

Identifier	Poplar - Kindergarten - Physical Education	Introduced	Completed
OK PE 1	LEARNING AND DEVELOPMENT OF MOTOR SKILLS		
OK PE 1.01	Understand the vocabulary of simple movement patterns.		
OK PE 1.02	Identify the basic elements (i.e., opposition) of movement forms.		
OK PE 1.03	Identify and respond to cues that enhance skill performance (i.e., when catching, "look, reach and give").		
OK PE 1.04	Identify the physiological signs of moderate physical activity (i.e., fast heart rate and perspiring).		
OK PE 2	MOVEMENT FORMS		
OK PE 2.01	Demonstrate a mature form in skipping, hopping, galloping, and sliding in isolation and in combination.		
OK PE 2.02	Perform a variety of basic level manipulative skills in isolation (i.e., bouncing and catching).		
OK PE 2.03	Demonstrate a combination of 2 simple weight transfers and balance movements (i.e., one leg to another, feet to hands).		
OK PE 3	MOVEMENT AS COMMUNICATION		
OK PE 3.01	Create shapes at high, medium, and low levels in a movement sequence.		
OK PE 3.02	Demonstrate locomotor movements in varying directions (i.e., forward, backward, sideways) and pathways (i.e., straight, curved).		
OK PE 3.03	Demonstrate qualities of movement (i.e., heavy/light, strong/weak, tight/loose).		
OK PE 3.04	Create a movement sequence with a beginning, middle, and end with or without a prop (i.e., lummi sticks, streamers).		
OK PE 3.05	Demonstrate relationship qualities (i.e., near/far, over/under, next to).		
OK PE 3.06	Discuss and demonstrate how movement in dance is used to communicate.		
OK PE 3.07	Perform various locomotor and nonlocomotor movements to a steady beat with or without a prop (i.e., lummi sticks, jump ropes, and streamers).		
OK PE 3.08	Perform to a steady beat at various tempos		
OK PE 4	INDIVIDUAL FITNESS		
OK PE 4.01	Identify health-related fitness components addressed in selected exercises.		
OK PE 4.02	Engage in daily moderate to vigorous structured physical activity.		
OK PE 4.03	Identify health-related fitness components (i.e., muscular strength, muscular endurance, flexibility, cardiorespiratory, and body composition).		
OK PE 4.04	Perform various structured exercises in a safe manner.		
OK PE 4.05	Perform simple folk and/or social (i.e., bunny hop, line dance, contemporary) dances.		
OK PE 5	SOCIAL INTERACTION		
OK PE 5.01	Apply class rules, procedures, and safe practices with teacher reinforcement.		
OK PE 5.02	Engage in physical activity involving cooperation and sharing to complete assigned task.		
OK PE 5.03	Demonstrate components of respect during activities regardless of personal differences (i.e., skill level, gender, race, and disability).		
OK PE 5.04	Participate in multicultural activities (dance, games, and activities).		