



The physical education standards in the elementary years focus on enhancing movement concepts and skills, understanding basic health-related components and skill-related components of fitness and how it relates to personal fitness, demonstrating respect, and the ability to follow directions. In each grade, students demonstrate various movement concepts; assess personal behaviors; connect fitness development to body systems; demonstrate respect for self, others, and various physical activity environments; and utilize safety procedures during physical activities.

Expectations for Preschool Students:

- **Movement Competence and Understanding:** Travel in a variety of directions using basic locomotor skills and demonstrate an understanding of personal and general space.
- **Physical and Personal Wellness:** Recognize the positive feelings experienced during an after physical activity.
- **Social and Emotional Wellness:** Demonstrate an understanding of positive social interaction with teachers and peers.
- **Prevention and Risk Management:** Understand basic safety rules and principles.

Throughout Preschool You May Find Students:

- Moving safely in a large group without bumping into others.
- Performing movements to the rhythm of music.
- Demonstrating the relationship of under, over, behind, next to, through, right, left, up, down, forward, backward, and in front of by using the body and an object.
- Participating in activities that increase the heart rate.
- Participating in activities that require stretching the muscles.
- Demonstrating listening to the teacher during group activities.
- Recognizing basic class rules and protocols.
- Following teacher directions for safe participation in physical activity.