



Curriculum Map: Physical Education Kindergarten

Course: P.E. -

Grade(s): None specified

Description:

Physical Education plays a critical role in education the whole child and is unique to the school curriculum as the only subject area that provides students with opportunities to learn motor skills, develop fitness and gain an understanding of physical activity. In the elementary grades, the physical education program emphasizes the development of skills and fitness through the content areas of educational games, movement exploration, dance and tumbling. Children of all abilities are provided with many opportunities to experience personal feelings of success. Student achievement is determined by competency in skills, knowledge of concepts and self and social responsibility. Classes meet every other week for 30 minutes.

Competencies

All students in kindergarten will:

- Learn basic body control while moving in a variety of settings.
- Become aware of strength, endurance and flexibility in different parts of their bodies.
- Learn ways to increase health-related fitness.
- Develop social skills through physical activity.

Concepts/Essential Content

- Physical activities provide opportunities for enjoyment and challenge.
- Involvement in daily physical activity can help a person feel better and sleep better.
- Increased physical activity has immediate effect on the heart, respirations, and perspiration.
- Rest and sleep are important in caring for the body.
- Proper shoes and clothing promotes safe play and prevents injury.
- Positive self-management and social skills are needed to work independently and with others on physical settings.
- Appropriate reactions and rules are necessary during emergencies in physical activities.
- Movement concepts and principals apply to the learning and the development of motor skills.

Strand: 1.0 Movement

Content Strand: 1.1 Locomotor Patterns

Content Strand: 1.2 Slow and Fast Movements

Content Strand: 1.3 Bending and Stretching

Content Strand: 1.4 Balance

Content Strand: 1.5 Tossing and Catching

Content Strand: 1.6 Parts of the Body

Strand: 2.0 Physical Activity and Health

Content Strand: 2.1 Physical Activity

Content Strand: 2.2 Exercise

Content Strand: 2.3 Muscular Strength and Endurance

Content Strand: 2.4 The Heart and Breathing

Content Strand: 2.5 Proper Use of Equipment

Content Strand: 2.6 Safety

Strand: 3.0 Social Development

Content Strand: 3.1 Starting and Stopping Signals

Content Strand: 3.2 Basic Rules of Games

Content Strand: 3.3 Safe Movement

Content Strand: 3.4 Respect Others