

Kindergarten Physical Education

Updated November 2017

Course Description:

This course emphasizes how students move in their environment. Students will participate in a wide variety of activities that involve loco motor, non-loco motor and manipulative skills, fitness concepts and fitness development exercises. Students will participate in a variety of movement activities leading to experiences of personal feelings of success. Students will learn to follow safety rules and learn to appropriately interact socially in an active setting.

BIG Ideas:

- I need to listen to my teacher to be safe
- I will know my major body parts

Essential Learner Objectives:

ELO #1: The Student will demonstrate movement skills and demonstrate body awareness

- Demonstrate the correct form of three loco motor skills (bear walk, crab walk, running, hopping, walking, skipping, galloping, jumping or sliding) (HM1AK)
- Demonstrate a variety of non-loco motor skills (bending, twisting, pulling, pushing, turning or stretching) (HM1BK)
- Demonstrate manipulative skills in a stationary position (Balance, rolling, throwing, tossing, catching, striking, kicking) (HM1CK)
- Identify major body parts (head, neck, arm, shoulder, elbow, legs, knee, hip, feet, back, fingers, toes) (HM1EK)
- Recognize the difference between general & personal space (PA3AK)

ELO #2: The student will demonstrate responsible personal and social behavior in physical activity settings

- Follow rules, procedures and instructions with little reinforcement (PA2AK)
- Stop on command (PA2AK)
- Be safe & seek help from adults when it is needed (on playground, field trips, lunchroom & classroom settings) (PA3BK)
- Use equipment properly & safely

ELO #3: The student will understand that physical activity provide the opportunity for enjoyment, challenge, self-expression & social interaction

- Demonstrate ability to share (PA2AK)
- Demonstrate ability to cooperate (PA2AK)
- Demonstrate single problem solving (ME4AK)
- Participate in a wide variety of games & activities (ME1DK)
- Identify benefits of physical activity (PA1BK)
- Explain what it means to be fit (PA1AK)