

HCPSS Physical Education

Kindergarten Course Indicators/Objectives

Standard 1: Motor Skills and Movement Patterns

- Performs locomotor skills with balance. S1.K.1
- Performs horizontal and vertical jumping and landing actions with balance. S1.GK.3
- Performs locomotor skills in response to teacher-led creative dance. S1.GK.4
- Maintains balance on different bases of support. S1.GK.5a
- Forms wide, narrow, curled, and twisted body shapes. S1.GK.5b
- Demonstrates rolling sideways in a narrow body shape. S1.GK.7
- Contrasts the actions of curling and stretching. S1.GK.8
- Rolls a ball with the opposite foot forward. S1.GK.10
- Demonstrates an underhand throw with the opposite foot forward. S1.GK.11
- Drops a ball and catches it before it bounces twice. S1.GK.13a
- Catches a large ball tossed by a skilled thrower. S1.GK.13b
- Dribbles a ball with 1 hand, attempting the second contact. S1.GK.14
- Taps a ball using the inside of the foot, sending it forward. S1.GK.15
- Kicks a stationary ball from a stationary position, demonstrating some critical elements. S1.GK.16
- Volleys a lightweight object, sending it upward. S1.GK.17
- Strikes a lightweight object with a paddle or short-handled racket. S1.GK.18
- Drops a ball and catches it with a short-handled implement before the ball bounces twice in a non-dynamic environment. S1.GK.19
- Executes a single jump with a self-turned rope. S1.GK.21a
- Jumps a long rope with teacher-assisted turning. S1.GK.21b

Standard 2: Concepts & Strategies

- Differentiates between movement in personal and general space. S2.GK.1a
- Moves in personal space to a rhythm. S2.GK.1b
- Travels in three different pathways. S2.GK.2
- Travels in general space with different speeds. S2.GK.3

Standard 3: Health-Enhancing Level of Physical Activity and Fitness

- Identifies active play opportunities outside of physical education class. S3.GK.1
- Participates actively in physical education class. S3.GK.2

- Recognizes that when you move fast, your heart beats faster and you breathe faster. S3.GK.3a
- Identifies the speed in which their heart is beating. S3.GK.3b
- Recognizes that food provides energy for physical activity. S2.GK.4

Standard 4: Responsible Personal and Social Behavior

- Follows directions and classroom routines. S4.GK.1a
- Acknowledges responsibility for behavior when prompted. S4.GK.1b
- Recognizes that skills will develop with appropriate practice. S4.GK.1c
- Uses verbal and visual cues to improve skill performance. S4.GK.2
- Follows instruction and directions when prompted. S4.GK.3
- Shares equipment and space with others. S4.GK.4
- Recognizes the established protocol for class activities. S4.GK.5
- Properly uses equipment with minimal reminders. S4.GK.6a
- Follows teacher directions for safe participation with minimal reminders. S4.GK.6b

Standard 5: Recognizes the Value of Physical Activity

- Recognizes that physical activity is important for good health. S5.GK.1
- Recognizes that some physical activities are challenging. S5.GK.2
- Identifies physical activities that are enjoyable. S5.GK.3a
- Discusses the enjoyment of playing with others. S5.GK.3b