

TAHPERD
Texas Physical Education TEKS Framework
Kindergarten TEKS and Specificity

			TEKS	Specificity
Strand	Topic	Theme	The student is expected to:	The student is expected to:
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	K.1A travel in different ways in a large group without bumping into others or falling.	<i>identify personal space; demonstrate self-control; move in different directions and levels without falling or contacting others; move in straight, curved and zigzag pathways using locomotor movements (walk, run, leap, jump, hop, gallop, slide, climb, and skip).</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	K.1B demonstrate clear contrasts between slow and fast movement when traveling.	<i>demonstrate clear movement contrasts such as differentiating tempos (slow, medium and fast) while traveling and stopping and starting.</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	K.1C demonstrate non-locomotor (axial) movements such as bend and stretch.	<i>demonstrate axial movements such as stretch, shake, bend, twist, swing, turn, and sway.</i>
A. Movement	II. Non Locomotor Skills	a. Balance	K.1D maintain balance while bearing weight on a variety of body parts.	<i>maintain balance while bearing weight on single and multiple body parts.</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	K.1E walk forward and sideways the length of a beam without falling.	<i>walk forward and sideways: on a line on the floor (tape mark, speed rope); on a board on the floor, vary widths and lengths of board; on a beam not to exceed 4"-12" with a spotter; and on a low beam independently.</i>
A. Movement	I. Movement Concepts	c. Relationships	K.1F demonstrate a variety of relationships such as under, over, behind, next to, through, right, left, up, down, forward, backwards, and in front of.	<i>demonstrate a variety of relationships (including under, over, behind, in front of, next to, through, right, left, up, down, forward, backwards) to self, others, and equipment.</i>
A. Movement	V. Games and Sports Skills	a. Rolling	K.1G roll sideways (right or left) without hesitating.	<i>perform rolling sideways without hesitating including right and left (pencil & log roll), backwards and forwards (rocking chair) and egg roll using various mats/wedges/tumbling aids.</i>
A. Movement	V. Games and Sports Skills	g. Various Games/ Sports Activities	K.1H toss a ball and catch it before it bounces twice.	<i>explore tossing, catching and bouncing (with multiple bounces and claps).</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	K.2A identify selected body parts such as head, back, chest, waist, hips, arms, elbows, wrists, hands, fingers, legs, knees, ankles, feet, and toes.	<i>identify selected body parts during body identification games and song.</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	K.2B demonstrate movement forms of various body parts such as head flexion, extension, and rotation.	<i>practice movement forms of various body parts including head flexion, extension, rotation.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	K.3A describe and select physical activities that provide opportunities for enjoyment and challenge.	<i>understand that selected physical activity can provide opportunities for enjoyment and challenge and may include locomotor movements such as skipping, galloping, and jogging.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	b. Moderate/ Vigorous Physical Activity	K.3B participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.	<i>establish a daily fitness routine using moderate to vigorous physical activities to increase heart rate, breathing and perspiration rate such as walking, cycling, jogging and playing sport activities.</i>

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B. Health Related	IV. Health and Skill-Related Fitness Benefits	e. Flexibility	K.3C participate in appropriate exercises for flexibility in shoulders, legs, and trunk.	<i>demonstrate correct techniques to develop flexibility such as shoulder stretch, sit and reach and trunk lift.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	d. Muscular Strength and Endurance	K.3D lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.	<i>participate in activities that promote balance, upper body strength, and locomotor skills including animal walks (crab, seal, bear), push-up progressions, balancing progressions and abdominal activities.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	g. Stress Management	K.3E describe the benefits from involvement in daily physical activity such as feel better and sleep better.	<i>understand the benefits from involvement in physical activity including sleep better; feel better and have more energy.</i>
B. Health Related	II Anatomy and Physiology	b. Heart Rate	K.4A observe and describe the immediate effect of physical activity on the heart and breathing rate and perspiration.	<i>detect and describe the immediate effect of physical activity on the heart, breathing rate and perspiration.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	d. Cardio- Respiratory System	K.4B locate lungs and explain their purpose.	<i>identify the location of the lungs and heart on the body and explain their purpose.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	c. Rest, Sleep and Recovery Time	K.4C state that rest and sleep are important in caring for the body.	<i>understand the importance of caring for the body including rest and sleep.</i>
B. Health Related	I. Safety	c. Equipment Safety	K.5A use equipment and space properly.	<i>use equipment and space properly including listen and follow directions, use equipment for its specified design, respect space of others when they are using equipment, take care of and respect equipment.</i>
B. Health Related	I. Safety	a. Personal Safety	K.5B know and apply safety practices associated with physical activity such as not pushing in line and drinking water during activity.	<i>discuss and demonstrate safety practices associated with physical activity including the importance of hydration and not pushing in line.</i>
B. Health Related	I. Safety	b. Proper Attire and Equipment	K.5C explain how proper shoes and clothing promotes safe play and prevent injury.	<i>recognize proper attire that promotes participation and prevents injury such as closed toe/closed heel rubber sole shoes, shorts/pants under dresses and skirts, removal of jewelry in physical education, recreational activities, and on playgrounds.</i>
B. Health Related	I. Safety	i. Water Safety	K.5D explain appropriate water safety rules such as never swim alone, never run around pools, look before you jump, enter feet first, and know the role of the lifeguard.	<i>describe appropriate water safety rules: never swim alone, never run around the pool, know the relationship between water depth and entry approach, recognize the lifeguard and his/her purpose.</i>
B. Health Related	I. Safety	g. Basic First Aid	K.5E explain appropriate reactions during emergencies in physical activities.	<i>recognize an emergency including how to signal for emergency attention, how to use 911, and how to identify strangers and use universal precautions (barriers between self and all body fluids).</i>

