

AKS	Indicators of Achievement
<b>A - Fitness</b>	
participate in health-enhancing physical activities (GPS) (1PE_A2009-1)	1a - identify changes in the body as a result of physical activity (e.g., increased heart rate, breathing hard, red face)
<b>B - Motor Skills and Movement Patterns</b>	
demonstrate progress of locomotor and non-locomotor movements with or without equipment (GPS) (1PE_B2009-2)	2a - demonstrate three specified locomotor movements when named by the teacher (e.g., locomotor movements such as walking, running, hopping, jumping, galloping, leaping, and sliding) 2b - demonstrate specified non-locomotor movements when named by the teacher in a hula hoop (e.g., non-locomotor movements such as swing, rock, bend-straighten, twist, turn, and curl-stretch) 2c - explore skipping 2d - demonstrate jumping over low obstacles 2e - demonstrate jumping over ropes 2f - explore jumping with a self-turned rope
demonstrate static and dynamic balances (GPS) (1PE_B2009-3)	3a - demonstrate the ability to hold the body still in a purposeful balance 3b - demonstrate walking the balance beam 3c - explore shapes of wide, narrow, round, twisted, symmetrical, and asymmetrical
demonstrate overhand and underhand throwing (GPS) (1PE_B2009-4)	4a - throw as far as possible using overhand throw 4b - throw a variety of objects using an underhand throw
demonstrate the ability to catch a self-tossed ball (GPS) (1PE_B2009-5)	5a - catch a self-tossed "soft" ball
apply rhythms to a variety of movement patterns (GPS) (1PE_B2009-6)	6a - initiate a non-locomotor steady beat movement in the student's own timing (example: swing, twist, rock) 6b - match a steady motion (non-locomotor) initiated by someone else
explore a variety of ways to transfer weight (1PE_B2009-7)	7a - jump and land (2 feet, 1 foot, squat) or roll (forward, backward, sideways) in any direction 7b - explore rolling for safety
explore striking skills (1PE_B2009-8)	8a - dribble a ball in self-space using one, then the other hand 8b - dribble a ball in self-space while switching from one hand to the other 8c - kick a slowly rolling ball by using the instep 8d - run up to and kick a stationary ball as far as possible with the instep 8e - dribble and slowly jog while using the inside of either foot 8f - strike a lightweight ball with at least three different body parts keeping it in self-space 8g - underhand strike a soft, lightweight ball or balloon upward with the hand

	<p>keeping it in self-space</p> <p>8h - strike a small, lightweight ball upward with a lightweight paddle, letting it bounce between strikes</p> <p>8i - continuously strike a small, lightweight ball using a lightweight paddle</p> <p>8j - strike a waffle type ball off a tee with a bat</p>
<b>C - Movement Concepts and Principles</b>	
identify personal and general space (GPS) (1PE_C2009-9)	<p>9a - explore moving in different ways in all of the open space or general space</p> <p>9b - using the space that surrounds the body, find locomotor and non-locomotor ways to move in personal space (high, medium, and low levels)</p> <p>9c - demonstrate on and off, over and under, and beside and in front of relationships as specified by the teacher</p> <p>9d - demonstrate the ability to lead and/or follow, mirror and match the movements of a traveling partner</p>
travel in different directions and pathways (GPS) (1PE_C2009-10)	<p>10a - use different locomotor movements to travel forward, backward, clockwise, counterclockwise, sideways right and sideways left</p> <p>10b - explore ways to make the body travel upward</p> <p>10c - distinguish straight, curved, and zigzag pathways</p>
demonstrate the ability to stop and start on a signal (GPS) (1PE_C2009-11)	
<b>D - Personal and Social Behavior</b>	
safely demonstrate acceptable behaviors in a physical setting with reinforcement (GPS) (1PE_D2009-12)	<p>12a - demonstrate acceptable behavior such as waiting for a turn, not taking other's equipment, etc., while in a physical setting</p> <p>12b - demonstrate sportsmanship (respect for others, cooperation, abiding by the rules of the activity)</p>
value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction (GPS) (1PE_D2010-1)	<p>1a - participate in and describe enjoyment of various physical activities</p> <p>1b - participate willingly in new and challenging activities</p>