

**IKM- Manning Curriculum**  
**Physical Education**  
**K-12 Standards, Benchmarks, Indicators**  
**Spring 2008**

**Standards:**

1. Uses a variety of basic and advanced movement forms in the development of motor skills
2. Applies movement concepts and principles in the learning and development of motor skills
3. Understands the benefits and costs associated with participation in physical activity
4. Understands how to monitor and maintain a health-enhancing level of physical fitness
5. Understands the social and personal responsibility associated with regular participation in physical and recreational activities

These standards are adopted and adapted from the 1995 National Standards for Physical Education developed by the National Association for Sport and Physical Education .

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**K-1 PHYSICAL EDUCATION**

**K-1.1 Uses a variety of basic and advanced movement forms in the development of motor skills (MCNS, T, HOTS, CE, CS, LS, GE)**

*K-1.1.1 Exhibits fundamental loco-motor skills (MCNS, HOTS, CS, LS)*

- K-1.1.1.A Identifies and illustrates running using basic form and looking where he/she runs
- K-1.1.1.B Identifies and illustrates skipping alternately on each foot 5 times
- K-1.1.1.C Identifies and illustrates jumping using a variety of foot patterns
- K-1.1.1.D Identifies and illustrates galloping 30 feet smoothly
- K-1.1.1.E Identifies and illustrates hopping on each foot 5'
- K-1.1.1.F Identifies and illustrates marching to rhythm
- K-1.1.1.G Practices loco-motor skills during basic game activities
- K-1.1.1.H Uses different combinations of movements (speed, rhythm and direction)

*K-1.1.2 Uses a variety of non-loco-motor skills (MCNS, HOT, LS)*

- K-1.1.2.A Illustrates bending, twisting, stretching, turning, balance
- K-1.1.2.B Transfers body weight by doing a Donkey Kick

*K-1.1.3 Uses a variety of basic object control skills (MCNS, T, CE, LS)*

- K-1.1.3.A Throws underhand and overhand at target with dominate hand
- K-1.1.3.B Catches a variety of objects

K-1.1.3.C Kicks and strikes stationary and moving objects  
K-1.1.3.D Jumps rope 10 times without stopping

*K-1.1.4 Exhibits control and spatial awareness in travel activities  
(MCNS, GE, LS, CS, HOTS)*

K-1.1.4.A Changes direction quickly and safely without falling  
K-1.1.4.B Changes speed and direction in response to game situations  
K-1.1.4.C Performs rhythmic movements

**K-1.2 Applies movement concepts and principles in the development of motor skills (MCNS, CE, T, HOTS, CS, LS)**

*K-1.2.1 Understands simple progression to completing a task  
(MCNS, T, HOTS, LS, CS)*

K-1.2.1.A Steps with opposite leg when throwing  
K-1.2.1.B Plants opposite foot when kicking

*K-1.2.2 Applies appropriate concepts to performance (MCNS, CE, LS, CS)*

K-1.2.2.A Changes direction while running  
K-1.2.2.B Dodges to avoid tag or hit

*K-1.2.3 Understands terms that describe a variety of relationships with  
objects  
(MCNS, HOTS, LS, CA)*

K-1.2.3.A Understands the terms over/under, in front of/behind,  
through/around, beside

**K-1.3 Understands the benefits and cost associated with participation in physical activity (MCNS, HOTS, LS, CS)**

*K-1.3.1 Understands the health benefits of physical activity  
(MCNS, HOTS, LS, CS)*

K-1.3.1.A Knows exercise is good for our health  
K-1.3.1.B Begins to develop physical endurance  
K-1.3.1.C Identifies likes and dislikes in activities

**K-1.4 Understands how to monitor and maintain a health-enhancing level of physical fitness (MCNS, HOTS, T, LS, CS)**

*K-1.4.1 Engages in basic activities that cause cardio respiratory exertion  
(MCNS, T, CS, LS)*

K-1.4.1.A Participates in running activity for 3 minutes without stopping  
K-1.4.1.B Uses skipping, galloping, hopping for additional endurance  
activity  
K-1.4.1.C Can do 10 sit ups  
K-1.4.1.D Knows how to do push ups and pull ups  
K-1.4.1.E Knows and participates in several different exercises for  
endurance and strength

*K-1.4.2 Knows how to measure cardio respiratory fitness (MCNS, HOTS,  
LS)*

K-1.4.2.A Finds and listens to heart beat

*K-1.4.3 Knows physiological indicators that accompany moderate to vigorous exercise (MCNS, HOTS, LS)*  
K-1.4.3.A Is aware of perspiration, increased heart rate and breathing rate

*K-1.4.4 Know the different body parts and why they need exercise (MCNS, LS, CS)*

K-1.4.4.A Know the heart is a muscle  
K-1.4.4.B Knows muscles have to be used to get stronger  
K-1.4.4.C Can list personal habits that keep you healthy

**K-1.5 Understands the social and personal responsibility associated with participation in physical and recreational activities (MCNS, CE, HOTS, LS, CS)**

*K-1.5.1 Applies classroom rules, procedures with little reinforcement (MCNS, CE, HOTS, LS, CS)*

K-1.5.1.A Shares equipment and space  
K-1.5.1.B Shows cooperation with other students  
K-1.5.1.C Demonstrates positive interaction (verbal and non-verbal)  
K-1.5.1.D Shows good sportsmanship  
K-1.5.1.E Works with others in group activity

*K-1.5.2 Understands purpose of rules (MCNS, CE, CS, LS)*

K-1.5.2.A Demonstrates safety when playing  
K-1.5.2.B Plays fair

*K-1.5.3 Understands the importance of playing, cooperating, and respecting others regardless of personal differences (MCNS, HOTS, CE, LS, CS)*

K-1.5.3.A Knows about gender, ethnicity, disability  
K-1.5.3.B Uses compliments and encouragement instead of put downs

*K-1.5.4 Understands challenges and enjoyment of physical activity (MCNS, CS, LS, CE, HOTS)*

K-1.5.4.A Shows positive feelings through new successes  
K-1.5.4.B Tries new movements and skills  
K-1.5.4.C Understands rules of simple games