

NASPE Benchmarks Kindergarten

As a result of participating in a quality physical education program it is reasonable to expect that the student will be able to:

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| Has | 1. Travel, in different ways, in a large group without bumping into others or falling. |
| Has | 2. Travel, in forward and sideways directions, and change direction quickly in response to a signal. |
| Has | 3. Demonstrate clear contrasts between slow and fast speeds while traveling. |
| Has | 4. Distinguish between straight, curved, and zig-zag pathways while traveling in various ways. |
| Has | 5. Make both large and small body shapes while traveling. |
| Has | 6. Travel, demonstrating a variety of relationships with objects,(e.g. over, under behind, alongside, through). |
| Has | 7. Place a variety of body parts into high, middle, and low levels. |
| Has | 8. Without falling, walk forward and sideways the length of a bench. |
| Ha | 9. Roll sideways(right or left) without hesitating or stopping. |
| Has | 10. Toss a ball and catch it before it bounces twice. |
| Has | 11. Demonstrate an overhand and underhand throw. |
| Has | 12. Kick a stationary ball, with a running approach prior to the kick. |
| Has | 13. Jump a swinging rope. |
| Has | 14. Form round, narrow, wide, and twisted body shapes alone and with a partner. |
| Has | 15. Walk and run using a mature motor pattern. |
| Is | 16. Sustain moderate physical activity. |
| Knows | 17. Identify selected body parts, skills, and movement concepts. |
| Knows | 18. Recognize that skill development requires practice. |
| Knows | 19. Recognize that physical activity is good for personal well-being. |
| Knows | 20. State guidelines and behaviors for the safe use of equipment and apparatus. |
| Values | 21. Enjoy participation alone and with others. |
| Values | 22. Look forward to physical education lessons. |