

I can practice proper foot patterns and form and maintain balance while hopping, galloping, running, sliding, skipping, and walking.

I can practice
correct technique
while jumping in
place, forward and
backward, and side
to side.

I can demonstrate
visual tracking and
tracing, simple
balancing, cross
lateralization, and
sequencing of two
skills.

I can spin and
roll at
different
levels, speeds,
and positions.

K b.1.D

I can maintain
balance while
bearing weight
using different
bases of support.

I can practice
bending,
stretching,
twisting, and
curling while
maintaining balance.

I can self-toss
an object and
throw underhand
with opposite
foot forward.

K b.3.A

I can catch a self-dropped ball before it bounces twice and catch a self-tossed object before it hits the ground.

K b.3.B

I can practice
dribbling a
ball with one
hand.

K b.3.C

I can tap a
ball using the
inside of the
foot.

I can kick a
stationary ball
from a
stationary
position.

I can volley a
lightweight
object to
myself.

I can strike a
lightweight object
using my hand or
short-handled
implement.

I can jump at
least once with
a self-turned
rope.

I can demonstrate
swinging a long
rope back and
forth with a
partner.

K b.3.I

I can differentiate
between personal
and general space
while moving to
simple rhythms and
maintaining balance.

K b.4.A

I can demonstrate
a variety of
pathways, shapes,
and levels while
maintaining
balance.

I can demonstrate
clear contrast when
moving in different
speeds and
directions while
maintaining balance.

I can demonstrate
competency in
rhythmic
activities and
combinations.

I can demonstrate the skills of chasing, fleeing, and dodging to avoid or catch others during a variety of games while maintaining appropriate space and speed.

K b.6.A

I can practice the
correct techniques
for motor
development skills
following teacher
direction.

I can demonstrate safe practices by following rules, procedures, and directions during class and activities.

I can demonstrate
competency in
outdoor and
recreational
pursuits.

I can discuss the immediate effect of physical activity on the heart and lungs.

K b.8.A

I can describe
the importance
of daily active
play.

K b.8.B

I can participate
in exercises that
promote health-
related fitness.

K b.8.C

I can
describe the
importance of
goal setting.

I can identify how to measure improvement in physical skills such as counting the number of times a student can hop while maintaining balance.

I can recognize
that eating a
variety of foods
produces energy
for physical
activity.

I can identify
the best source
of hydration
during physical
activity.

I can identify
proper clothing
and footwear
for physical
activity.

I can identify
safety precautions,
including pedestrian,
water, sun, and
cycling safety, with
teacher guidance.

K b.11.B

I can give
examples of
consequences
resulting from
personal actions.

I can demonstrate
respect for
differences and
similarities in
abilities of myself
and others.

I can identify
personal impulses
and emotions
with teacher
guidance.

I can demonstrate
respect and
cooperation through
words and actions
with teacher
guidance.

I can communicate
feelings and
thoughts
appropriately with
teacher guidance.

K b.13.B

I can persevere
while
addressing
challenges.

I can accept
and provide
constructive
feedback.

I can participate
in moderate to
vigorous physical
activity on a
regular basis.

K

I can identify
physical activity
for personal
enjoyment with
teacher guidance.