

# Physical Fitness Activities and Knowledge

## Activities, K-2

<b>Beginning</b> 1	I always need help understanding the safety and game rules of the activity.
<b>Developing</b> 2	I sometimes need help understanding the safety and game rules of the activity.
<b>Applying</b> 3	I consistently understand the safety and game rules of the activity.
<b>Innovating</b> 4	I always understand the safety and game rules of the activity. I am able to help other students understand the safety and game rules of the different activities.