

Minnesota 2018 K-12 Physical Education Standards

Kindergarten		
Standard	Code	Benchmark
Locomotor	0.1.1.1	Hop, gallop, slide, skip, and run while maintaining balance.
Locomotor	0.1.1.2	Jump and land in the horizontal plane while maintaining balance.
Locomotor	0.1.1.3	Jump and land in the vertical plane while maintaining balance.
Locomotor	0.1.1.4	Perform locomotor skills in educational dance while maintaining balance
Non-Locomotor	0.1.2.1	Maintain momentary stillness on different bases of support with different body shapes.
Non-Locomotor	0.1.2.3	Roll sideways in a narrow body shape. For example: pencil roll, log roll.
Non-Locomotor	0.1.2.4	Perform non locomotor skills.
Manipulative	0.1.3.1	Roll and throw underhand with opposite foot forward.
Manipulative	0.1.3.2	Throw overhand while maintaining balance.
Manipulative	0.1.3.4	Drop and catch a ball before it bounces twice.
Manipulative	0.1.3.5	Dribble with one hand, attempting a second contact.

Manipulative	0.1.3.6	Dribble with the inside of the foot, attempting a second contact.
Manipulative	0.1.3.7	Pass with the feet, while maintaining balance.
Manipulative	0.1.3.9	Kick while maintaining balance.
Manipulative	0.1.3.11	Volley individually using various body parts, attempting a second hit.
Manipulative	0.1.3.13	Strike using a body part, while maintaining balance.
Manipulative	0.1.3.16	Jump a single jump with a self-turned rope.
Manipulative	0.1.3.17	Jump a long rope with teacher assisted turning.
Movement	0.2.1.1	Travel in different pathways differentiating between movement in personal space (self-space) and general space.
Movement	0.2.1.2	Travel using body parts in different relationships to each other.
Movement	0.2.1.3	Travel using slow and fast speeds.
Personal Health	0.3.1.1	Identify ways to be physically active outside of physical education class, both indoors and outdoors
Personal Health	0.3.2.1	Actively participates in physical activities with teacher prompting.

Personal Health	0.3.3.1	Recognize that faster movement corresponds to faster heartbeat and breathing.
Personal Health	0.3.3.2	Recognize that the body has muscles.
Personal Health	0.3.5.1	Recognize that food provides energy for physical activity.
Social Behavior	0.4.1.1	Identify class rules and protocols related to self, space and equipment.
Social Behavior	0.4.2.1	Use feedback from the teacher.
Social Behavior	0.4.3.1	Share equipment and space with others.
Social Behavior	0.4.5.1	Move safely in personal space with minimal reminders.
Healthy Physical Lifestyle	0.5.1.1	Recognize that physical activity is important for good health.
Healthy Physical Lifestyle	0.5.2.1	Recognize that some physical activities are challenging or difficult.
Healthy Physical Lifestyle	0.5.3.1	Express enjoyment when being physically active individually and with others.