

Arkansas Health and Physical Education

# Grade K

Adopted 2011

## Physical Education and Leisure

### 1: Motor Skills and Movement Patterns: Students shall demonstrate proficiency in motor skills and movement patterns needed to perform a variety of activities.

#### Body Awareness

1. Demonstrate dynamic and static movements, and dynamic and static balance using various body positions [PEL.1.K.1](#)

#### Spatial Awareness

2. Move forward, side-to-side, high/medium/low, stop/go, under, over, behind, beside, and through [PEL.1.K.2](#)
3. Move body limbs [PEL.1.K.3](#)
4. Move appropriately in general space within boundaries without falling down and bumping into others [PEL.1.K.4](#)

#### Locomotor and Non-Locomotor Movements

5. Perform locomotor movements:
  - <li>crawl</li><li>walk</li><li>jump</li><li>hop</li><li>gallop</li><li>skip</li><li>slide</li><li>leap</li><li>jog</li><li>run</li></ul> [PEL.1.K.5](#)
  - 6. Perform the following non-locomotor movements:
    - <li>balance</li><li>bend</li><li>stretch</li><li>turn</li><li>twist</li><li>shake</li><li>cross-lateral (crossing the mid-line of the body)</li><li>push</li><li>pull</li><li>sway</li></ul> [PEL.1.K.6](#)

#### Rhythms and Dance

7. Travel to a beat by marching, clapping, and stomping with a fast and slow pace, using even and uneven rhythm [PEL.1.K.7](#)

#### Manipulative Skills

8. Use limited body movement when throwing with the dominant arm [PEL.1.K.8](#)
9. Extend arms toward thrower when catching an object [PEL.1.K.9](#)
10. Bounce a ball using one or two hands in self-space and general space [PEL.1.K.10](#)
11. Catch a self-tossed object [PEL.1.K.11](#)
12. Use limited body movement when striking an object using the dominant arm [PEL.1.K.12](#)
13. Volley a balloon with the hands [PEL.1.K.13](#)
14. Move a ball with the feet [PEL.1.K.14](#)
15. Use limited body movement when kicking with the dominant leg [PEL.1.K.15](#)
16. Trap a moving ball with the foot [PEL.1.K.16](#)

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**2: Movement Concepts: Students shall understand movement concepts, principles, and strategies that apply to the performance of physical activity.**

Body Awareness

1. Identify upper body parts:
  - head
  - forehead
  - chin
  - chest
  - eyes, ears, nose, mouth,
  - shoulders, arm, neck, elbows, wrist, right hand, left hand, fingers
  - back, waist, stomach PEL . 2 . K . 1
2. Identify lower body parts:
  - hip, thigh, calf, heel, ankles, knees, right foot, left foot, leg, toes PEL . 2 . K . 2

Knowledge and Strategies

3. Participate in loworganized games that utilize basic motor skills PEL . 2 . K . 3

Academic Integration

4. Know that the body and brain need activity for optimal function:
  - oxygen to the brain
  - ability to focus PEL . 2 . K . 4

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**3: Health-Related Fitness: Students shall understand how health-related fitness can improve individual health.**

Cardiorespiratory Endurance

1. Locate the heart and understand that it is the size of a fist [PEL.3.K.1](#)
2. Know that the heart functions as a pump for blood [PEL.3.K.2](#)
3. Recognize the change in breathing and heart beat while participating in a moderate to vigorous activity [PEL.3.K.3](#)
4. Participate in an age-appropriate activity, exercise, or game that encourages pacing to develop cardiorespiratory endurance [PEL.3.K.4](#)
5. Understand that the body is composed of muscles and bones [PEL.3.K.5](#)
6. Understand that the body needs proper nutrition and water to function [PEL.3.K.6](#)

Flexibility

7. Recognize that the body is capable of a wide range of movement [PEL.3.K.7](#)
8. Participate in stretching activities that improve flexibility:
  - dynamic warm up
  - teacher-led stretching held for a short period of time without bouncing[PEL.3.K.8](#)

Muscular Strength and Endurance

9. Explore strength building activities [PEL.3.K.9](#)
10. Practice specific strength building activities [PEL.3.K.10](#)
11. Understand the importance of participating in daily moderate to vigorous physical activity [PEL.3.K.11](#)
12. Practice appropriate activities to improve muscular endurance [PEL.3.K.12](#)

Student Fitness Outcomes

13. Participate in a nationally recognized health-fitness assessment:
  - cardiorespiratory endurance
  - body composition
  - muscular strength and endurance
  - flexibility[PEL.3.K.13](#)

