

P.E. Kindergarten Check

PE.K.MS Motor Skills	
MS.a Demonstrate clear contrasts between slow and fast movement while traveling.	
MS.b Travel forward and sideways using a variety of locomotor, non-locomotor patterns and change direction quickly in response to a signal	
MS.c Toss a ball and catch it before it bounces twice	
MS.d Maintain momentary stillness bearing weight on a variety of body parts.	
PE.K.SH Safe and Healthy Environment	
SH.a Respond to teacher signals for attention	
SH.b Respond to rule infractions when reminded.	
SH.c Know the rules and procedures for participation in Physical Education class	
SH.d Show awareness of safe conditions for games and other activities	
SH.e Take turns using a piece of equipment.	
PE.K.PH Personal Health and Fitness	
PH.a Demonstrate awareness of his or her heart beating faster from physical activity	
PH.b Participate in regular physical activity	
PH.c Demonstrate some competency in fundamental motor, non-locomotor, and manipulative skills.	
PH.d Initiate a variety of new movement patterns through self-exploration	
PE.K.RM Resource Management	
RM.a Aware of places that promote physical fitness programs	
RM.b Engage in physical activities outside of school with parental supervision	