

Physical Education

Grade: Kindergarten

Strand	Content	PA Stnrd	Skills	Assessment
<p>Physical Fitness</p>	<p>Identify activities that promote physical fitness components. (Muscular Strength and Endurance, Cardiovascular Endurance, Flexibility).</p>	<p>10.4A</p>	<p>CF3: PE.2 (K) A. Recognize activities that promote physical fitness components.</p>	<ul style="list-style-type: none"> • Oral report • Kid Pix to draw activities • Student participation • Teacher observation • Use "writing and publishing center" to create a poster to show an activity and explain its benefits.
	<p>Participate in activities which will increase the above components.</p>	<p>10.4A</p>	<p>CF3: PE.2 (K) B. Participate in activities that prepare for physical fitness assessment (e.g., practice correct, ready position for curl-up).</p>	
	<p>Perform the 3 phases of a workout in game or exercise activities. (warm up; conditioning; cool down)</p>	<p>10.4A</p>	<p>CF3: PE.2 (K) C. Participate independently and cooperatively in games and play activities.</p>	
	<p>Discuss, in a group or class, how the body is affected following participation in game or play activities. (Physically and socially.)</p>	<p>10.4B</p>	<p>CF3: PE.2 (K) D. Participate in a variety of fitness- related games, and recognize a relationship between games and fitness.</p>	
	<p>Participate in individual, cooperative, and student-led games.</p>	<p>10.4A</p>		
	<p>Participate in 20 minutes of class movement without undue fatigue.</p>	<p>10.4A</p>		

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<p>Skills Development</p>	<p>Kick a large ball.</p> <ul style="list-style-type: none"> • Stationary • Moving 	10.5A	<p>CF3: PE.4 (K) A. Identify basic elements of movement skills.</p>	<ul style="list-style-type: none"> • Observation, checklist • Student participation • Drawings, posters
	<p>Participate in activities and games which involve kicking.</p>	10.5A	<p>CF3: PE.4 (K) B. Apply knowledge of basic movement skills to move in personal and general space, move to various rhythms, and perform:</p>	
	<p>Throw a ball with underhand and overhand motion.</p> <ul style="list-style-type: none"> • Attempt to hit a target. 	10.5A	<ul style="list-style-type: none"> • Walking, running, sliding, hopping, and jumping • Kicking a large stationary ball • Throwing a ball using underhand and overhand motion 	
	<p>Participate in games and activities which involve throwing.</p>			
	<p>Attempt catching a ball.</p> <ul style="list-style-type: none"> • Stop a rolling object. • Catch a large object with hands. • Catch a large object from a rebound with hands. 	10.5A		
	<p>Attempt striking.</p> <ul style="list-style-type: none"> • Strike a large stationary object with and without an implement. • Strike a large moving object with and without an implement. 	10.5A		
<p>Participate in games and activities which promote development of basic skills.</p>	10.5A			


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<p>Self Confidence/ Self Reliance/ Social Responsibility</p>	<p>Use equipment and space safely and cooperatively</p>	10.3A	<p>CF3: PE.3 (K) A. Recognize safety precautions for physical activities.</p>	<ul style="list-style-type: none"> • Class participation, peer review. • Teacher observation • Compare graphics depicting fire safety precautions and escape procedures. • Teacher, student observation checklists • Debrief and discuss benefits following activity. • Verbal response • individual or group participation
	<p>Work in a cooperative group to move tumbling mats to activity area.</p>	10.4F	<p>CF3: PE.3 (K) B. Identify fire and pedestrian dangers. Demonstrate ways to protect themselves and others.</p>	
	<p>Participate in physical activities which simulate fire emergencies or unsafe situations in the environment.</p> <ul style="list-style-type: none"> • Escape from fire using safest route possible. • Report fire correctly • Demonstrate putting out fire on clothes. (Stop; Drop; Roll) 	10.3B	<p>CF3: PE.3 (K) C. Demonstrate ability to give and receive praise without offending others.</p> <p>CF3: PE.3 (K) D. Recognize benefits of taking turns.</p> <p>CF3: PE.3 (K) E. Recognize benefits of sharing and cooperating.</p>	
	<p>Applaud good performance; encourage all effort. (don't boo!)</p>	10.4F	<p>CF3: PE.3 (K) F. Recognize that all children have feelings, and that there are many similarities and differences in students according to culture and physical ability.</p>	
	<p>Perform activities in pairs or small groups where taking turns is necessary.</p>	10.4F		
	<p>Discuss benefits of sharing and cooperating.</p>	10.4F	<p>CF3: PE.1 (K) A. Recognize and associate changes that occur in the body during physical activity.</p>	
	<p>Participate in multicultural games and dances. Include students of different ability levels.</p>	10.4A	<p>CF3: PE.1 (K) B. Identify positive feelings that result from participation in physical activity.</p>	
	<p>Participate in an aerobic activity.</p>	10.4A	<p>CF3: PE.1 (K) C. Participate regularly in health-enhancing physical activities.</p>	
	<p>Discuss why they chose a particular activity.</p> <p>Discuss in a group their favorite health enhancing activity.</p>	10.4D 10.4A 10.4D		

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<p>Movement</p>	<p>Move safely in personal and general space.</p> <p>Demonstrate moving in various directions upon command.</p> <p>Demonstrate moving at various levels and speeds.</p> <p>Demonstrate ability to travel forward, backward, sideward, while changing directions safely.</p> <p>Demonstrate moving to various rhythms.</p> <p>Demonstrate the locomotor skills of walking, running, jogging, sliding, jumping up and down.</p> <p>Attempt the locomotor skills of skipping, hopping, leaping, and galloping.</p> <p>Balance on various body parts while static and moving.</p> <p>Demonstrate common body positions.</p> <p>Demonstrate forward rotational skills.</p> <ul style="list-style-type: none"> • log roll • egg roll • forward roll <p>Participate in physical activities that differentiate between movement and non-movement (e.g., "Whistle Freeze", "Freeze Tag").</p> <p>Apply the concept of static balance (i.e. widen the base of support; lower the center of gravity) while participating in activities.</p>	<p>10.5A</p> 	<p>CF3: PE.5 (K) A. Recognize and understand the difference between movement and non-movement.</p> <p>CF3: PE.5 (K) B. Recognize the movement concept of static stability (balancing while still) and apply to movement skills.</p> <p>CF3: PE.5 (K) C. Recognize movement patterns.</p> <p>CF3: PE.5 (K) D. Demonstrate the ability to change direction of movement safely.</p>	<ul style="list-style-type: none"> • Teacher observation • Discussion of speed and levels.