

Kindergarten Physical Education

K-12 Curriculum



Unit Title	LM*	Evidence Outcomes
Trimester 1 Unit 1-4		
Unit 1: Fitness Goal Setting and/or Goal Monitoring I	L	PE.1.1a Travel within a large group without bumping into others or falling while using a variety of locomotor skills.
	L	PE.1.1b Demonstrate contrasts between slow and fast speeds while using locomotor skills.
	L	PE.1.1c Create shapes at high, medium, and low levels by using hands, arms, torso, feet, and legs in a variety of combinations.
	LM	PE.1.1d Travel in straight, curved, and zigzag pathways.
	LM	PE.1.1e Move in opposition and alternately.
	LM	PE.1.1f Move synchronously with others.
	LM	PE.1.2a Move specified body parts in response to a variety of sensory cues such as auditory or visual.
	LM	PE.1.2b Identify body planes such as front, back, and side.
	L	PE.2.3b Sustain moderate to vigorous physical activity for short periods of time.
	L	PE.3.1a Demonstrate the characteristics of sharing.
	L	PE.3.1b Identify feelings that result from participation in physical activity
	L	PE.3.1c Participate as a leader and follower.
	L	PE.3.1d Help to manage equipment.
	L	PE.3.1e Play without interfering with others.
	L	PE.3.2a Start and stop on an auditory and visual signal.
	L	PE.3.2b Follow a simple series of instructions for an activity.
	L	PE.3.2c Speak at appropriate times.
	L	PE.3.2d Follow established class protocols.
Unit 2 : Cooperative Activities I	L	PE.1.1a Travel within a large group without bumping into others or falling while using a variety of locomotor skills.
	L	PE.1.1g Participate in chase-and-flee activities that include various spatial relationships.
	L	PE.2.3b Sustain moderate to vigorous physical activity for short periods of time.

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	L	PE.3.1a Demonstrate the characteristics of sharing.
	L	PE.3.1b Identify feelings that result from participation in physical activity.
	L	PE.3.1c Participate as a leader and follower.
	L	PE.3.1d Help to manage equipment.
	L	PE.3.1e Play without interfering with others.
	L	PE.3.2a Start and stop on an auditory and visual signal.
	L	PE.3.2b Follow a simple series of instructions for an activity.
	L	PE.3.2c Speak at appropriate times.
	L	PE.3.2d Follow established class protocols.
Unit 3: Health and Wellness I	LM	PE.2.3a Identify the heart rate as an indicator of moderate to vigorous activity.
	LM	PE.2.3c Identify activities that will increase the heart rate.
	L	PE.3.2a Start and stop on an auditory and visual signal.
	L	PE.3.2b Follow a simple series of instructions for an activity.
	L	PE.3.2c Speak at appropriate times.
	L	PE.3.2d Follow established class protocols.
	L	H.2.1a Recognize major food groups.
	L	H.2.1b Identify foods and beverages that are healthy choices for teeth and bones.
	L	H.2.1c Explain how food is fuel and that different activities need different fuel.
	L	H.2.1d Explain the health benefits of choosing healthy foods and beverages.
	LM	H.4.2a Explain safe behavior when getting on and off and while riding on school buses.
Unit 4: Team Sports I	L	PE.1.1a Travel within a large group without bumping into others or falling while using a variety of locomotor skills.
	L	PE.1.1g Participate in chase-and-flee activities that include various spatial relationships.
	L	PE.2.3b Sustain moderate to vigorous physical activity for short periods of time.
	L	PE.3.1a Demonstrate the characteristics of sharing.
	L	PE.3.1b Identify feelings that result from participation in physical activity.
	L	PE.3.1c Participate as a leader and follower.
	L	PE.3.1d Help to manage equipment.
	L	PE.3.1e Play without interfering with others.

