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

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