

# A Guide to the Colorado Academic Standards



## Working Together

To support families and teachers in realizing the goals of the Colorado Academic Standards, this guide provides an overview of the learning expectations for Kindergarten Physical Education. This guide offers some learning experiences students may engage in during this school year, experiences that may also be supported at home.

## Why Standards?

Created by Coloradans for Colorado students, the Colorado Academic Standards provide a grade-by-grade road map to help ensure students are successful in college, careers, and life. The standards aim to improve what students learn and how they learn in ten content areas – emphasizing critical-thinking, creativity, problem solving, collaboration, and communication as important life skills in the 21st century.

## Physical Education for Elementary Schools (k-5)

The Physical Education standards in the elementary years focus on enhancing health-related components of fitness and skill-related components of fitness and personal activity. In each grade, the standards ask students to demonstrate various movement concepts, assess personal behaviors, connect fitness development to body systems, and utilize safety procedures during physical activities.

## Where can I learn more?

- Contact your school district regarding local decisions related to standards, curriculum, resources, and instruction.
- Colorado Academic Standards Booklets: <http://www.cde.state.co.us/standardsandinstruction/GradeLevelBooks.asp>
- Phyllis Reed, Comprehensive Health at 720-498-2059, [Reed\\_p@cde.state.co.us](mailto:Reed_p@cde.state.co.us)



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At the end of  
Kindergarten,  
students can...



## Physical Education Learning Expectations for Kindergarten

### Movement Competence and Understanding

Demonstrate body and spatial awareness through safe movement; locate the major parts of the body.

### Physical and Personal Wellness

Understand that physical activity increases the heart rate, making the heart stronger.

### Emotional and Social Wellness

Demonstrate respect for self, others, and equipment; demonstrate the ability to follow directions.

## Throughout Kindergarten, you may find students...

- Demonstrating contrasts between slow and fast speeds while using motor skills and movement patterns.
- Traveling in straight, curved, and zigzag pathways.
- Creating shapes by using hands, arms, torso, feet, and legs in a variety of combinations.
- Moving specific body parts in response to a variety of sensory cues such as auditory or visual.
- Connecting heart rate (fast and slow beats) to movement.
- Sustaining moderate to vigorous physical activity for short periods of time.
- Demonstrating the characteristics of sharing and playing well with others.
- Following a simple series of instructions for an activity.



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