

PE Learning Targets: I can...

KINDERGARTEN

PEK.1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of activities.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can travel in a general space without bumping into other students(spatial awareness)				
I can practice body control, balance, and jumping skills				
I can demonstrate basic loco-motor skills such as walk, run, skip, gallop, jump, hop, and slide.				
I can demonstrate non-locomotor skills such as twisting, turning, and bending.				
I can demonstrate basic manipulative skills such as tossing and catching				

PEK.2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can identify general and personal space. Knowing boundaries and when others are beside, behind, and in front				
I can identify components of tossing and catching. Examples are tossing and catching at different levels (low, medium, and high. Also, watching a ball in order to catch it.				

PEK.3: Participates regularly in physical activity.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can play games and do activities that involve learned skills and playing with others.				
I can perform basic locomotor skills away from school by starting to play recreational sports on teams				

PEK4.1: Achieves and maintains a health enhancing level of physical fitness.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can identify indicators that accompany vigorous activities. Examples are heart beating faster after running or moving vigorously.				

PEK5.1: Exhibits responsible personal and social behavior that respects self and others in physical activity settings

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can follow classroom rules and show self control				
I can follow simple directions for simple games and activities				

I can use body space and equipment safely.				
I can work with a partner or in small groups regardless of personal differences				

PEK.6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can participate in physical activities for personal enjoyment. Example would be dancing to a favorite song.				
I can express feelings associated with success from physical activities.				