

SPORTS & MOVEMENT SKILLS

HPE Standard 1 – Apply competent motor skills and movement patterns needed to perform a variety of physical activities.

Strand	Learning Outcomes
K.1.1 Locomotor Skills	Performs basic locomotor movements developing skills in a variety of activities.
K.1.2 Manipulative – Sending & Receiving	Attempts to perform key elements of throwing and catching with various objects.
K.1.3 Manipulative – Striking an Object	Attempts to perform key elements of striking a static object with various body parts.
K.1.4 Non-Locomotor – Balance & Weight Transfer	Perform various balances on different bases of support in various positions.
K.1.5 Dance & Rhythm	Participates in various exploratory movements and rhythmic activities (e.g., parachute, ribbons).
K.1.6 Calisthenics	Attempts to perform various movements and postures of simple exercises.
K.1.7 Coordination Skills	Performs various movements and postures of simple exercises (i.e., jumping jack, push up).

HPE Standard 2 – Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.

Strand	Learning Outcomes
K.2.1 Body & Spatial Awareness	Incorporates the concepts of self-space and general space in movement activities.
K.2.2 Speed & Force	Demonstrates movement sequences and activities using different speeds, tempos, and force.
K.2.3 Spatial Relationships	Works together with others to create different shapes and formations in simple movement activities.
K.2.4 Skill Applications	Applies various striking and maneuvering skills in low-organized games and physical challenges.
K.2.5 Practice & Repetition	Stays focused and on-task while practicing movement and manipulative skills.
K.2.6 Games Rules	Knows and applies rules of various low-organized games.
K.2.7 Problem Solving	Shows creativity in solving simple problems and tasks.

HEALTH-RELATED FITNESS

HPE Standard 3 – Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

Strand	Learning Outcomes
K.3.1 Participation in Physical Activity	Participates willingly in a variety of physical activities.
K.3.2 Benefits of Physical Activity	Discusses how the body and brain need physical activity to function well.
K.3.3 Fitness Goals	Demonstrates persistence in improving fitness performances.
K.3.4 Physical Fitness	Experiences movement that benefits muscle strength, endurance, and flexibility (i.e., calisthenics, running, stretching, animal walks).
K.3.5 Body Response to Exercise	Recognizes that when you move fast, your heart beats faster, you breathe faster, and you sweat.
K.3.6 Food & Water	Identifies basic healthy nutritional habits that give the body energy.
K.3.7 Safety Precautions	Identifies safety precautions and hazards and practice safe behaviors in various play areas (e.g., gym, playground).

SOCIAL & CHARACTER SKILLS

HPE Standard 4 – Exhibits responsible personal and social behavior that enhances health of self and others.

Strand	Learning Outcomes
K.4.1 Effort	Displays reasonable effort in various games and physical education activities.
K.4.2 Fair Play	Follows rules in game play and physical education activities.
K.4.3 Safety Rules & Procedures	Follows rules and directions for safe participation in physical education activities.
K.4.4 Cooperation Skills	Works cooperatively with others during partner and small group activities.
K.4.5 Feedback	Responds appropriately to general feedback from the teacher.
K.4.6 Value of Physical Fitness and Health	Describes positive feelings that result from participating in physical activities.
K.4.7 Inclusion of Others	Welcomes and invites others to join a group.

HEALTH LITERACY

HPE Standard 5 – Comprehend concepts related to health promotion and disease prevention to enhance health.

Strand	Learning Outcomes
K.5.1 Friends & Family	Discuss ways to be a good friend.
K.5.2 Mental-Emotional Health	Demonstrates healthy ways to express feelings.
K.5.3 Growth & Development	Identifies different parts of their body and basic ways to care for them.
K.5.4 Nutrition	Identifies healthful foods, snacks, and drinks.
K.5.5 Healthy Habits	Discusses health habits that keep the body healthy - exercise, healthy food choices, rest, and keeping the body clean.
K.5.6 Personal Safety	Identify ways to prevent common childhood injuries.
K.5.7 Harmful Substances	Identifies ways to keep safe from harmful medicines and other substances.

HPE Standard 6 – Demonstrate the ability to use health-enhancing skills and behaviors to avoid/reduce health risks and enhance health.

Strand	Learning Outcomes
K.6.1 Health Helpers	Identifies ways that parents and family members help support positive health behaviors.
K.6.2 Health Information	Identifies trusted adults and professionals who can help promote health and safety.
K.6.3 Communication Skills	Demonstrates ways to communicate effectively about health needs or threats.
K.6.4 Health Decisions	Demonstrates ways to respond to unwanted or threatening situations.
K.6.5 Health Goals	Tracks and monitors personal health habits (i.e., brushing teeth, bathing)
K.6.6 Health Practices	Practices health behaviors that can help protect and/or improve one's health.
K.6.7 Health Promotion	Creates messages to promote positive health behaviors with others.