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**4: Lifetime Activities and Recreation: Students shall understand the importance of health benefits and enjoyment from participating in lifetime recreational activities.**

Benefits of Lifetime Activities

1. Recognize that exercise takes place during active play and builds a healthy heart and lungs [PEL.4.K.1](#)

Lifetime Sports and Recreation

2. Recognize a variety of lifetime physical activities [PEL.4.K.2](#)

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**5: Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior that respects self and others in physical activity settings.**

Personal Behavior

1. Identify acceptable behaviors while participating in physical activities PEL.5.K.1
2. Use and share equipment within personal space safely and properly PEL.5.K.2

Social Behavior

3. Participate in cooperative play PEL.5.K.3
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**Health and Wellness**

**6: Human Growth and Development Students shall understand characteristics relating to growth and development.**

Body Systems

1. Name and locate the following body parts:<ul><li>heart</li><li>lungs</li><li>brain</li><li>stomach</li><li>muscles</li><li>bones</li></ul> HW.6.K.1

Growth

2. Recognize different physical characteristics of an individual HW.6.K.2
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**7: Disease Prevention: Students shall understand components related to disease prevention and exhibit behaviors to promote health.**

Communicable and Noncommunicable Diseases

1. Define germs HW.7.K.1
  2. List methods of protection from illness:<ul><li>wash hands</li><li>cover sneeze/cough</li><li>immunization (shots)</li></ul> HW.7.K.2
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**8: Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.**

Health Information, Services, and Products

1. Discuss community health care providers:<ul><li>doctor</li><li>dentist</li><li>community health department</li><li>school nurse</li><li>counselor</li></ul> HW.8.K.1

Environmental and Community Health

2. Define pollution HW.8.K.2
3. Define community HW.8.K.3

Media and Technology

4. Recognize media resources HW.8.K.4

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**9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.**

Decision Making

1. Identify positive and negative ways to get attention [HW.9.K.1](#)
2. Recognize personal and shared space [HW.9.K.2](#)

Interpersonal Relationships

3. Identify characteristics that make a good friend [HW.9.K.3](#)
4. Recognize ways to communicate [HW.9.K.4](#)

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**10: Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.**

Medicine

1. Identify common medicines [HW.10.K.1](#)
2. Name basic rules for taking medicine [HW.10.K.2](#)
3. Identify reliable adults to dispense medicines [HW.10.K.3](#)

Tobacco

4. Recognize types of tobacco products [HW.10.K.4](#)
5. Recognize the effects of tobacco products on the body [HW.10.K.5](#)

Alcohol

6. Recognize that alcohol is a drug [HW.10.K.6](#)

Other Drugs

7. Recognize that some drugs are illegal [HW.10.K.7](#)
8. Recognize ways to avoid tobacco, drug, and alcohol use [HW.10.K.8](#)

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**11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.**

Personal Health

1. Demonstrate emotions and feelings [HW.11.K.1](#)
2. Recognize good and bad choices for coping [HW.11.K.2](#)
3. Name trusted adults to notify for help [HW.11.K.3](#)
4. Understand grooming and cleanliness [HW.11.K.4](#)

Oral Health

5. Understand why teeth are important:
  - eating
  - chewing
  - smiling
  - talking[HW.11.K.5](#)
6. Describe ways to clean teeth:
  - brushing
  - flossing[HW.11.K.6](#)
7. Understand the difference between primary teeth and permanent teeth [HW.11.K.7](#)
8. Discuss the role of the dentist and dental hygienist [HW.11.K.8](#)

Safety

9. Discuss safety procedures for lifetime activities [HW.11.K.9](#)
10. Understand how to get help in an emergency [HW.11.K.10](#)

Violence

11. Practice safety rules pertaining to threatening strangers:
  - shout, kick or scream
  - tell an adult
  - avoid stranger's vehicle[HW.11.K.11](#)
12. Identify sources to report abuse, bullying, violence, and injury [HW.11.K.12](#)
13. Identify various behaviors associated with abuse, bullying, violence, and injury [HW.11.K.13](#)

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**12: Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.**

Healthy Eating Habits

1. Identify healthy and unhealthy snacks and drinks [HW.12.K.1](#)
2. Tell the importance of choosing healthy foods [HW.12.K.2](#)

Food and Nutrition

3. Name the sources of different foods:
  - plants
  - animals[HW.12.K.3](#)
4. Recognize that foods are categorized into groups (Refer to USDA) [HW.12.K.4](#)