

Minnesota Benchmarks → SHAPE America Outcomes

Kindergarten

Standard 1: Demonstrate competency in a variety of motor skills and movement patterns.

Minnesota Benchmarks

SHAPE Outcomes

		Locomotor		Locomotor
Hop, leap gallop, slide, skip, run	0.1.1.1	Hop, gallop, slide, skip, and run while maintaining balance.	S1.E1.K	Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance.
Jump	0.1.1.2 0.1.1.3	Jump and land in the horizontal plane while maintaining balance. Jump and land in the vertical plane while maintaining balance.	S1.E3.K	Performs jumping & landing actions with balance.
Dance	0.1.1.4	Perform locomotor skills in educational dance while maintaining balance.	S1.E5.K	Performs locomotor skills in response to teacher-led creative dance.
		Non-locomotor		Non-locomotor
Balance	0.1.2.1	Maintain momentary stillness on different bases of support with different body shapes. (Combined outcomes. No "a" or "b" in MN)	S1.E7.Ka S1.E7.Kb	Maintains momentary stillness on different bases of support. Forms wide, narrow, curled and twisted body shapes.
Weight transfer rolling	0.1.2.3	Roll sideways in a narrow body shape. For example: pencil roll, log roll.	1.E9.K	Rolls sideways in a narrow body shape.
Curling, stretching, bending	0.1.2.4	Perform non-locomotor skills.	S1.E10.K	Contrasts the actions of curling & stretching.
		Manipulative		Manipulative

Roll and throw underhand	0.1.3.1	Roll and throw underhand with opposite foot forward.	S1.E13.K	Throws underhand with opposite foot forward.
Throw overhand	0.1.3.2	Throw overhand while maintaining balance.		
Catching	0.1.3.4	Drop and catch a ball before it bounces twice. (Combined outcomes. No "a" or "b" in MN)	S1.E16.Ka S1.E16.Kb	Drops a ball and catches it before it bounces twice. Catches a large ball tossed by a skilled thrower
Dribble with hands	0.1.3.5	Dribble with one hand, attempting a second contact.	S1.E17.K	Dribbles a ball with 1 hand, attempting the second contact.
Dribble with feet	0.1.3.6	Dribble with inside of the foot, attempting a second contact.	S1.E18.K	Taps a ball, using the inside of the foot, sending it forward.
Pass with feet	0.1.3.7	Pass with the feet, while maintaining balance.		SHAPE starts in grade 3.
Kicking	0.1.3.9	Kick while maintaining balance.	S1.E21.K	Kicks a stationary ball from a stationary position, demonstrating 2 of the 5 elements of a mature kicking pattern.
Volleying	0.1.3.11	Volley individually using various body parts, attempting a second hit.	S1.E22.K	Volley a lightweight object (balloon), sending it upward.
Striking	0.1.3.13	Strike using a body part, while maintaining balance.		New MN benchmark
Striking short-handled implement		MN starts in Grade 1	S1.E24.K	Strikes a lightweight object with a paddle or short-handled racket.
Jump rope short	0.1.3.16	Jump a single jump with a self-turned rope.	S1.E27.Ka	Executes a single jump with self-turned rope.
Jump rope long	0.1.3.17	Jump a long rope with teacher-assisted turning.	S1.E27.Kb	Jumps a long rope with teacher-assisted turning.

Standard 2: Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

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		Movement concepts, principles and knowledge	Movement concepts, principles and knowledge
Space	0.2.1.1	Travel in different pathways differentiating between movement in personal space (self-space) and general space. For example: straight, curvy, zig zag. <i>(Combined outcomes. No "a" or "b" or "c" in MN) (MN took out "rhythm")</i>	S2.E1.Ka S2.E1.Kb S2.E2.K
Relationships	0.2.1.2	Travel using body parts in different relationships to each other. For example: round, narrow, wide, twisted, symmetrical.	<i>New MN benchmark</i>
Speed, force, direction	0.2.1.3	Travel using slow and fast speeds.	S2.E3.K

Standard 3: Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

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Physical activity knowledge			Physical activity knowledge	
0.3.1.1	Identify ways to be physically active outside of physical education class, both indoors and outdoors.		S3.E1.K	Identifies active-play opportunities outside physical education class.
Engages in physical activity			Engages in physical activity	
0.3.2.1	Actively participates in physical activities with teacher prompting.		S3.E2.K	Actively participates in physical education class.
Fitness knowledge			Fitness knowledge	
0.3.3.1	Recognize that faster movement corresponds to faster heartbeat and breathing.		S3.E3.K	Recognizes that when you move fast, your heart beats faster and you breathe faster.
0.3.3.2	Recognize that the body has muscles.			New MN benchmark.
Nutrition			Nutrition	
0.3.5.1	Recognize that food provides energy for physical activity.		S3.E6.K	Recognizes that food provides energy for physical activity.

Standard 4: Exhibit responsible personal and social behavior that respects self and others.

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Personal and social responsibility			Personal and social responsibility	
0.4.1.1	Identify class rules and protocols related to self, space and equipment.		S4.E1.K	Follows directions in group settings (e.g., safe behaviors, following rules, taking turns).
0.4.5.1	Move safely in personal space with minimal reminders.		S4.E2.K	Acknowledges responsibility for behavior when prompted.
	(Combined outcomes. No "a" or "b" or "c" in MN)		S4.E5.K	Recognizes the established protocol for class activities.
			S4.E6.K	Follows teacher directions for safe participation and proper use of equipment with minimal reminders.
Feedback			Feedback	
0.4.2.1	Use feedback from the teacher.		S4.E3.K	Follows instruction/directions when prompted.
Working with others			Working with others	
0.4.3.1	Share equipment and space with others.		S4.E4.K	Share equipment and space with others.
Rules and etiquette			Rules and etiquette	
Safety			Safety	
0.4.5.1	Move safely in personal space with minimal reminders.		S4.E6.K	Follows teacher directions for safe participation and proper use of equipment with minimal reminders.

Standard 5: Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

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Health			Health	
0.5.1.1	Recognize that physical activity is important for good health.		S5.E1.K	Recognizes that physical activity is important for good health.
Challenge			Challenge	
0.5.2.1	Recognize that some physical activities are challenging or difficult.		S5.E2.K	Acknowledges that some physical activities are challenging/difficult.
Self-expression and enjoyment			Self-expression and enjoyment	
0.5.3.1	Express enjoyment when being physically active individually and with others.		S5.E3.Ka S5.E3.Kb	Identifies physical activities that are enjoyable. Discusses the enjoyment of playing with friends.