



Kindergarten Elementary Physical Education Curriculum

<p>Standard 1: The student demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. Topic: Motor Skills</p>	<p>Standard 2: The student demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to learning and the performance of physical activities. Topic: Movement Concept</p>	<p>Standard 3: The student participates regularly in physical activity. Topic: Participation</p>	<p>Standard 4: The student achieves and maintains a health-enhancing level of physical fitness. Topic: Physical Fitness</p>	<p>Standard 5: The student exhibits responsible personal and social behavior that respects self and other in physical activity settings. Topic: Personal Behavior</p>	<p>Standard 6: The student values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. Topic: Values Activity</p>
<ul style="list-style-type: none"> • Demonstrates the ability to move using a variety of locomotor skills. • Demonstrates clear contrasts between slow and fast movements. • Moves safely in personal and general space. • Maintains momentary balance and/ or pose. • Demonstrates striking skills. • Performs a simple rhythmic pattern. 	<ul style="list-style-type: none"> • Recognizes the locomotor skills, levels (high, medium and low) and pathways when demonstrated. • Understands and responds appropriately to the terms: over, and under, beside, between, in, out, above, below, front and back. • Identifies various body parts and muscle groups (e.g., head, knee shoulder, back). 	<ul style="list-style-type: none"> • Participates regularly in a variety of non-structured physical activities both during and outside of physical education class. • Participates regularly in games and activities that use manipulatives both during and outside of physical education class. 	<ul style="list-style-type: none"> • Participates in a variety of games that increase breathing and heart rate. • Demonstrates sufficient muscular strength by supporting body weight in various activities. • Explains why physical fitness is important. 	<ul style="list-style-type: none"> • Follows instructions in games and activities. • Demonstrates self-discipline and responsibility while actively participating in group, individual, and partner activities. • Resolves conflicts with others in socially acceptable ways. • Respects others, equipment, and learning environment. • Helps others in the physical activity setting through actions and words. 	<ul style="list-style-type: none"> • Develops positive attitudes toward physical activity. • Continues to participate when learning a new activity even when not successful. • Understands the importance of participating with others.