

Traveling

K-5 Physical Education

Benchmarks

Kindergarten

1. Is able to travel in general space.
2. Is able to travel using different locomotor movements.
3. Understands the different ways to travel on foot.

Grade One

1. Is able to travel while in different directions.
2. Is able to travel while keeping their head up.
3. Is able to travel while using imagery.

Grade Two

1. Is able to travel to open spaces.
2. Is able to travel while using different locomotor patterns.
3. Is able to have balanced stops by spreading feet and lowering the hips.

Grade Three

1. Is able to travel while listening to different rhythms.
2. Is able to perform locomotor sequences.
3. Is able to travel while listening to rhythmical music.

Grade Four

1. Is able to travel in confined spaces throughout an obstacle course.
2. Is able to travel in different directions.
3. Is able to keep the head up while traveling and using all locomotor movements.

Grade Five

1. Is able to travel with and without a partner.
2. Is able to travel in different pathways.
3. Is able to travel at different speeds.