

## Physical Education

Kindergarten

7/09

Motor Skills and Movement Patterns	Understanding Concepts, Strategies, and Tactics	Active Lifestyle and Wellness Practices	Physical Fitness	Safety Skills and Respect	Value of Physical Activity
<p><b>Definition:</b> Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.</p>	<p><b>Definition:</b> Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.</p>	<p><b>Definition:</b> Participates regularly in physical activity.</p>	<p><b>Definition:</b> Achieves and maintains a health-enhancing level of physical fitness.</p>	<p><b>Definition:</b> Exhibits responsible personal behavior and social behavior that respects self and others in physical activity settings.</p>	<p><b>Definition:</b> Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p>
<p><b>Question(s):</b> What skills are needed to participate in physical activities?</p>	<p><b>Question(s):</b> How can a concept, strategy or tactic make physical activity enjoyable?</p>	<p><b>Question(s):</b> Why is regular physical activity important?</p>	<p><b>Question(s):</b> What is physical fitness? How physically fit am I?</p>	<p><b>Question(s):</b> Why is appropriate behavior important in physical activity?</p>	<p><b>Question(s):</b> Why is physical activity of great importance?</p>
<p><b>Benchmarks and Indicators:</b> <b>A. Demonstrate locomotor and non-locomotor skills in a variety of ways. (K-2)</b> 1. Use locomotor skills in exploratory and controlled settings. 2. Use non-locomotor skills (e.g., bend, twist, turn, sway, stretch) in exploratory and controlled settings. 3. Balance using a variety of body parts (e.g., 1/2/3/4 point balances) and body shapes (e.g., wide, narrow, twisted). 4. Transfer weight by rocking and rolling. 5. Move in time with a changing beat (e.g.,</p>	<p><b>Benchmarks and Indicators:</b> <b>A. Demonstrate knowledge of movement concepts related to body, space effort and relationships. (K-2)</b> 1. Establish a movement vocabulary through exploration of body, space, effort and relationships. 2. Distinguish between different degrees of effort (e.g., strong, weak, fast, slow, bound, free). 3. Identify body parts and move them in a variety of ways. <b>B. Demonstrate knowledge of critical elements of fundamental motor skills. (K-2)</b> 1. Differentiate among locomotor skills. 2. Differentiate among non-locomotor skills.</p>	<p><b>Benchmarks and Indicators:</b> <b>A. Engage in regular physical activity inside and outside of school to meet national recommendations for daily physical activity. (K-2)</b> 1. Identify interests connected with participation in physical activity. 2. Identify opportunities for increased physical activity outside of school (e.g., taking the stairs, walking the dog, riding a bike). 3. Identify a playground activity that could be performed during leisure time. 4. Participate in a variety of locomotor and non-locomotor skills inside</p>	<p><b>Benchmarks and Indicators:</b> <b>A. Demonstrate and develop health-related fitness. (K-2)</b> 1. Perform fitness-activities using appropriate principles and practices. 2. Demonstrate sufficient fitness to sustain moderate to vigorous physical activity. <b>B. Understand the principles, components and practices of health-related physical fitness. (K-2)</b> 1. Explore activities that contribute to a healthy lifestyle. 2. Name activities that increase heart rate. 3. Recognize changes in the body that result</p>	<p><b>Benchmarks and Indicators:</b> <b>A. Know and follow procedures and safe practices. (K-2)</b> 1. Respond positively to reminders of appropriate safety procedures. 2. Follow directions and handle equipment safely. 3. Work independently and safely in self and shared space. 4. Explain rules related to safety and activity-specific procedures. <b>B. Demonstrate responsible behavior in physical activity settings. (K-2)</b> 1. Follow instructions and class procedures while participating in physical education activities. 2. Demonstrate cooperation and consideration of others</p>	<p><b>Benchmarks and Indicators:</b> <b>A. Enjoy participation in a variety of physical activities. (K-2)</b> 1. Try new movement tasks willingly. 2. Attempt to accomplish a movement task in a variety of ways. 3. Identify several physical activities that are enjoyable. 4. Enjoy the opportunity to be creative and express oneself through movement. <b>B. Discover that physical activities promote self-expression and positive social interaction.</b> 1. Identify a new way to complete a movement task. 2. Use movement to express a feeling, tell a story or show effort. 3. Describe feelings that result from participation in physical activity.</p>

## Physical Education

7/09

### Kindergarten

<p>music, drum, clap, stomp).</p> <p><b>B. Demonstrate developing control of fundamental manipulative skills. (K-2)</b></p> <ol style="list-style-type: none"> <li>1. Throw objects in a variety of ways in self and general space.</li> <li>2. Catch a bounced ball.</li> <li>3. Use different body parts to strike a lightweight object (such as a balloon) and keep it in the air.</li> <li>4. Kick a stationary ball.</li> <li>5. Dribble objects in a variety of ways in self and general space.</li> <li>6. Roll a ball underhand.</li> </ol>		<p>and outside of school on a regular basis.</p> <p>5. Exhibit satisfaction from regular participation in physical activity inside and outside of school.</p> <p><b>B. Recall participation in physical activities both in and outside of school. (K-2)</b></p> <ol style="list-style-type: none"> <li>1. Explore activities of daily participation inside and outside of school.</li> <li>2. Describe two favorite physical activities.</li> </ol>	<p>from participation in moderate and vigorous physical activity (e.g., faster heart rate, perspiration, changes in breathing).</p>	<p>in partner and group physical activities.</p> <p>3. Demonstrate willingness to work with a variety of partners in physical education activities.</p>	
---	--	---	---	---	--