

Clark Pleasant Community School Corporation  
Physical Education  
Kindergarten  
Essential Learnings Scales

K.4.1 Demonstrate improved cardiorespiratory endurance.

- 4-Exceeds a vigorous level of physical activity through self-motivation.
- 3-Engages in vigorous physical activity.
- 2-Engages in physical activity, but discontinues when activity becomes too vigorous.
- 1-Lacks participation in health-enhancing physical activity.
- 0-Does not participate in health-enhancing physical activity.

indicators of vigorous activity:

- red face
- heavy breathing
- dry mouth
- rapid heartbeat
- sweating

K.5.2 Exhibit a willingness to follow basic directions for an active class.

- 4-Always demonstrates responsible personal and social behavior and encourages others.
- 3-Demonstrates responsible personal and social behavior independently.
- 2-Demonstrates responsible personal and social behavior with class prompt.
- 1-Demonstrates responsible personal and social behavior with individual prompt.
- 0-Never exhibits responsible personal and social behavior.

indicators of responsible personal and social behavior:

- wears tennis shoes
- ready position
- follows rules of games/activities
- respects equipment
- respects each other
- actively participates
- follows safe procedures