

Kindergarten PE

2018 – 2019

	Week	Major Concepts / Topics	Possible Resources
Quarter 1 Aug 10 – Oct 12	1	PE.K.C.2.2 Recognize physical activities have safety rules and procedures. ALL YEAR PE.K.R.5.2 Use equipment safely and properly. ALL YEAR	PE.K.C.2.2 PE.K.R.5.2
	2	PE.K.L.4.5 Identify the benefit of flexibility.	PE.K.L.4.5
	3	PE.K.C.2.1 Recognize locomotor skills.	PE.K.C.2.1
	4	PE.K.C.2.6 Recite cues for a variety of movement patterns and skills.	PE.K.C.2.6
	5	PE.K.M.1.1 Use a variety of locomotor skills to travel in personal and general space	PE.K.M.1.1
	6	PE.K.C.2.7 Identify personal and general space. ALL YEAR	PE.K.C.2.7
	7	PE.K.C.2.8 Recognize movement concepts.	PE.K.C.2.8
	8	PE.K.M.1.13 Move in a variety of ways in relation to others.	PE.K.M.1.13
	9	PE.K.L.3.7 Verbally state the search used before crossing a roadway.	PE.K.L.3.7
Quarter 2 Oct 15 – Dec 21	1	PE.K.R.5.1 Identify ways to cooperate with a partner during physical activity. ALL YEAR PE.K.R.5.3 Identify ways to treat others with respect during physical activity. ALL YEAR PE.K.R.6.2 Identify a benefit of willingly trying new movements and motor skills. ALL YEAR PE.K.R.6.3 Identify the benefits of continuing to participate when not successful on the first try. ALL YEAR	PE.K.R.5.1 PE.K.R.5.3 PE.K.R.6.2 PE.K.R.6.3
	2	PE.K.M.1.8 Roll and throw a variety of objects using an underhand motion.	PE.K.M.1.8
	3	PE.K.M.1.9 Throw a variety of objects forcefully using an overhand motion.	PE.K.M.1.9

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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.	PE.K.M.1.7
	5	PE.K.M.1.5 Use two hands to bounce and catch a large playground ball.	PE.K.M.1.5
	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 7 – Mar 14	Week	Major Concepts / Topics	Possible Resources
	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 March 25 – May 24	Week	Major Concepts / Topics	Possible Resources
	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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