

Kindergarten PE Essential Learning: Year at a Glance 20-21

STANDARD	DESCRIPTION	Q1	Q2	Q3	Q4
PE.K.C.2.1:	Recognize locomotor skills. Clarifications: Some examples of locomotor skills are walking, running, skipping, leaping, hopping, jumping and galloping.	X			
PE.K.C.2.2:	Recognize physical activities have safety rules and procedures. Clarifications: An example would be to put equipment away when not in use in order to keep the physical activity area safe.	X	X	X	X
PE.K.C.2.4:	Recognize there are deep and shallow areas of a pool, and identify the dangers of entering a body of water without supervision. Clarifications: An example of a danger is entering the water when there is not an adult present.				X
PE.K.C.2.5:	Recognize the concept of a dominant hand/foot for throwing/striking/kicking patterns. Clarifications: A dominant hand/foot is the one selected by the student that feels most natural for throwing/striking/kicking.		X	X	
PE.K.C.2.6:	Recite cues for a variety of movement patterns and skills. Clarifications: Some examples of movement patterns and skills are locomotor, non-locomotor, throwing and catching.	X			
PE.K.C.2.7:	Identify personal and general space.	X	X	X	X
PE.K.L.4.2:	Identify that the heart beats faster during more intense physical activity.			X	
PE.K.L.4.5:	Identify a benefit of flexibility.			X	X
PE.K.L.4.6:	Differentiate between healthy and unhealthy food choices.			X	
PE.K.M.1.1:	Use a variety of locomotor skills to travel in personal and general space. Clarifications: Some examples of locomotor skills are running, galloping and skipping.	X			
PE.K.M.1.2:	Strike objects using body parts forcefully. Clarifications: An example is kicking a soccer ball with your foot.		X	X	
PE.K.M.1.3:	Balance a lightweight object on a paddle/racket while moving.		X	X	

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STANDARD	DESCRIPTION	Q1	Q2	Q3	Q4
PE.K.M.1.4:	Strike an object forcefully using a modified, long-handled implement of various sizes, weights and compositions. Clarifications: Some examples of modified, developmentally- appropriate long-handled		X	X	
PE.K.M.1.5:	Use two hands to bounce and catch a large playground ball.		X		
PE.K.M.1.7:	Catch a variety of self-tossed objects.		X		
PE.K.M.1.8:	Roll and throw a variety of objects using an underhand motion.		X		
PE.K.M.1.9:	Throw a variety of objects forcefully using an overhand motion.		X	X	