

Kentucky Academic Standards for Physical Education Kindergarten

Standard 1: Demonstrate competency in a variety of motor skills and movement patterns.	
Practices for Movement Competency: Physically literate individuals practice skills for achieving competency and confidence in a variety of physical activities. These performance indicators focus on identifying skills that will help students effectively engage in lifelong physical activities.	
Performance Indicators	
Locomotor	K.1.L1. Explore a variety of locomotor movements, travelling in different directions.
Non-Locomotor	K.1.NL1. Explore non-locomotor skills, using different body parts.
Body Management	K.1.BM1. Maintain momentary stillness on different bases of support and transfers weight from one foot to another. K.1.BM2. Transfer weight from one foot to the other.
Manipulative Skills	K.1.MS1. Explore manipulative skills with a variety of objects using performance cues. <i>*See Tables 1 and 2.</i>
Standard 2: Apply knowledge of concepts, principles, strategies and tactics to movement and performance.	
Application of Performance: Physically literate individuals understand the purpose of movement through performance. These performance indicators focus on quality of movement that enhances physical activity experiences critical to their development and long-term success as healthy and productive citizens.	
Performance Indicators	
Space	K.2.SP1. Explore the difference between personal and general space.
Pathways, Shapes and Levels	K.2.PS1. Explore pathways, levels and relationships.
Speed, Direction and Force	K.2.SD1. Explore travel in general space with different speeds.
Standard 3: Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	
Demonstrate a Health-Enhancing Level of Physical Activity: Physically literate individuals understand the benefits and implications of lifelong physical activity to improve their quality of life. Understanding one's overall physical health and fitness status provides the basis for personal responsibility. These performance indicators focus on empowering students to commit to being lifelong physically active individuals.	
Performance Indicators	

Physical Activity Knowledge	K.3.PA1. Identify a variety of ways to be physically active at school and home.
Physical Fitness Knowledge	K.3.PF1. Identify the importance of daily activity. K.3.PF2. Recognize that moving increases heart and respiratory rate.
Nutrition	K.3.N1. Recognize that food provides energy for physical activity.
Standard 4: Demonstrate responsible personal and social behavior that exhibits respect for self and others.	
Demonstrate Personal and Social Behavior: Physically literate individuals respect themselves and others in physical activity settings. These performance indicators focus on the positive development of personal, responsible and social behaviors that are demonstrated through sportsmanship, etiquette, safety, teamwork, cooperation and conflict resolution skills.	
Performance Indicators	
Social Interactions/Working with Others	K.4.SW1. Share equipment and space with others in physical activity settings.
Rules and Etiquette	K.4.RE1. Recognize and follow the established rules, protocol and etiquette in physical education.
Safety	K.4.SA1. Follow teacher directions for safe participation and proper use of equipment, independently and with others.
Standard 5: Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.	
Demonstrate Value of Physical Activity: Physically literate individuals value physical activity and its contribution to a healthy lifestyle. These performance indicators focus on an active lifestyle as a vehicle for enjoyment, advocacy, challenge and social interaction of a healthy community.	
Performance Indicators	
Health	K.5.H1. Identify physical activity as a component of good health.
Challenge	K.5.C1. Acknowledge that some physical activities are challenging.
Self-Expression and Enjoyment	K.5.SE1. Explore enjoyable physical activities.
Social Interaction	K.5.SI1. Explore social interaction through physical activity.
Advocacy	K.5.A1. Recognize the importance of promoting physical activity.