

PE and Health: Preschool

<p>Academic Standard #7 Each student will have demonstrated competent skills in a variety of physical activities and sports, physical fitness, knowledge of factors important to participation in physical activity, and concepts related to health.</p>
<p>#7.1 Movement Competence and Understanding</p>
<p>#7.2 Physical and Personal Wellness</p>
<p>#7.3 Emotional and Social Wellness</p>
<p>#7.4 Prevention and Risk Management</p>

Description

Preschool physical education class incorporates movement competence and understanding, physical and personal wellness, and prevention and risk management. Students practice traveling in a variety of directions and demonstrating balance. They work toward recognizing that physical exercise makes them feel good. Finally, students apply safety procedures while exercising.

Time Allocation
 Preschoolers participate in Music/Movement Activities and Outdoor Play Time for a minimum of 45 minutes each day, weather permitting.

Assessments
 Teacher observations and data collection
 Work Sampling System

Grades and Achievement Levels
 Preschool students have observations summarized 3 times each year in fall, winter, and spring. They are marked as Not Yet, In Process, or Proficient.

Texts/References

Bi-annual rotation of age appropriate picture books and CD's which may include the following:
Bicycles Are Fun To Ride Dorothy Chlad
Clap Your Hands Lorinda Bryan Cauley
Copy Me, Copycub Richards Edwards
Five Little Monkeys Jumping On The Bed Eileen Christelow
Red Light, Green Light Margaret Wise Brown
Watch Where You Go Sally Noll
Rumble In The Jungle Giles Andreae
Three Billy Goats Gruff (various versions)
 "All-Time Favorite Dances"
 "Preschool Aerobic Fun"
 "Bean Bag Activities and Coordination Skills"
 "Adventure Funsical Fitness"
 "Walter the Waltzing Worm" Hap Palmer
 "Relaxing Classical"
 "Ready, Set, Move" Greg and Steve
 "Rock and Roll Playground" Putumayo Kids
 "Sea Gulls Music For Rest and Relaxation" Hap Palmer

Grade Level Expectations: PE Preschool

Standard #7.1 Movement Competence and Understanding	Standard #7.2 Physical and Personal Wellness	Standard #7.3 Emotional and Social Wellness	Standard #7.4 Prevention and Risk Management
<ul style="list-style-type: none">• Traveling in a variety of directions using basic locomotor skills, and demonstrating understanding of personal and general space• Demonstrating balance	<ul style="list-style-type: none">• Recognizing the positive feelings experienced during and after physical activity	<p>There are no Grade Level Expectations at this level for this standard</p>	<ul style="list-style-type: none">• Application of safe practices, rules, and procedures

Evidence Outcomes: PE Preschool

<p>Standard #7.1 Movement Competence and Understanding</p>	<p>Standard #7.2 Physical and Personal Wellness</p>	<p>Standard #7.3 Emotional and Social Wellness</p>	<p>Standard #7.4 Prevention and Risk Management</p>
<ol style="list-style-type: none"> 1. Moved safely in a large group without bumping into others or falling while using locomotor skills 2. Traveled forward and sideways while changing directions quickly in response to a signal 3. Jumped over a stationary rope several times in succession using forward-and-back and side-to-side movement patterns 4. Moved with even and uneven rhythms 5. Performed movements to the rhythm of music 6. Explored balancing on different body parts at different levels, becoming “like” a statue while making symmetrical and nonsymmetrical shapes 7. Demonstrated the relationships of under, over, behind, next to, though, right, left, up, down, forward, backward, and in front of by using the body and an object 	<ol style="list-style-type: none"> 1. Participated in activities that increase the heart rate 2. Participated in activities that require stretching the muscles 3. Began to understand how daily activity and health behavior promote overall personal health and safety 	<p>There are no Evidence Outcomes at this level for this standard</p>	<ol style="list-style-type: none"> 1. Demonstrated safety awareness when purposefully using materials 2. Participated in activity without colliding into other students 3. Identified proper footwear for physical education

Grade Level Expectations: Health Preschool

<p>Standard #7.1 Movement Competence and Understanding</p>	<p>Standard #7.2 Physical and Personal Wellness</p>	<p>Standard #7.3 Emotional and Social Wellness</p>	<p>Standard #7.4 Prevention and Risk Management</p>
<p>There are no Grade Level Expectations at this level for this standard</p>	<ul style="list-style-type: none"> • Developing self-management skills and personal hygiene skills to promote healthy habits 	<p>There are no Grade Level Expectations at this level for this standard</p>	<ul style="list-style-type: none"> • Identification of ways to be safe while at play

Evidence Outcomes: Health Preschool

Standard #7.1 Movement Competence and Understanding	Standard #7.2 Physical and Personal Wellness	Standard #7.3 Emotional and Social Wellness	Standard #7.4 Prevention and Risk Management
<p>There are no Evidence Outcomes at this level for this standard</p>	<ol style="list-style-type: none">1. Developed an awareness of healthy habits such as using clean tissues, washing hands, handling food hygienically, brushing teeth, and dressing appropriately for weather	<p>There are no Evidence Outcomes at this level for this standard</p>	<ol style="list-style-type: none">1. Stated how to be a safe pedestrian2. Identified ways to reduce injuries on the playground