

# Olathe Public Schools

## Elementary Physical Education Curriculum – Kindergarten

### **Standard 1:**

The student demonstrates competency in a variety of motor skills and movement patterns.

**Essential Question:** What different ways can my body move given a specific purpose?

#### Locomotor

- Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance. (S1.E1.K)
- Performs jumping and landing actions with balance. (S1.E3.K) (This outcome applies to both horizontal and vertical jumping and landing.)
- Performs locomotor skills in response to teacher-led creative dance. (S1.E5.K)

#### Nonlocomotor-Stability

- Maintains momentary stillness on different bases of support. (S1.E7.Ka)
- Forms wide, narrow, curled and twisted body shapes. (S1.E7.Kb)
- Rolls sideways in a narrow body shape. (S1.E9.K)
- Contrasts the actions of curling and stretching. (S1.E10.K)

#### Manipulative

- Throws underhand with opposite foot forward. (S1.E13.K)
- Drops a ball and catches it before it bounces twice. (S1.E16.Ka)
- Catches a large ball tossed by a skilled thrower. (S1.E16.Kb)
- Dribbles a ball with one hand, attempting the second contact. (S1.E17.K)
- Taps the ball using the inside of the foot, sending it forward. (S1.E18.K)
- Kicks a stationary ball from a stationary position, demonstrating two of the five critical elements of a mature kicking pattern. (S1.E21.K)
- Volleys a lightweight object (balloon), sending it upward. (S1.E22.K)
- Strikes a lightweight object with a paddle or short-handled racket. (S1.E24.K)
- Executes a single jump with self-turned rope. (S1.E27.Ka)
- Jumps a long rope with teacher-assisted turning. (S1.E27.Kb)

**Vocabulary students should know and use:** hopping, galloping, running, sliding, skipping, leaping, walking, jogging, jumping, dancing, balance, weight transfer, curling, stretching, twisting, bending, underhand throw, overhand throw, passing, catching, dribbling, kicking, volleying, striking

### **Standard 2:**

The student applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Essential Question:** How can I move effectively and efficiently?

#### Locomotor

- Differentiates between movement in personal (self-space) and general space. (S2.E1.Ka)
- Moves in personal space to a rhythm. (S2.E1.Kb)
- Travels in three different pathways. (S2.E2.K)

- Travels in general space with different speeds. (S2.E3.K)
- Applies simple strategies/tactics in chasing activities. (S2.E5.Ka)
- Applies simple strategies in fleeing activities. (S2.E5.Kb)

**Vocabulary students should know and use:** space, pathways, shapes, levels, speed, direction, force, alignment, muscular tension, strategies, tactics

### **Standard 3:**

The student demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Essential Question:** Why is it important to be physically fit and how can I stay fit?

#### Physical Activity Knowledge

- Identifies active-play opportunities outside physical education class. (S3.E1.K)

#### Engages in Physical Activity

- Participates actively in physical education class. (S3.E2.K)

#### Fitness Knowledge

- Recognizes that when you move fast, your heart beats faster and you breathe faster. (S3.E3.K)
- Recognizes that food provides energy for physical activity. (S3.E6.K)

**Vocabulary students should know and use:** physical activity, engage, skill-related fitness, health-related fitness, assessment, fitness components, nutrition, personal health

### **Standard 4:**

The student exhibits responsible personal and social behavior that respects self and others.

**Essential Question:** How do I show respect for myself and others during physical activity?

#### Personal Responsibility

- Follows directions in group settings (e.g., safe behaviors, following rules, taking turns). (S4.E1.K)
- Acknowledges responsibility for behavior when prompted. (S4.E2.K)

#### Accepting Feedback

- Follows instructions/directions when prompted. (S4.E3.K)

#### Working with Others

- Shares equipment and space with others. (S4.E4.K)

#### Rules and Etiquette

- Recognizes the established protocols for class activities. (S4.E5.K)

### Safety

- Follows teacher directions for safe participation and proper use of equipment with minimal reminders. (S4.E6.K)

**Vocabulary students should know and use:** personal responsibility, respect, feedback, teamwork, etiquette, sportsmanship, safety

### **Standard 5:**

The student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Essential Question:** What makes physical activity meaningful to me?

### Health

- Recognizes that physical activity is important for good health. (S5.E1.K)

### Challenge

- Acknowledges that some physical activities are challenging / difficult. (S5.E2.K)

### Self-Expression and Enjoyment

- Identifies physical activities that are enjoyable. (S5.E3.Ka)
- Discusses the enjoyment of playing with friends. (S5.E3.Kb)

**Vocabulary students should know and use:** health, enjoyment, challenge, self-expression, social interaction

### **Assessment and Resources:**

**Pre-Assessment:** Pretests, Teacher observation, Review of assessment data

**Formative:** Check for understanding, Exit slips, Cooperative Learning Strategies, Quizzes

**Summative:** Written tests, Skill tests, Fitness plans, Activity logs, Checklists, Rating scales, Rubrics

**Resources:** SHAPE America National Standards and Grade Level Outcomes for K-12 Physical Education, 2014, IRC Resources, Physical Education Colleagues and PLCs, Conventions, Workshops, Community Resources, Technology