



Minidoka County School District #331

"Empowering Students for Success"

Minidoka County School District Quick Reference Curriculum Guide – K-1 Grade Physical Education – March 2018

STANDARD 1: SKILLED MOVEMENT

Goal 1.1: The physically literate individual demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

- ☐ Demonstrate progress toward the mature form of selected locomotor, non-locomotor and manipulative patterns. (K-2.PE.1.1.1)
 - ☐ Demonstrate balance, coordination, laterality, directionality, spatial awareness, body identification, and change shapes by performing
 - ☐ activities that support movements.
 - ☐ Demonstrate the following movements: walk, run, hop, jump, leap, gallop, slide, and skip.
 - ☐ Recognize the skill of bending, stretching, twisting, turning, swinging, swaying, pushing, and pulling in a movement activity.
 - ☐ Throw - roll a variety of size, weight and shape objects with varying amounts of force.
 - ☐ Catch - toss a ball or bean bag above your head and catch it.
 - ☐ Kick - kick a still ball.
 - ☐ Strike - keep a balloon in the air using different body parts.
 - ☐ Bounce - catch a bounced ball.
- ☐ Identify movements using concepts of body and space awareness. (K-2.PE.1.1.2)
 - ☐ Understand and demonstrate rhythmic patterns.
 - ☐ Interpret and move to different rhythms - mirror (repeat) a given rhythm.
 - ☐ Use props as a means of creative expression: i.e. alphabet, numbers, and music - develop a creative movement routine using props.

STANDARD 2: MOVEMENT KNOWLEDGE

Goal 2.1: The physically literate individual demonstrates understanding of concepts, principles, strategies and tactics related to movement and to the performance of physical activities.

- ☐ Identify vocabulary of basic movement concepts. (K-2.PE.2.1.1)
 - ☐ Recognize the words walk, run, hop, jump, leap, gallop, slide, and skip.
 - ☐ Demonstrate balance, agility, speed, coordination, and power.
- ☐ Identify fundamental movement patterns. (K-2.PE.2.1.2)
- ☐ Learn to juggle with scarves.



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- ☐ Understand and demonstrate animal walks - perform a variety of animal walks.
- ☐ Understand and demonstrate imitating or copying movements - perform a variety of activities copying other's movements.
- ☐ Demonstrate formations - perform a ring.

STANDARD 3: HEALTH ENHANCING PERSONAL FITNESS

Goal 3.1: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical fitness.

- ☐ Participate and sustain a moderate or vigorous level of activity. (K-2.PE.3.1.1)
 - ☐ Learn and demonstrate knowledge of cardiovascular fitness - feel the difference between a resting heart rate and a heart rate after extended activity.
 - ☐ Learn and demonstrate flexibility - demonstrate the ability to stretch and bend the body with ease.
 - ☐ Rope Jumping: Assess rope size.
 - ☐ Rope Jumping: Turn the rope
 - ☐ Rope Jumping: Work with two or more individuals to turn and jump with long rope.
 - ☐ Rope Jumping: Identify rules of rope jumping and recognize associated songs - jump according to rules and simple songs.
- ☐ Identify other activities that increase heart rate. (K-2.PE.3.1.3)

STANDARD 4: PERSONAL AND SOCIAL RESPONSIBILITY

Goal 4.1: The physically literate individual exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- ☐ Apply teachers' rules, procedures and safe practices with teacher reinforcement. (K-2.PE.4.1.1)
 - ☐ Demonstrate knowledge of rules for age-appropriate games.
- ☐ Share space and equipment with others. (K-2.PE.4.1.2)
- ☐ Cooperate with others. (K-2.PE.4.1.3)

STANDARD 5: VALUING A PHYSICALLY ACTIVE LIFESTYLE



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Goal 5.1: The physically literate individual participates daily in physical activity and recognizes its value for health, enjoyment, challenge, self-expression and/or social interaction.

- ☐ Participate daily in moderate to vigorous physical activity. (Recommended by NASPE: At least 60 minutes and up to 2 hours per day with several bouts of physical activity lasting 15 minutes.) (K-2.PE.5.1.2)
- ☐ Explore and participate in health enhancing physical activities. (K-2.PE.5.1.3)
 - ☐ Learn and demonstrate muscular strength - perform a bent knee push-up.
- ☐ Express feelings about participation in physical activity.