

KINDERGARTEN

Participating in a variety of movement experiences to develop fundamental movement patterns is the primary focus of the kindergarten physical education curriculum. While children at this level vary in development across all movement skills, they should demonstrate continuous improvement in movement under very simple conditions. While developing fundamental skill patterns, students begin to learn key movement concepts that help them perform in a variety of educational games, dances, and gymnastics. Students are introduced to a few critical elements (i.e., small, isolated parts of the whole skill or movement). They learn how their bodies react to vigorous physical activity. Students learn to use safe practices, cooperate with and respect others, and follow classroom rules. Experiences in physical education help them develop a positive attitude for leading a healthy, active lifestyle.

Motor Skill Development

- K.1 The student will demonstrate progress toward the developmentally appropriate form of selected locomotor, non-locomotor, and manipulative skills to understand the various ways the body can move.
- Demonstrate and differentiate between walking, jogging, running, hopping, galloping, and jumping.
 - Demonstrate bending, pushing, pulling, turning, and balancing on one foot.
 - Demonstrate moving forward, sideways, and side to side.
 - Demonstrate moving at low, medium, and high levels.
 - Demonstrate traveling in straight, curving, and zigzagging pathways.
 - Demonstrate moving fast, slow, and at moderate speeds.
 - Demonstrate simple educational gymnastic skills, including one roll (narrow or curled).
 - Demonstrate at least two critical elements used in eye-hand coordination skills while stationary (e.g., bouncing and catching a ball, tossing, catching a ball/beanbag, volleying a balloon, tossing and rolling underhand to targets, and striking stationary objects with a long or short implement or noodle.)
 - Demonstrate at least two critical elements used in eye-foot coordination skills (e.g., dribbling [small taps], kicking a stationary ball).
 - Demonstrate moving to a beat and to rhythmic patterns using basic locomotor and non-locomotor rhythmic patterns in personal and general space.
 - Demonstrate jumping over a stationary rope and a self-turn single jump.

Anatomical Basis of Movement

- K.2 The student will identify basic structures of the body and basic spatial awareness concepts.
- Explain that the body has muscles and bones that help the body move.
 - Identify that the heart is a special muscle that pumps blood throughout the body.
 - Demonstrate the concept of personal and general space.

Fitness Planning

- K.3 The student will identify physical activities that promote fitness.
- Explain that physical activity helps the body become stronger.
 - Identify physical activities that can be done at home, individually and with family and friends to keep the body healthy.
 - Explain that moving faster makes the heart beat faster.
 - Explain that fitness requires staying physically active.

Social and Emotional Development

- K.4 The student will demonstrate appropriate behaviors and safe practices in physical activity settings.
- a) Demonstrate cooperative and safe behaviors during play.
 - b) Identify three classroom (procedural) rules.

Energy Balance

- K.5 The student will identify basic concepts of energy balance.
- a) Explain how food provides energy for the body.
 - b) Identify one fruit and one vegetable.
 - c) Explain that fruits and vegetables provide energy for the body.