

# Grades K, 1, 2

Adopted 2005

**Movement Forms — Use motor skills and movement patterns to perform a variety of physical activities**

## **Fundamental Skills**

1. Use basic locomotor skills in initial (immature) form alone, with a partner, and in small groups [PE.K-2.1.1](#)
  2. Use basic non-locomotor skills in initial (immature) form alone, with a partner, and in small groups [PE.K-2.1.2](#)
  3. Use basic manipulative skills in initial (immature) form alone, with a partner, and in small groups [PE.K-2.1.3](#)
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**Cognitive Concepts — Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities**

## **Safety and Play Etiquette**

1. Use basic movement concepts related to space, time, effort, and relationships (e.g., personal space, fast/slow, strong/light, under/over) [PE.K-2.2.1](#)
  2. Identify basic rules for safe participation in physical activities [PE.K-2.2.2](#)
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**Active Lifestyle — Participate regularly in physical activity**

## **Individual, Dual, and Lifetime Activities**

1. Participate regularly in physical activities [PE.K-2.3.1](#)
  2. Describe the social and emotional benefits of participating in physical activities [PE.K-2.3.2](#)
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**Physical Fitness — Know ways to achieve and maintain a health-enhancing level of physical fitness**

## **Fitness and Conditioning-Related Activities**

1. Identify physiological indicators that accompany moderate to vigorous physical activities [PE.K-2.4.1](#)