

HCPSS Physical Education

Pre-Kindergarten Course Indicators/Objectives

Standard 1: Motor Skills and Movement Patterns

- Moves using a variety of locomotor skills. S1.PK.1
- Demonstrates a vertical jump and landing with balance. S1.PK.3
- Performs creative movements to the rhythm of music. S1.PK.4
- Identifies different bases of support. S1.PK.5a
- Balances on different body parts. S1.PK.5b
- Creates curled shapes with their body. S1.PK.7a
- Demonstrates how to rock on different body parts. S1.PK.7b
- Stretches the muscles. S1.PK.8
- Rolls a ball to a stationary partner or target while seated. S1.PK.10
- Underhand throws to a large, stationary target. S1.PK.11
- Demonstrates some of the critical elements when catching a rolling ball. S1.PK.13
- Bounces a ball down with two hands and attempts to catch it while remaining in personal space. S1.PK.14
- Taps a stationary ball using the inside of the foot, maintaining body control. S1.PK.15
- Kicks a stationary ball from a stationary position, maintaining body control. S1.PK.16
- Volleys a lightweight object using different body parts. S1.PK.17
- Demonstrates jumping over a stationary rope several times. S1.PK.21

Standard 2: Concepts & Strategies

- Identifies personal space. S2.PK.1a
- Identifies general space. S2.PK.1b
- Travels forward and sideways while changing directions quickly in response to a signal. S2.PK.2a
- Identifies three pathways (straight, curved, and zigzag). S2.PK.2b
- Demonstrates the relationship of over, under, through, behind, next to, right, left, up, down, forward, backward, and in front of by using the body and/or object. S2.PK.3

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

- Identifies physical activities. S3.PK.1
- Participates in physical education class. S3.PK.2
- Participates in activities that increase the heart rate. S3.PK.3a

- Identifies the chest as a place on the body to feel their heartbeat with one hand. S3.PK.3b
- Identifies foods that fuel your body. S3.PK.4a
- Recognizes the relationship between nutrition and physical activity. S3.PK.4b

Standard 4: Responsible Personal and Social Behavior

- Follows directions in a group setting. S4.PK.1a
- Responds to signals when transitioning from one activity to another. S4.PK.1b
- Recognizes that practice helps skill development. S4.PK.1c
- Uses verbal and visual cues to improve skill performance. S4.PK.2
- Identifies the importance of corrective feedback on performance. S4.PK.3a
- Responds to an adult when asked. S4.PK.3b
- Exhibits strategies for dealing with conflicts, such as sharing, taking turns, and compromising. S4.PK.4
- Shows awareness for the established protocol for classroom activities. S4.PK.5
- Appropriately handles materials and equipment. S4.PK.6a
- Follows basic safety rules with adult guidance and support. S4.PK.6b

Standard 5: Recognizes the Value of Physical Activity

- Recognizes that physical activity can be fun and enjoyable. S5.PK.1
- Identifies some physical activities that can be challenging. S5.PK.2
- Demonstrates enjoyment of playing with other children. S5.PK.3a
- Shows satisfaction or seeks acknowledgment when completing a task or solving a problem. S5.PK.3b