

PHYSICAL EDUCATION LEARNER EXPECTATIONS

KINDERGARTEN

- Performs the gallop facing forward in the line of movement with back foot remaining behind lead foot.
 - Recognizes that when the body moves faster, the muscles work harder and the heart beats faster.
 - Demonstrates safe, respectful, and responsible behaviors during active participation.

FIRST

- Performs the hop with take-off and landing on the same foot and maintains form for three consecutive hops in a forward direction.
- Performs the underhand toss with pendulum arm motion and follows through toward target.
 - Identifies the heart as a muscle that grows stronger with physical activity.
- Demonstrates safe, respectful, and responsible behaviors during active participation.

SECOND

- Performs the skip with alternating step-hop patterns with bent arms moving in opposition to legs.
 - Performs the overhand throw with hip and shoulder rotation and steps with opposition.
 - Discusses the challenge and confidence that come from learning a new physical activity.
 - Demonstrates safe, responsible, and respectful behaviors during active participation.

THIRD

- Observes, assesses, and provides feedback of a skill.
- Performs the catch with arm extension and absorption and moves body to adjust to the flight of the object.
 - Recognizes the body's response to physical activity.
- Demonstrates safe, respectful, and responsible behaviors during active participation.

FOURTH

- Applies basic offensive and defensive strategies in invasion games.
- Performs movement combinations using rhythm, balance, and/or weight transfer.
 - Applies basic offensive and defensive strategies in net/wall games.
 - Identifies the health benefits of being physically active.
- Demonstrates safe, responsible, and respectful behaviors during active participation.

FIFTH

- Applies basic offensive and defensive strategies in invasion games.
- Performs movement combinations using rhythm, balance, and/or weight transfer.
 - Applies basic offensive and defensive strategies in net/wall games.
 - Creates a personal wellness goal based upon a health-related component.
- Demonstrates safe, responsible, and respectful behaviors during active participation.