance**

**The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.**

PE.K.2.1 Differentiate between movement in personal (self-space) and general space.

PE.K.2.2 Move in personal space and general space to a rhythm or beat.

PE.K.2.3 Travel (move body from one point to the other) in three different pathways (required: zig zag, curve, straight).

PE.K.2.4 Travel in general space with different speeds (required: fast, slow, trot, jog).

### **Standard 3: Physical Activity and Fitness**

**The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness**

PE.K.3.1 Identify active play opportunities outside of physical education class (for example: before school, recess, lunchtime, after school, weekends – taking the stairs, walking the dog, riding a bike).

PE.K.3.2 Participate in physical education class in response to instruction and practice.

PE.K.3.3 Recognize that when you move fast, your heart beats faster and you breathe faster.

PE.K.3.4 Explain how food provides energy for physical activity (for example: food makes me go). [Connect to Health]

#### **Standard 4: Responsible Personal and Social Behavior**

**The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment.**

PE.K.4.1 Follow directions/instructions with minimal reminders or prompting (for example: respond to teacher's directions for start and stop, verbal cues, and visual demonstrations, taking turns).

- safe participation and behavior
- proper use of equipment

PE.K.4.2 Acknowledge responsibility for behavior when prompted (admitting mistakes, apologizing to others, showing compassion for others).

PE.K.4.3 Share equipment and space with others (for example: practice a skill with the person or group to which one is assigned, cooperate with partners).

PE.K.4.4 Follow the established protocol for class activities.

- recognize good sportsmanship (try my best, play fair, support others)

#### **Standard 5: Value of Physical Activity**

**The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.**

PE.K.5.1 Acknowledge that some physical activities are challenging/difficult (continue to participate when not successful on first try).

PE.K.5.2 Identify physical activities that are enjoyable.

PE.K.5.3 Identify the positive social interactions that come when engaged with others in physical activity (for example: enjoyment of playing with friends).