

Quarter							
1	2	3	4		<i>Strand</i>	<i>Objectives</i>	<i>The Student is Expected To:</i>
					Movement - Skilled, Principles and Concepts		
				K.1	The student will demonstrate a minimum of two critical elements (isolated, small parts of the whole skill or movement) for locomotor, non-locomotor, and manipulative skills	a) Demonstrate a minimum of two critical elements used in the locomotor skills of walking, running, jumping and landing, galloping, sliding, and skipping.	Identify personal space; demonstrate self-control; move in different directions and levels without falling or contacting others; move in straight, curved, and zigzag pathways using locomotor movements (walk, run, leap, jump, hop, gallop, slide, climb, and skip)
						b) Demonstrate a minimum of two critical elements used in non-manipulative movements of bending, pushing, stretching, turning, twisting, swinging, swaying, rocking, balancing, and rolling	Demonstrate axial movements such as stretch, shake, bend, twist, swing, turn, and sway
						c) Demonstrate a minimum of two critical elements used in manipulative skills	Perform activities such as toss and throw to targets, bounce and catch, toss and catch, kick to target, strike with paddle, dribble, roll, trap, or volley with hand
						d) Demonstrate a minimum of two critical elements skills while moving	Explore tossing, catching and bouncing (with multiple bounces and claps)
						e) Demonstrate moving to a rhythm, using basic rhythmic patterns	Express themselves with creative movement to music such as through stories and shadowing, mimicking animals, shapes, and letters
				K.2	The student will demonstrate use of movement concepts of directions, levels, pathways, and effort (force and speed) while performing locomotor skills	Demonstrate a variety of relationships (including under, over, behind, in front of, next to, through, right left, up, down, forward, backward, and in front of	Will perform relationships such as under, over, behind, in front of, next to, through, right left, up, down, forward, backward, and in front of while walking, hopping, running, jumping and landing, galloping, sliding and skipping.
					Personal Fitness		
				K.3	The student will participate in moderate to vigorous physical activities that cause increased heart rate, breathing rate, and perspiration		Participate in moderate to vigorous physical activity on a daily basis that cause increased heart rate, breathing rate, and perspiration
					Responsible Behaviors		
				K.4	The student will use appropriate behaviors and safe practices in physical activity settings	a) Demonstrate good listening skills when learning procedures and receiving instruction	Be able to follow rules, procedures, and safe practices while showing proper listening skills
						b) Demonstrate ability to share, and be cooperative and safe with others	Work in a group setting and be able to resolve conflicts in socially acceptable ways
						c) Demonstrate an understanding of general personal space	Share space and equipment with others
					Physically Active Lifestyle		
				K.5	The student will participate in regular physical activity		Participate in moderate to vigorous physical activity on a daily basis that cause increased heart rate, breathing rate, and perspiration
				K.6	The student will explain why physical activity is good for health		Identify and describe effect of physical activity on body such as breathing rate, locate the lungs and explain their purpose, and describe why sleep and rest are important

