

# Physical Education

## KINDERGARTEN GRADE-LEVEL OUTCOMES

**Note:** *Swimming skills and water-safety activities should be taught if facilities permit.*

**Standard 1.** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.1.K.1: Performs locomotor skills (hopping, galloping, sliding, skipping) while maintaining balance.

PE.1.K.2: Performs jumping & landing actions with balance.

*Note: This outcome applies to both horizontal and vertical jumping & landing*

PE.1.K.3: Performs locomotor skills in response to teacher-led creative rhythmic activities.

PE.1.K.4: Maintains momentary stillness on different bases of support.

PE.1.K.5: Forms wide, narrow, curled & twisted body shapes.

PE.1.K.6: Rolls sideways in a narrow body shape.

PE.1.K.7: Contrasts the actions of curling & stretching.

PE.1.K.8: Throws underhand with opposite foot forward.

PE.1.K.9: Drops a ball and catches it before it bounces twice.

PE.1.K.10: Catches a large ball tossed by a skilled thrower.

PE.1.K.11: Dribbles a ball with one hand, attempting the second contact.

PE.1.K.12: Taps a ball using the inside of the foot, sending it forward.

PE.1.K.13: Kicks a stationary ball from a stationary position, demonstrating 2 of the 5 elements of a mature kicking pattern.

PE.1.K.14: Volleys a light-weight object (balloon), sending it upward.

PE.1.K.15: Strikes a lightweight object with a paddle or short-handled racket.

**Standard 2.** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

PE.2.K.1: Differentiates between movement in personal (self-space) & general space.

PE.2.K.2: Moves in personal space to a rhythm.

PE.2.K.3: Travels in 3 different pathways.

PE.2.K.4: Travels in general space with different speeds.

**Standard 3.** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

PE.3.K.1: Identifies active-play opportunities outside physical education class.

PE.3.K.2: Actively participates in physical education class.

PE.3.K.3: Recognizes that when you move fast, your heart beats **faster** and you breathe faster.<sup>2</sup>

PE.3.K.4: Recognizes that food provides energy for physical activity.

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<sup>2</sup> NASPE. (2012). *Instructional framework for fitness education in physical education [Guidance Document]*. Reston, VA: Author. (p.14).

# Physical Education

## KINDERGARTEN (CONTINUED)

**Standard 4.** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.4.K.1: Follows directions in group settings (e.g., safe behaviors, following rules, taking turns).

PE.4.K.2: Acknowledges responsibility for behavior when prompted.

PE.4.K.3: Follows instruction/ directions when prompted.

PE.4.K.4: Shares equipment and space with others.

PE.4.K.5: Recognizes the established protocol for class activities.

PE.4.K.6: Follows teacher directions for safe participation and proper use of equipment with minimal reminders.

**Standard 5.** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

PE.5.K.1: Recognizes that physical activity is important for good health.

PE.5.K.2: Acknowledges that some physical activities are challenging/difficult.

PE.5.K.3: Identifies physical activities that are enjoyable.