



School District of Marshfield Physical Education Standards –

KINDERGARTEN

National SHAPE Standards for Physical Education Specific knowledge and skills that students will know and be able to do by the end of Kindergarten		Marshfield Student Learning Target (“I can ...”) These learning targets could be taught in the context of whole group, mini lessons, small groups and conferences. This is not an inclusive list of learning targets.	
Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
Locomotor <ul style="list-style-type: none">Performs locomotor skills (hopping, galloping, running, sliding, skipping, jumping) while maintaining balance. S1.E1.K		Locomotor <ul style="list-style-type: none">I can hop, gallop, run, slide, skip, and jump while keeping control of my body.	
Nonlocomotor (Stability) <ul style="list-style-type: none">Maintains momentary stillness on different bases of support. S1.E7.KaForms wide, narrow, curled and twisted body shapes. S1.E7.Kb		Nonlocomotor (Stability) <ul style="list-style-type: none">I can balance in different shapes while staying on my feet.	
Manipulative <ul style="list-style-type: none">Throws underhand or overhand with opposite foot forward. S1.E13.KCatches an object tossed by a skilled thrower. S1.E16.KbDribbles a ball with one hand, attempting the second contact. S1.E17.KDribbles a ball with the inside of the foot, sending it forward. S1.E18.KKicks a stationary ball from a stationary position, demonstrating 2 of the 5 critical elements of a mature kicking pattern. S1.E21.KVoleys a light-weight object (balloon) sending it upward. S1.E22.K		Manipulative <ul style="list-style-type: none">I can throw an object while stepping with my opposite foot.I can catch an object tossed by a partner.I can dribble a ball with one hand.I can dribble a ball with the inside of my foot.I can kick a ball towards a target with the top of my foot.I can volley an object in the air with my hands.	
Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.			
Movement Concepts <ul style="list-style-type: none">Differentiates between movement in personal (self-space) and general space. S2.E1.KaTravels in three different pathways. S2.E2.KTravels in general space with different speed. S2.E3.K		Movement Concepts <ul style="list-style-type: none">I can move safely in general and personal space.I can move in a curvy, straight, and zig zag pathway.I can safely change speeds while moving.	
Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.			
Engages in Physical Activity <ul style="list-style-type: none">Participates actively in physical education class. S3.E2.K		Engages in Physical Activity <ul style="list-style-type: none">I can participate in all activities.	
Nutrition <ul style="list-style-type: none">Recognizes that food provides energy for physical activity. S3.E6.K		Nutrition <ul style="list-style-type: none">I can explain how food provides energy for physical activity.	
Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.			



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Personal Responsibility <ul style="list-style-type: none">Follows directions in group settings (e.g., safe behaviors, following rules, taking turns). S4.E1.K	Personal Responsibility <ul style="list-style-type: none">I can listen and follow directions.
Working with Others <ul style="list-style-type: none">Shares equipment and space with others. S4.E4.K	Working with Others <ul style="list-style-type: none">I can share equipment and space with others.
Rules & Etiquette <ul style="list-style-type: none">Recognizes the established protocol for class activities. S4.E5.K	Rules & Etiquette <ul style="list-style-type: none">I can understand all rules of class activities.
Safety <ul style="list-style-type: none">Follows teacher directions for safe participation and proper use of equipment with minimal reminders. S4.E6.K	Safety <ul style="list-style-type: none">I can properly and safely use equipment.
Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	
Health <ul style="list-style-type: none">Recognizes that physical activity is important for good health. S5.E1.K	Health <ul style="list-style-type: none">I know that physical activity makes me healthy.
Challenge <ul style="list-style-type: none">Acknowledges that some physical activities are challenging/difficult. S5.E2.K	Challenge <ul style="list-style-type: none">I know that some physical activities can be challenging, difficult, and/ or enjoyable.