

# Kindergarten PE

2017 – 2018

	Week	Major Concepts / Topics	Possible Resources
Quarter 1 Aug 10 – Oct 13	1	<b>PE.K.C.2.2</b> Recognize physical activities have safety rules and procedures. <b>ALL YEAR</b> <b>PE.K.R.5.2</b> Use equipment safely and properly. <b>ALL YEAR</b>	<a href="#">PE.K.C.2.2</a>  <a href="#">PE.K.R.5.2</a>
	2	<b>PE.K.L.4.5</b> Identify the benefit of flexibility.	<a href="#">PE.K.L.4.5</a>
	3	<b>PE.K.C.2.1</b> Recognize locomotor skills.	<a href="#">PE.K.C.2.1</a>
	4	<b>PE.K.C.2.6</b> Recite cues for a variety of movement patterns and skills.	<a href="#">PE.K.C.2.6</a>
	5	<b>PE.K.M.1.1</b> Use a variety of locomotor skills to travel in personal and general space	<a href="#">PE.K.M.1.1</a>
	6	<b>PE.K.C.2.7</b> Identify personal and general space. <b>ALL YEAR</b>	<a href="#">PE.K.C.2.7</a>
	7	<b>PE.K.C.2.8</b> Recognize movement concepts.	<a href="#">PE.K.C.2.8</a>
	8	<b>PE.K.M.1.13</b> Move in a variety of ways in relation to others.	<a href="#">PE.K.M.1.13</a>
	9	<b>PE.K.L.3.7</b> Verbally state the search used before crossing a roadway.	<a href="#">PE.K.L.3.7</a>
Quarter 2 Oct 17 – Dec 21	1	<b>PE.K.R.5.1</b> Identify ways to cooperate with a partner during physical activity. <b>ALL YEAR</b> <b>PE.K.R.5.3</b> Identify ways to treat others with respect during physical activity. <b>ALL YEAR</b> <b>PE.K.R.6.2</b> Identify a benefit of willingly trying new movements and motor skills. <b>ALL YEAR</b> <b>PE.K.R.6.3</b> Identify the benefits of continuing to participate when not successful on the first try. <b>ALL YEAR</b>	<a href="#">PE.K.R.5.1</a>  <a href="#">PE.K.R.5.3</a>  <a href="#">PE.K.R.6.2</a>  <a href="#">PE.K.R.6.3</a>
	2	<b>PE.K.M.1.8</b> Roll and throw a variety of objects using an underhand motion.	<a href="#">PE.K.M.1.8</a>
	3	<b>PE.K.M.1.9</b> Throw a variety of objects forcefully using an overhand motion.	<a href="#">PE.K.M.1.9</a>

All standards are designed to be learned by the end of the course. This guide represents a recommended time line and sequence to be used voluntarily by teachers for planning purposes. Specific questions regarding when content will actually be addressed in a specific course is best answered by the individual teacher.

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	4	PE.K.C.2.5 Recognize the concept of a dominant hand/foot for throwing/striking/kicking patterns.	PE.K.C.2.5
		PE.K.M.1.7 Catch a variety of self-tossed objects.	<a href="#">PE.K.M.1.7</a>
	5	PE.K.M.1.5 Use two hands to bounce and catch a large playground ball.	<a href="#">PE.K.M.1.5</a>
	6	PE.K.M.1.3 Balance a lightweight object on a paddle/racket while moving.	PE.K.M.1.3
	7	PE.K.M.1.4 Strike an object forcefully using a modified, long-handled implement of various sizes, weights and compositions.	PE.K.M.1.4
	8	PE.K.M.1.2 Strike objects using body parts forcefully.	PE.K.M.1.2
	9	PE.K.L.3.4 Identify opportunities for involvement in physical activities after the school day.	PE.K.L.3.4
Quarter 3 Jan 8 – Mar 15	<b>Week</b>	<b>Major Concepts / Topics</b>	<b>Possible Resources</b>
	1	PE.K.L.3.1 Identify a moderate physical activity.	
	2	PE.K.L.3.2 Identify a vigorous physical activity.	
	3	PE.K.L.3.5 Describe physical-activity goal-setting.	
	4	PE.K.L.3.6 Identify the benefits of participating in physical activity.	
	5	PE.K.L.4.1 Identify the location of muscles that help the body perform specific physical activities.	
	6	PE.K.L.4.2 Identify that the heart beats faster during more intense physical activity.	
	7	PE.K.L.4.3 Identify activities that increase breathing and heart rate.	
	8	PE.K.L.4.4 Identify a physiological sign of participating in physical activity.	

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	9	PE.K.L.4.6 Differentiate between healthy and unhealthy food choices.	
Quarter 4 April 2 – May 24	<b>Week</b>	<b>Major Concepts / Topics</b>	<b>Possible Resources</b>
	1	PE.K.C.2.4 Recognize there are deep and shallow areas of a pool and identify the dangers of entering a body of water without supervision.	
	2	PE.K.R.6.1 Identify physical activities that are enjoyable.	
	3	PE.K.M.1.6 Participate in a variety of introductory water skills.	
	4	PE.K.M.1.10 Perform a creative-movement sequence with a clear beginning balance, at least one movement and a clear ending shape.	
	5	PE.K.M.1.11 Balance on a variety of body parts.	
	6	PE.K.M.1.12 Perform a variety of rolling actions.	
	7	PE.K.L.3.3 Identify opportunities for involvement in physical activities during the school day.	
	8	PE.K.R.6.1 Identify physical activities that are enjoyable.	
	9	PE.K.C.2.3 Recognize technology can be utilized during physical activity	

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