

Kindergarten Physical Education Targets

Motor Skills	Movement Knowledge	Self Control	Lifetime Behaviors
<p>___ I can demonstrate run at a mature grade level form.</p>	<p>___ I can name and locate various body parts.</p>	<p>___ I can follow rules and procedures.</p>	<p>___ I can move my body through space without touching others.</p>
<p>___ I can demonstrate catch at a mature grade level form.</p>	<p>___ I can locate my heart and count my heart beats.</p>	<p>___ I can stay on task.</p>	<p>___ I can participate and play fair with other students in my class.</p>
<p>___ I can demonstrate throw at a mature grade level form.</p>	<p>___ I can follow the rules and guidelines of tag.</p>	<p>___ I can follow directions.</p>	<p>___ I can work cooperatively with a partner.</p>
<p>___ I can demonstrate kick at a mature grade level form.</p>	<p>___ I can understand and explain general space and personal space.</p>	<p>___ I can play safely when in independent learning.</p>	