

Physical Education Kindergarten

CONTENT AREA I:Gymnastics and Tumbling

Goal 1. The student will demonstrate the ability to achieve competency in many movement forms while applying movement concepts and principles to the development of motor skills in gymnastics and tumbling.

Movement Objectives – The student will be able to:

- a. Understand the concept of base of support and center of gravity.
- b. Identify differences between fundamental locomotor and non-locomotor movements.
- c. Understand the relationship between skill development and practice.
- d. Travel with control forward, backward, and sideways using a variety of locomotor patterns and change directions quickly.
- e. Move with awareness of others in general space.
- f. Demonstrate a variety of the basic locomotor skills of walking, running, hopping, jumping, galloping, sliding, and skipping.
- g. Demonstrate a variety of basic non-locomotor movements of bending, pushing, pulling, stretching, turning, twisting, swinging, swaying, rocking, balancing, and rolling.
- h. Demonstrate use of movement concepts to directions, levels, pathways, and effort while performing locomotor skills.
- i. Demonstrate and understand 1-2 critical features of basic locomotor, non-locomotor, and manipulative skills.

Goal 2. The student will demonstrate the ability to achieve a physically active lifestyle and maintain a health-enhancing level of physical fitness.

Fitness Objectives – The student will be able to:

- a. Identify physiological signs of moderate physical activity.
- b. Identify major muscles and bones in the human body.
- c. Demonstrate knowledge of flexibility and perform exercises that enhance proper flexibility in a variety of muscle groups.
- d. Demonstrate knowledge of flexibility through warm-up activities and perform exercises that enhance proper flexibility in a variety of muscle groups.

Goal 3. The student will demonstrate the ability to show responsible, personal and social behavior in physical activity settings, understand and respect differences among people in physical settings, and conclude that physical activity provides the opportunity for enjoyment, challenges, self-expression, and social interaction.

Attitude Objectives – The student will be able to:

- a. Examine rules for participating in the physical activity setting.
- b. Recognize the joy of participating.

CONTENT AREA II: Rhythms and Dance

Goal 1. The student will demonstrate the ability to achieve competency in many movement forms while applying movement concepts and principles to the development of motor skills in rhythms and dance.

Movement Objectives – The student will be able to:

- a. Identify differences between fundamental locomotor and non-locomotor movements.
- b. Understand the relationship between skill development and practice.
- c. Travel with control forward, backward, and sideways using a variety of locomotor patterns and change directions quickly.
- d. Move with awareness of others in general space.
- e. Demonstrate a variety of the basic locomotor movements of walking, running, hopping, jumping, galloping, sliding, and skipping.
- f. Demonstrate a variety of basic non-locomotor movements of bending, pushing, pulling, stretching, turning, twisting, swinging, swaying, rocking, balancing, and rolling.
- g. Demonstrate use of movement concepts to directions, levels, pathways, and effort while performing locomotor skills.
- h. Demonstrate and understand 1-2 critical features of basic locomotor, non-locomotor, and manipulative skills.

Goal 2. The student will demonstrate the ability to achieve a physically active lifestyle and maintain a health-enhancing level of physical fitness.

Fitness Objectives – The student will be able to:

- a. Identify physiological signs of moderate physical activity.
- b. Recognize two appropriate signs on the body to monitor the heart rate.
- c. Sustain moderate to vigorous physical activity for short periods of time.
- d. Demonstrate knowledge of flexibility through warm-up activities and perform exercises that enhance proper flexibility in a variety of muscle groups.

Goal 3. The student will demonstrate the ability to show responsible, personal and social behavior in physical activity settings, understand and respect differences among people in physical settings, and conclude that physical activity provides the opportunity for enjoyment, challenges, self-expression, and social interaction.

Attitude Objectives – The student will be able to:

- a. Examine rules for participating in the physical activity setting.
- b. Recognize the joy of participating.

CONTENT AREA III: Games and Sports

Goal 1. The student will demonstrate the ability to achieve competency in many movement forms while applying movement concepts and principles to the development of motor skills in games and sports.

Movement Objectives – The student will be able to:

- a. Understand the concept of base of support and center of gravity.
- b. Identify differences between fundamental locomotor and non-locomotor movements.
- c. Understand the relationship between skill development and practice.
- d. Travel with control forward, backward, and sideways using a variety of locomotor patterns and change directions quickly.
- e. Move with awareness of others in general space.
- f. Demonstrate a variety of the basic locomotor skills of walking, running, hopping, jumping, galloping, sliding, and skipping.
- g. Demonstrate a variety of basic non-locomotor movements of bending, pushing, pulling, stretching, turning, twisting, swinging, swaying, rocking, balancing, and rolling.
- h. Demonstrate use of movement concepts to directions, levels, pathways, and effort while performing locomotor skills.
- i. Demonstrate and understand 1-2 critical features of basic locomotor, non-locomotor, and manipulative skills.

Goal 2. The student will demonstrate the ability to achieve a physically active lifestyle and maintain a health-enhancing level of physical fitness.

Fitness Objectives – The student will be able to:

- a. Identify physiological signs of moderate physical activity.
- b. Identify major muscles and bones in the human body.
- c. Demonstrate knowledge of flexibility and perform exercises that enhance proper flexibility in a variety of muscle groups.
- d. Demonstrate knowledge of flexibility through warm-up activities and perform exercises that enhance proper flexibility in a variety of muscle groups.

Goal 3. The student will demonstrate the ability to show responsible, personal and social behavior in physical activity settings, understand and respect differences among people in physical settings, and conclude that physical activity provides the opportunity for enjoyment, challenges, self-expression, and social interaction.

Attitude Objectives – The student will be able to:

- a. Examine rules for participating in the physical activity setting.
- b. Recognize the joy of participating.