



Physical Education
Kindergarten

1.0 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 1.1 Explores a variety of loco-motor movements.
- 1.2 Explores a variety of non-loco-motor movement.
- 1.3 Explores a variety of object control skills.

2.0 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

- 2.1 Explores basic movements and a variety of relationships with objects.

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

- 3.1 Engages in activities to experience the elements of fitness.

4.0 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- 4.1 Begins to demonstrate an understanding of the purpose of rules in games.
- 4.2 Begins to use equipment and space safely and properly.

5.0 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

- 5.1 Begins to understand the need to respect the rights of others.