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C. Social	I. Safety	a. Rules, Procedures and Etiquette	K.6A respond appropriately to starting and stopping signals.	<i>demonstrate appropriate behavior to starting and stopping signals such as maintaining balance, maintaining personal space and not sliding on floor.</i>
C. Social	I. Safety	a. Rules, Procedures and Etiquette	K.6B demonstrate the ability to play within boundaries during games and physical activities.	<i>play within the boundaries using personal space, general space, restricted space, when alone, with others, and when using equipment.</i>
C. Social	I. Safety	a. Rules, Procedures and Etiquette	K.7A follow rules, procedures and safe practices.	<i>demonstrate class rules, procedures, and safe practices.</i>
C. Social	II. Cooperation and Respect	c. Teamwork	K.7B work in group setting in cooperation with others.	<i>participate with others in group activities such as: stations, cooperative games and activities</i>
C. Social	II. Cooperation and Respect	c. Teamwork	K.7C share space and equipment with others.	<i>understand and demonstrate appropriate sharing of space with others including personal space, general space, boundaries, when alone, with others, when using equipment.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	K.L001 understand body form in performing movement skills.	<i>practice a variety of movement skills focusing proper body form, such as creative dance, striking, and throwing.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	K.L002 recognize that motor skill development requires correct practice.	<i>recognize practice can help improve skills.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	K.L003 participate in appropriate drills and activities to enhance the learning of a specific skill.	<i>practice movement skills using a variety of equipment.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	K.L004 make appropriate changes in performance based on feedback.	<i>apply changes using verbal cues, including constructive feedback to improve skill performance.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	K.L005 know the term "ready position" and what it looks like.	<i>imitate "ready position" on teacher's cue.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	K.L006 know the term "personal best."	<i>participate in challenging self in movement skills, including the following: "How long can you walk and balance the bean bag on your head?" "Can you beat your old score in round #2?"</i>
A. Movement	I. Movement Concepts	c. Relationships	K.L007 coordinate movements with others to achieve team goals.	<i>discuss why it is important to be nice to others.</i>
A. Movement	I. Movement Concepts	c. Relationships	K.L008 demonstrate the ability to interact with a partner in a positive way.	<i>participate in activities with a partner such as toe-to-toe, high five or hand shake.</i>
A. Movement	I. Movement Concepts	d. Conditioning Fitness	K.L009 participate in an appropriate conditioning program for selected activities.	<i>participate in a conditioning program that is appropriate for health-related fitness, sport-related fitness or rhythmic activities.</i>
I. Movement	III. Locomotor Skills	a. Basic Locomotor Skills	K.L010 explore proper foot patterns in hopping, jumping, skipping, leaping, galloping, and sliding.	<i>participate in partner activities such as leading and following movements, mirroring, fleeing and chasing, tagging, and performing skills with/without signal. Incorporate the freeze component.</i>

