

ESSENTIAL ACADEMIC LEARNING REQUIREMENTS INTEGRATED
Port Angeles School District Grade Level Expectations: Kindergarten

1.1.1 Demonstrates mature form in locomotor patterns and selected manipulative and non-locomotor skills.

Demonstrates mature pattern: (walk, run, gallop, hop, and jump)	Yes	No
Demonstrates mature form: (start/stop, bend, twist, and stretch)	Yes	No
Moves to simple rhythm patterns: (march)	Yes	No
Demonstrates critical elements in a variety of manipulative skills: (throwing, catching, kicking, rolling, and bouncing)	Yes	No
Demonstrates spatial awareness: (personal space, general space)	Yes	No

1.2.1 Understands and applies safety rules and procedures in a variety of physical activities.

Identifies and demonstrates rules and safety procedures in grade appropriate activities.	Yes	No
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1.3.1 Understands the basic vocabulary and concepts of physical fitness.

Identifies or describes the basic concepts of physical fitness: (exercise, healthy, heart)	Yes	No
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1.4.1 Understands the connection between nutrition and physical well-being.

Identifies the foods that help promote a healthy body.	Yes	No
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2.1.1 Understands the basic structure and function of the human body systems.

Identifies where the heart is located and it's function.	Yes	No
Recognizes that muscles move and help in movement.	Yes	No
Recognizes that bones support the body and help in movement.	Yes	No

3.2.1 Understands health enhancing behaviors and risk reduction.

Recognizes different ways that you can be safe: (wearing your helmet, car seats, seatbelts, crosswalks)	Yes	No
Identifies different healthy habits that you have to keep you healthy: (brushing your teeth, getting enough sleep, exercising, eat right)	Yes	No
Practice fire drill rules/earthquake drills.	Yes	No

4.1.1 Understands the relationship between home activities and health and fitness.

Identifies and describes how home activities can influence health and fitness.	Yes	No
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4.2.1

4.2.2 Understands the relationship between fitness testing and goal setting.

Participates in fitness testing.	Yes	No
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