

HEALTHFUL LIVING – PHYSICAL EDUCATION

NORTH CAROLINA STANDARD COURSE OF STUDY

MOTOR SKILL DEVELOPMENT

K.MS.1 Apply competent motor skills and movement patterns needed to perform a variety of physical activities.

- PE.K.MS.1.1 Execute recognizable forms of the basic locomotor skills.
- PE.K.MS.1.2 Use recognizable forms of the basic manipulative skills.
- PE.K.MS.1.3 Create transitions between sequential locomotor skills.
- PE.K.MS.1.4 Use non-locomotor and locomotor skills in response to even and uneven rhythms in order to integrate beat awareness.

MOVEMENT CONCEPTS

K.MC.2 Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.

- PE.K.MC.2.1 Understand the meaning of words and terms associated with movement.
- PE.K.MC.2.2 Identify one or more of the essential elements of correct form for the five fundamental manipulative skills.
- PE.K.MC.2.3 Use teacher feedback to improve basic motor performance.
- PE.K.MC.2.4 Illustrate activities that increase heart rate.

HEALTH-RELATED FITNESS

K.HF.3 Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

- PE.K.HF.3.1 Recognize one or more of the five health-related fitness assessments and the associated exercises.
- PE.K.HF.3.2 Identify opportunities for increased physical activity.
- PE.K.HF.3.3 Select moderate-to-vigorous physical activity (MVPA) and sustain for periods of accumulated time.

PERSONAL/SOCIAL RESPONSIBILITY

K.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

- PE.K.PR.4.1 Use basic strategies and concepts for working cooperatively in group settings.
- PE.K.PR.4.2 Understand how social interaction can make activities more enjoyable.
- PE.K.PR.4.3 Use safe practices when engaging in physical education activities.