

# GRADES K-2



## Standard 1: MOVEMENT FORMS - Use motor skills and movement patterns to perform a variety of physical activities

### FUNDAMENTAL SKILLS

**PE.K-2.1.1**

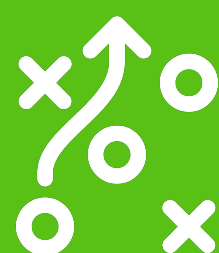
Use basic locomotor skills in initial (immature) form alone, with a partner, and in small groups

**PE.K-2.1.2**

Use basic non-locomotor skills in initial (immature) form alone, with a partner, and in small groups

**PE.K-2.1.3**

Use basic manipulative skills in initial (immature) form alone, with a partner, and in small groups



## Standard 2: COGNITIVE CONCEPTS - Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities

### SAFETY AND PLAY ETIQUETTE

**PE.K-2.2.1**

Use basic movement concepts related to space, time, effort, and relationships (e.g. personal space, fast/slow, strong/light, under/over)

**PE.K-2.2.2**

Identify basic rules for safe participation in physical activities



## Standard 3: ACTIVE LIFESTYLE - Participate regularly in physical activity

### INDIVIDUAL, DUAL, AND LIFETIME ACTIVITIES

**PE.K-2.3.1**

Participate regularly in physical activities

**PE.K-2.3.2**

Describe the social and emotional benefits of participating in physical activities



## Standard 4: PHYSICAL FITNESS - Know ways to achieve and maintain a health-enhancing level of physical fitness

### FITNESS AND CONDITIONING-RELATED ACTIVITIES

**PE.K-2.4.1**

Identify physiological indicators that accompany moderate to vigorous activities

