

Kindergarten

Developing fundamental movement patterns is the primary focus of the kindergarten physical education curriculum. While children at this level vary in maturity across all movement skills, they should demonstrate continuous improvement in movement under very simple conditions. While developing fundamental skill patterns, students begin to learn key movement concepts that help them perform in a variety of educational games, dances, and gymnastics. They learn how their bodies react to vigorous physical activity. Students learn to use safe practices, cooperate with and respect others, and follow classroom rules. Experiences in physical education help them develop a positive attitude for leading a healthy, active lifestyle.

Skilled Movement

- K.1 The student will demonstrate progress toward the mature form of selected locomotor, non-locomotor, and manipulative skills.
- a) Demonstrate the locomotor skills of walking, running, hopping, and jumping and landing.
 - b) Demonstrate the non-locomotor movements of bending, pushing, pulling, stretching, turning, twisting, swinging, swaying, rocking, and balancing.
 - c) Demonstrate a minimum of two critical elements (small, isolated parts of the whole skill or movement) used in stationary manipulative skills (e.g., toss and throw to targets, bounce and catch, toss and catch, kick to target, strike with paddle, dribble, roll underhand, trap, volley with hand).
 - d) Demonstrate a minimum of two critical elements used in manipulative skills while moving.
 - e) Demonstrate moving to a beat, using basic locomotor and non-locomotor rhythmic patterns.

Movement Principles and Concepts

- K.2 The student will demonstrate use of the movement concepts of directions, levels, pathways, and effort (force and speed) while performing locomotor skills.

Personal Fitness

- K.3 The student will participate for short periods of time in moderate-to-vigorous physical activities that cause an increase in heart rate, breathing rate, and body temperature.

Responsible Behaviors

- K.4 The student will use appropriate behaviors and safe practices in physical activity settings.
- a) Demonstrate good listening skills when learning procedures and receiving instructions.
 - b) Demonstrate ability to share and be cooperative and safe with others.
 - c) Demonstrate an understanding of general and personal space.

Physically Active Lifestyle

- K.5 The student will participate in regular physical activity.
- K.6 The student will explain why physical activity is good for health.