

Locomotor Hop, gallop, slide, skip, and run while maintaining balance.	0.1.1.1	Locomotor Jump and land in the horizontal plane while maintaining balance.	0.1.1.2
Locomotor Jump and land in the vertical plane while maintaining balance.	0.1.1.3	Locomotor Perform locomotor skills in educational dance while maintaining balance.	0.1.1.4
Non-Locomotor Maintain momentary stillness on different bases of support with different body shapes.	0.1.2.1	Non-Locomotor Roll sideways in a narrow body shape. For example: pencil roll, log roll.	0.1.2.3
Non-Locomotor Perform non-locomotor skills.	0.1.2.4		

<p>Manipulative 0.1.3.1</p> <p>Roll and throw underhand with opposite foot forward.</p>	<p>Manipulative 0.1.3.2</p> <p>Throw overhand while maintaining balance.</p>
<p>Manipulative 0.1.3.4</p> <p>Drop and catch a ball before it bounces twice.</p>	<p>Manipulative 0.1.3.5</p> <p>Dribble with one hand, attempting a second contact.</p>
<p>Manipulative 0.1.3.6</p> <p>Dribble with inside of the foot, attempting a second contact.</p>	<p>Manipulative 1.1.3.7</p> <p>Pass with the feet, while maintaining balance.</p>
<p>Manipulative 0.1.3.9</p> <p>Kick while maintaining balance.</p>	<p>Manipulative 0.1.3.11</p> <p>Volley individually using various body parts, attempting a second hit.</p>

<p>Manipulative 0.1.3.13</p> <p>Strike using a body part, while maintaining balance.</p>	<p>Manipulative 0.1.3.16</p> <p>Jump a single jump with a self-turned rope</p>
<p>Manipulative 0.1.3.17</p> <p>Jump a long rope with teacher-assisted turning.</p>	

<p>Movement Concepts, Principles and Knowledge 0.2.1.1</p> <p>Travel in different pathways differentiating between movement in personal space (self-space) and general space. For example: straight, curvy, zig zag.</p>	<p>Movement Concepts, Principles and Knowledge 0.2.1.2</p> <p>Travel using body parts in different relationships to each other. For example: round, narrow, wide, twisted, symmetrical.</p>
<p>Movement Concepts, Principles and Knowledge 0.2.1.3</p> <p>Travel using slow and fast speeds.</p>	

<p>Physical Activity Knowledge 0.3.1.1</p> <p>Identify ways to be physically active outside of physical education class, both indoors and outdoors.</p>	<p>Engages in Physical Activity 0.3.2.1</p> <p>Actively participates in physical activities with teacher prompting.</p>
<p>Fitness Knowledge 0.3.3.1</p> <p>Recognize that faster movement corresponds to faster heartbeat and breathing.</p>	<p>Fitness Knowledge 0.3.3.2</p> <p>Recognize that the body has muscles.</p>
<p>Nutrition 0.3.5.1</p> <p>Recognize that food provides energy for physical activity.</p>	

<p>Personal Responsibility 0.4.1.1</p> <p>Identify class rules and protocols related to self, space and equipment</p>	<p>Feedback 0.4.2.1</p> <p>Use feedback from the teacher</p>
<p>Working With Others 0.4.3.1</p> <p>Share equipment and space with others.</p>	<p>Safety 0.4.5.1</p> <p>Move safely in personal space with minimal reminders.</p>

		Health	0.5.1.1	Recognize that physical activity is important for good health.
Challenge	0.5.2.1	Self-Expression/Enjoyment	0.5.3.1	Express enjoyment when being physically active individually and with others.
Recognize that some physical activities are challenging or difficult.				