

Kindergarten Standards and Bench Marks

Standard 1: Students demonstrate skills and apply concepts to perform a variety of physical activities.

Locomotion/Rhythm:

1. Walks using proper technique while traveling different directions.
2. Maintains a steady beat from a non-weight bearing position. Such as patting thighs while seated.

Body Management:

3. Jumps and lands with proper body alignment.
4. Walks heel to toe on a line while maintaining dynamic balance.
5. Starts and stops, maintaining control, in response to selected visual and auditory signals.

Manipulatives:

6. Catches a self-tossed ball within one bounce.
7. Kicks a stationary ball.
8. Rolls underhand demonstrating opposition and follow-through.

Movement Concepts:

9. Distinguishes between self and shared space.
10. Distinguishes between high, middle, and low levels.
11. Distinguishes between straight, curved, and zigzag pathways .
12. Distinguishes between slow, medium, and fast speeds.
13. Distinguishes between strong and light force.
14. Distinguishes between curved, straight, and twisted shapes.
15. Distinguishes between a variety of relationships such as over, under, behind, alongside, and through with objects.

Standard 2: Students demonstrate the components of health-related physical fitness.

1. Travels while bearing weight on a variety of body parts.
2. Demonstrates correct trunk alignment and endurance while seated cross-legged.

Standard 3: Students demonstrate knowledge of physical fitness concepts and the benefits of an active healthy lifestyle.

Standard 4: Students demonstrate safe, responsible behavior to physical education settings.

1. Exhibits consideration for and cooperation with classmates and teachers.
2. Works safely and productively during activity time.