

AKS	Indicators of Achievement
A - Fitness	
participate in health-enhancing physical activities (GPS) (KPE_A2009-1)	1a - identify signs of physical activity (e.g., fast heart rate)
B - Motor Skills and Movement Patterns	
demonstrate and/or identify basic locomotor and non-locomotor movements (GPS) (KPE_B2009-2)	2a - perform 6 out of 7 specified locomotor movements when named by the teacher (e.g., locomotor movements such as walking, running, hopping, jumping, galloping, leaping, and sliding) 2b - perform 5 out of 6 specified non-locomotor movements when named by the teacher (e.g., non-locomotor movements such as swing, rock, bend-straighten, twist, turn, and curl-stretch)
explore jumping and landing with and without a rope (KPE_B2009-3)	
demonstrate static balances on various body parts (GPS) (KPE_B2009-4)	4a - demonstrate the ability to hold the body still in a Stork or Airplane balance for 5 seconds
explore throwing and catching with a variety of objects (GPS) (KPE_B2009-5)	5a - demonstrate the ability to catch a bounced ball
explore rhythms in a variety of movement patterns (GPS) (KPE_B2009-6)	6a - move to one's own steady beat 6b - match someone else's steady beat 6c - match the beat of a drum with a locomotor or non-locomotor movement
explore different ways to roll (KPE_B2009-7)	7a - roll consecutively in a sideways direction 7b - roll onto your back rocking back and forth and side to side
explore striking a variety of objects using body parts and implements (GPS) (KPE_B2009-8)	8a - push a balloon upward for a continuous period of time, using both hands at the same time or one at a time, keeping it off the ground 8b - strike a balloon underhand using the palm, for a continuous period of time 8c - walk and "roll" the ball forward using the inside of either foot 8d - kick a stationary ball from a stationary position, using any part of the foot 8e - move up to and kick a stationary ball using any part of the foot
demonstrate ability to stop and start on a signal (KPE_B2009-9)	
C - Movement Concepts and Principles	
identify personal and general space (GPS) (KPE_C2009-10)	10a - do various movements without traveling 10b - be able to reach upward, outward, in front of, and behind without touching another classmate 10c - identify relationships with objects such as on/off, over/under, beside/in front of/behind, and near/far 10d - identify relationships with people such as following, mirroring, and matching

D - Personal and Social Behavior	
apply acceptable behaviors in a physical setting with reinforcement (GPS) (KPE_D2009-11)	11a - demonstrate acceptable behavior such as waiting for ones turn, not taking others' equipment, and working safely, while in a physical setting
value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction (GPS) (KPE_D2010-1)	1a - participate in physical activities that provide personal enjoyment 1b - express feelings associated with success from physical activities