

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.

K

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.

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.

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.

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

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.

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

K

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.

I can
describe
the
importance
of daily
active play.

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

I can
describe
the
importance
of goal
setting.

K

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.

K

I can
identify
proper
clothing and
footwear for
physical
activity.

K

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

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.

K

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

I can
communicate
feelings and
thoughts
appropriately
with teacher
guidance.

I can
persevere
while
addressing
challenges.

I can accept
and provide
constructive
feedback.

K b.15

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

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