

KASC ACADEMIC STANDARDS CHECKLIST

PHYSICAL EDUCATION

User's Name:



Use the columns as a checkoff or a place to take notes to track any curriculum issue. For instance, you might list the unit or marking period in which a standard was mastered, the areas where teachers want additional professional development opportunities, or any issue you need to analyze as you work to enhance your students' performance. See the folder labeled Ideas for Usage for further suggestions on ways to use the checklists and cards.

KINDERGARTEN

1. Demonstrate competency in a variety of motor skills and movement patterns.

K.1.L1	Explore a variety of locomotor movements, travelling in different directions.	
K.1.NL1	Explore non-locomotor skills, using different body parts.	
K.1.BM1	Maintain momentary stillness on different bases of support and transfers weight from one foot to another.	
K.1.BM2	Transfer weight from one foot to the other.	
K.1.MS1	Explore manipulative skills with a variety of objects using performance cues.	

2. Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

K.2.SP1	Explore the difference between personal and general space.	
K.2.PS1	Explore pathways, levels and relationships.	
K.2.SD1	Explore travel in general space with different speeds.	

3. Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

K.3.PA1	Identify a variety of ways to be physically active at school and home.	
K.3.PF1	Identify the importance of daily activity.	
K.3.PF2	Recognize that moving increases heart and respiratory rate.	
K.3.N1	Recognize that food provides energy for physical activity.	

4. Demonstrate responsible personal and social behavior that exhibits respect for self and others.

K.4.SW1	Share equipment and space with others in physical activity settings.	
K.4.RE1	Recognize and follow the established rules, protocol and etiquette in physical education.	
K.4.SA1	Follow teacher directions for safe participation and proper use of equipment, independently and with others.	

5. Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

K.5.H1	Identify physical activity as a component of good health.	
K.5.C1	Acknowledge that some physical activities are challenging.	
K.5.SE1	Explore enjoyable physical activities.	
K.5.SI1	Explore social interaction through physical activity.	
K.5.A1	Recognize the importance of promoting physical activity.	