\textbf{Movement} \hfill K

- K.1.8.A.1 Identify safe directions, routines, and procedures related to selected physical activities, including art-related physical activities (e.g., not entering a soccer net at any time) and specific activities (e.g., placing hands firmly on the ground while transitioning to a somersault).
- K.1.8.A.3 Identify early signs of contraindicated exercises (e.g., deep knee-bend straight leg sit-ups, pelvic tilts) and related symptoms such as generalized intensification of muscle tension, nausea, vomiting, palpitations, headache, and general anxiety.
- K.1.8.A.5 Identify strategies for controlling emotions and attitudes (e.g., positive gestures, Body language, relaxation techniques, imagery).
- K.1.8.A.7 Identify the effects of exercise on use of muscles (e.g., leg muscles, hip flexors).
- K.1.8.A.9 Identify the effects of exercise on use of muscles (e.g., leg muscles, hip flexors).

\textbf{Fitness Management} \hfill K

- K.2.8.A.1 Identify the five health-related fitness components (e.g., cardiovascular strength, muscular endurance, muscular strength, flexibility, body composition) and their relationships to a balanced fitness plan.
- K.2.8.A.4 Identify the names of muscle groups and specific muscles (i.e., biceps, triceps, pectorals, quadriceps, delts, trapezius, latissimus dorsi, hamstrings) and their specific functions.
- K.2.8.A.7 Describe ways to apply the FITT principle (i.e., frequency, intensity, time, and type of activity) to health-related fitness components (e.g., cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition).
- K.5.8.B.2 Investigate different ways to increase physical activity in daily living as a means of being physically fit (e.g., walking, swimming, jogging).

\textbf{Safety} \hfill K

- K.3.8.A.1 Set rules and routines for safe participation and use of equipment in selected physical activities (e.g., fair play, change-room routines, equipment sharing, skating space).
- K.3.8.A.2 Identify personal and factors for choosing and using safe equipment (e.g., new equipment, damaged equipment).

\textbf{Personal & Social Management} \hfill K

- K.4.8.A.1 Identify the effects of stereotyping a group of people (e.g., gender, race, class, media influence, body type, sexual orientation, sexual orientation, and science) and ways to avoid personal and group problems (e.g., strategies to promote acceptance of self and others).
- K.4.8.A.2 Identify the effects of stereotyping a group of people (e.g., gender, race, class, media influence, body type, sexual orientation, sexual orientation, and science) and ways to avoid personal and group problems (e.g., strategies to promote acceptance of self and others).

\textbf{Healthy Lifestyle Practices} \hfill K

- K.5.8.A.1 Identify personal and social management skills (e.g., goal setting, decision-making, problem-solving) in case scenarios related to personal health practices (e.g., seat belts, cleanliness, medication, exercise habits).
- K.5.8.A.2 Use personal strategies to address the barriers that may interfere with being active daily.