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	LM	PE.3.2a Start and stop on an auditory and visual signal.
	LM	PE.3.2b Follow a simple series of instructions for an activity.
	LM	PE.3.2c Speak at appropriate times.
	LM	PE.3.2d Follow established class protocols.
Trimester 2 Unit 5-8		
Unit 5: Fitness Goal Setting and/or Goal Monitoring II	L	PE.1.1a Travel within a large group without bumping into others or falling while using a variety of locomotor skills.
	LM	PE.1.1b Demonstrate contrasts between slow and fast speeds while using locomotor skills
	LM	PE.1.1c Create shapes at high, medium, and low levels by using hands, arms, torso, feet, and legs in a variety of combinations.
	L	PE.2.3b Sustain moderate to vigorous physical activity for short periods of time
	L	PE.3.1a Demonstrate the characteristics of sharing.
	L	PE.3.1b Identify feelings that result from participation in physical activity.
	L	PE.3.1c Participate as a leader and follower
	L	PE.3.1d Help to manage equipment.
	L	PE.3.1e Play without interfering with others.
Unit 6 : Cooperative Activities II	L	PE.1.1a Travel within a large group without bumping into others or falling while using a variety of locomotor skills.
	L	PE.1.1g Participate in chase-and-flee activities that include various spatial relationships
	L	PE.2.3b Sustain moderate to vigorous physical activity for short periods of time.
	L	PE.3.1a Demonstrate the characteristics of sharing.
	L	PE.3.1b Identify feelings that result from participation in physical activity.
	L	PE.3.1c Participate as a leader and follower.
	L	PE.3.1d Help to manage equipment.
	L	PE.3.1e Play without interfering with others.
Unit 7: Health and Wellness II	LM	H.2.1a Recognize major food groups.
	LM	H.2.1b Identify foods and beverages that are healthy choices for teeth and bones
	LM	H.2.1c Explain how food is fuel and that different activities need different fuel

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Unit 8: Team Sports II	LM	H.2.1d Explain the health benefits of choosing healthy foods and beverages.
	L	PE.1.1a Travel within a large group without bumping into others or falling while using a variety of locomotor skills.
	LM	PE.1.1g Participate in chase-and-flee activities that include various spatial relationships.
	L	PE.2.3b Sustain moderate to vigorous physical activity for short periods of time.
	L	PE.3.1a Demonstrate the characteristics of sharing.
	L	PE.3.1b Identify feelings that result from participation in physical activity.
	L	PE.3.1c Participate as a leader and follower.
	L	PE.3.1d Help to manage equipment.
	L	PE.3.1e Play without interfering with others.
Trimester 3 Unit 9-12		
Unit 9: Fitness Goal Setting and/or Goal Monitoring III	L	PE.1.1a Travel within a large group without bumping into others or falling while using a variety of locomotor skills.
	L	PE.2.3b Sustain moderate to vigorous physical activity for short periods of time.
	L	PE.3.1a Demonstrate the characteristics of sharing.
	L	PE.3.1b Identify feelings that result from participation in physical activity.
	L	PE.3.1c Participate as a leader and follower.
	L	PE.3.1d Help to manage equipment.
	L	PE.3.1e Play without interfering with others.
Unit 10: Cooperative Activities III	L	PE.1.1a Travel within a large group without bumping into others or falling while using a variety of locomotor skills.
	L	PE.2.3b Sustain moderate to vigorous physical activity for short periods of time.
	L	PE.3.1a Demonstrate the characteristics of sharing.
	L	PE.3.1b Identify feelings that result from participation in physical activity.
	L	PE.3.1c Participate as a leader and follower.
	L	PE.3.1d Help to manage equipment.
	L	PE.3.1e Play without interfering with others
Unit 11: Health and Wellness III	LM	H.4.2b Explain the importance of riding in the back seat and using safety belts and motor vehicle booster seats when one is a passenger in a motor vehicle.

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	LM	H.4.2c Recognize and describe the meaning of traffic signs.
	LM	H.4.2d Describe how rules at school can help to prevent injuries.
	LM	H.4.2e Demonstrate safe pedestrian behaviors.
	LM	H.4.3a Demonstrate verbal and nonverbal ways to ask an adult for help about an unsafe situation.
	LM	H.4.3b Demonstrate the ability to call 911 or other emergency numbers for help.
	LM	H.4.3c Define and explain the dangers of weapons and how to tell a trusted adult if you see or hear about someone having a weapon.
Unit 12: Team Sports III	LM	PE.1.1a Travel within a large group without bumping into others or falling while using a variety of locomotor skills.
	LM	PE.2.3b Sustain moderate to vigorous physical activity for short periods of time.
	LM	PE.3.1a Demonstrate the characteristics of sharing.
	LM	PE.3.1b Identify feelings that result from participation in physical activity.
	LM	PE.3.1c Participate as a leader and follower.
	LM	PE.3.1d Help to manage equipment.
	LM	PE.3.1e Play without interfering with others.