

Physical Education in Kindergarten

Concepts and Skills Introduced in Quarter 1

- Recognize locomotor skills: walking, running, skipping, leaping, hopping, jumping, and galloping.
- Recognize physical activities have safety rules and procedures. (All Year)
- Recite cues for a variety of movement patterns and skills; locomotor, non-locomotor, throwing and catching.
- Identify personal and general space. (All Year)
- Use a variety of locomotor skills to travel in personal and general space.
- Balance on a variety of body parts.
- Identify ways to cooperate with a partner during physical activity. (All Year)
- Use equipment safely and properly. (All Year)
- Identify ways to treat others with respect during physical activity. (All Year)
- Identify a benefit of willingly trying new movements and motor skills. (All Year)
- Identify the benefits of continuing to participate when not successful on the first try. (All Year)
- Identify healthy practices and behaviors to maintain or improve personal health. (All Year)

Concepts and Skills Introduced Quarter 2

- Balance a lightweight object on a paddle/racket while moving.
- Strike an object forcefully using a modified, long-handled implement of various sizes, weights, and compositions. i.e., bats, hockey sticks and golf clubs.
- Use two hands to bounce and catch a large playground ball.
- Catch a variety of self-tossed objects.
- Roll and throw a variety of objects using an underhand motion.

Concepts and Skills Introduced Quarter 3

- Identify that the heart beats faster during more intense physical activity.
- Differentiate between healthy and unhealthy food choices.
- Perform a variety of rolling actions. i.e., pencil roll and forward roll.
- Name situations when a health-related decision can be made individually or when assistance is needed.

Quarter 4

- Recognize there are deep and shallow areas of a pool, and identify the dangers of entering a body of water without supervision.
- Recognize the physical dimensions of health. i.e., Hygiene, exercise, eating habits, and cooperation.