

Physical Education- Grade Kindergarten

<p>Standard #1 Students will have demonstrated competency in motor skills and movement patterns needed to perform a variety of physical activities.</p>
<p>Standard #2 Students will have demonstrated understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p>
<p>Standard #3 Students will participate regularly in physical activity.</p>
<p>Standard #4 Students will have achieved and maintained a health-enhancing level of physical fitness.</p>
<p>Standard #5 Students will have exhibited responsible personal and social behavior that respects self and others in physical activity settings.</p>
<p>Standard #6 Students will have self-assessed physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p>

Description

Students will be able to move using different pathways, directions and speeds in relationship to their bodies, objects and spatial awareness in large groups. Students will be able to sustain moderate physical activity and demonstrate understanding of the importance of physical activity related to health concepts.

Time Allocation
Forty minutes every four days

Texts/References
SPARK
Assessments for Elementary P.E.
P.E Activities for Elementary
P.E. Curriculum Activities
Teaching for Outcomes in P.E.
Kids in Motion
Teaching Tumbling
Heart Adventure Course
Red Ribbon Week/Month
PBS: Don't Laugh at Me

Grades and Achievement Levels
Grades and Achievement levels are based on standard assessments, personal and social behaviors and effort.

Assessments
Moving in large groups demonstration
Demonstration of movement patterns/pathways showing concepts over, under, through
Teacher observation assessment

Themes /Topics
Loco motor Movement
Movement Patterns
Body and Space Awareness
Manipulative Skills
Fitness Activities
Tumbling

Essential Learning Physical Education – Grade Kindergarten

Standard # 1
 Students will have demonstrated competency in motor skills and movement patterns needed to perform a variety of physical activities.

Body and spatial awareness in a variety of loco motor movements

Standard # 4
 Students will have achieved and maintained a health-enhancing level of physical fitness.

Sustained moderate physical activity
 Identification of healthy food choices
 Identification of threatening/unsafe situations

Standard # 2
 Students will have demonstrated understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Correct body parts, skills and movement concepts to participate in a variety of activities

Standard # 5
 Students will have exhibited responsible personal and social behavior that respects self and others in physical activity settings.

Joy of playing with friends and identify positive social interaction
 Knowledge of safe practices, physical education class rules and procedures and ability to apply them with little or no reinforcement

Standard # 3
 Students will participate regularly in physical activity.

Physical activities for enjoyment, non-structured physical activities outside physical education class for fun and enjoyment

Standard # 6
 Students will have self-assessed physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Enjoyment of activity
 Enjoyment of the challenge of experiencing new movements and new skill

Expectations Physical Education – Grade Kindergarten

Standard # 1

Demonstrated competency in motor skills and movement patterns needed to perform a variety of physical activities

Traveled, in different ways, in a large group without bumping into others or falling

Demonstrated clear contrasts between slow and fast speeds while traveling

Standard # 2

Understood movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities

Identify selected body parts

Identify selected movement concepts, such as over, under, behind, alongside and through

Standard # 3

Participated regularly in physical activity

Began to use the skills and knowledge acquired in physical education class during their leisure time

Expectations Physical Education – Grade Kindergarten

Standard # 4

Students will have achieved and maintained a health-enhancing level of physical fitness.

Sustained moderate physical activity
Verbally expresses responsible health behaviors

Standard # 5

Exhibited responsible personal and social behavior that respects self and others in physical activity settings

Respectfully and cooperatively interacted with other students in a variety of activities or settings

Standard # 6

Self-assessed physical activity for health, enjoyment, challenge, self-expression, and /or social interaction

Used verbal and non-verbal expression to show enjoyment of the activity