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A. Movement	III. Locomotor Skills	a. Basic Locomotor Skills	K.L011 explore jumping forwards, backwards or sideways using a controlled landing.	<i>perform jumps on command using a controlled landing.</i>
A. Movement	III. Locomotor Skills	b. Jump Rope Skills	K.L012 jump over an object.	<i>practice jumping over a stationary rope, line on the floor or hoop with both feet.</i>
A. Movement	IV. Rhythms	a. Rhythms	K.L013 create and imitate movement in response to selected rhythms.	<i>express themselves with creative movement to music such as through stories and shadowing, mimicking animals, shapes, and letters.</i>
A. Movement	IV. Rhythms	a. Rhythms	K.L014 clap to a simple beat.	<i>mimic a teacher leading a simple clapping pattern.</i>
A. Movement	VI. Outdoor Recreation/ Recreational Activities	a. Outdoor Recreation/ Recreational Activities	K.L015 explore the outdoor space around the school.	<i>participates in a walking tour of school grounds while discussing safety and proper utilization of equipment.</i>
B. Health Related	I. Safety	d. Risks	K.L016 know potential risks associated with physical activities.	<i>understand and recognize potential risks associated with physical activities such as safe movement in an activity area.</i>
B. Health Related	I. Safety	e. Precautions	K.L017 know basic pedestrian and cycling practices.	<i>understand and recognize basic pedestrian and cycling practices.</i>
B. Health Related	I. Safety	h. Environmental	K.L018 know how to protect himself/herself from harmful effects of the sun.	<i>describe how to protect himself/herself from harmful effects of the sun such as using sun screen, wearing light color clothing and hat, and drinking water.</i>
B. Health Related	II Anatomy and Physiology	a. Muscular/ Skeletal Systems	K.L019 know that muscles and bones work together to produce movement.	<i>understand that the skeleton is the frame of the body and the muscles move the frame.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	a. Fitness Components	K.L020 know that moving is healthy and develop awareness of health-related fitness components.	<i>understand activities that reflect strength, endurance, flexibility, cardio-vascular, and body composition.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	a. Fitness Components	K.L021 know that participating in daily physical activity keeps you healthy.	<i>understand that daily physical activity is healthy for you.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	b. Physiological Effects of Exercise	K.L022 understand that exercise is good for you.	<i>know the importance of exercise.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	c. FITT: Frequency, Intensity, Time and Type	K.L023 introduce walking to improve daily fitness workout.	<i>perform brisk walking using proper posture.</i>

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B. Health Related	III. Health and Skill-Related Fitness Concepts	e. Lifelong Fitness	K.L024 give examples of lifelong physical activities.	<i>define what is a lifelong activity.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	K.L025 define a team sport.	<i>name two team sports.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	K.L026 participate in regular physical activity.	<i>accumulate 60 minutes each day of age-appropriate moderate to vigorous physical activities to achieve optimal health, wellness, fitness and performance benefits.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	g. Goal Setting	K.L027 know that developing awareness of goal setting in relation to physical activity is important.	<i>know how to set a fitness goal.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	a. Benefits of Physical Activity	K.L028 know that a healthy lifestyle includes physical activity.	<i>understand that physical activity is a healthy practice.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	f. Posture	K.L029 know that physical activity promotes strong bones.	<i>demonstrate good posture while sitting and standing.</i>
B. Health Related	V. Healthy Lifestyles	a. Active vs. Inactive Lifestyle	K.L030 know the difference between an inactive and active lifestyle.	<i>understand the difference between an inactive and active lifestyle.</i>
B. Health Related	VI. Nutrition	a. Nutrition	K.L031 know that food is fuel for the body.	<i>understand that food provides energy for the body.</i>
B. Health Related	VI. Nutrition	b. Healthy Foods	K.L032 know that there are healthy food choices for your body.	<i>name healthy food choices for snacks and meals.</i>
B. Health Related	VI. Nutrition	c. Consumerism	K.L033 know there are opportunities available in the community that promote recreational activities/health and fitness.	<i>understand there are recreation/health/fitness opportunities offered in the community.</i>
B. Health Related	VII. Risk Behaviors	a. Substance Abuse	K.L034 know the negative effects of smoking.	<i>understands the negative effects of smoking.</i>
B. Health Related	VII. Risk Behaviors	a. Substance Abuse	K.L035 know the negative effects of alcohol and drugs.	<i>understand the negative effects of alcohol and drugs.</i>
B. Health Related	VIII. Health and Skill-Related Fitness Technology	a. Technology	K.L036 develop an awareness of technology tools to measure fitness.	<i>recognize technology tools used to measure fitness.</i>

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C. Social	II. Cooperation and Respect	d. Conflict Resolution	K.L037 resolve conflict in socially acceptable ways such as talking and asking the teacher for help.	<i>implement steps to solve problems:</i> 1. Ignore. 2. Move away. 3. Use your words like please stop. 4. Ask teacher for help.
C. Social	II. Cooperation and Respect	a. Rules, Strategies and Officiating	K.L038 understand simple strategies in games and physical activities.	<i>demonstrate strategies in simple games such as avoiding being tagged, assisting others in re-joining the game.</i>
C. Social	II. Cooperation and Respect	b. Sportsmanship Etiquette	K.L039 accept and respect differences and similarities in physical abilities of self and others.	<i>understand and cooperate with peers of different and similar abilities and accept your strengths and weaknesses.</i>
C. Social	III. Goal Setting	b. Game Strategies	K.L040 modify activities to ensure 100% success and 100% participation (John Thompson).	<i>provide modifications for success such as height of net or goal, size of playing field, varying size of equipment and/or number of players on the team.</i>
C. Social	III. Goal Setting	a. Skill Development	K.L041 understand that mastery of skills requires practice.	<i>demonstrate that practice is needed to achieve goals.</i>