

## Course/Grade Level: Kindergarten PE Curriculum

### **PE.K.1 Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will...

- PE.K.1.1 demonstrate locomotor skills. (K.1.1.a)  
ie: introduces levels of running, jumping, hopping, skipping, galloping
- PE.K.1.2 demonstrate agility; personal and general space. (K.1.1.b)  
ie: introduces initial levels of tag games, "a - b" games
- PE.K.1.3 demonstrate momentary balance. (K.1.1.c)  
ie: introduces relays, balance activities
- PE.K.1.4 demonstrate beginning levels of throwing and kicking. (K.1.1.d)  
ie: introduces initial levels of throwing and kicking
- PE.K.1.5 perform simple rhythmic patterns. (K.1.1.g.)  
ie: introduces lummi sticks

### **PE.K.2 Students will demonstrate understanding of movement concepts, strategies, and tactics as they apply to the learning and performance of physical activities.**

Students will...

- PE.K.2.1 recognize locomotor skills and pathways. (K.2.1.a)  
ie: uses low-organized games
- PE.K.2.2 understand and respond to over and under; beside; in and out. (K.2.1.b)  
ie: uses simple agility activities, low-organized games and cooperative games
- PE.K.2.3 identify various body parts. (K.2.1.c)  
ie: uses identification of body part during activity

### **PE.K.3 Students will participate regularly in physical activity.**

Students will...

- PE.K.3.1 participate regularly in a variety of activities outside of class. (K.3.1.a)  
ie: suggests rules for low-organized games
- PE.K.3.2 participate regularly in games with equipment. (K.3.1.b)  
ie: encourages use of community resources and equipment

(continued...)

**PE.K.4 Students will achieve and maintain a health-enhancing level of physical fitness.**

Students will...

- PE.K.4.1 participate in a variety of games that increase heart rate. (K.4.1.a)  
ie: plans low organized games and activities that increase heart rate
- PE.K.4.2 demonstrate sufficient muscular strength. (K.4.1.b)  
ie: plans activities appropriate for building strength

**PE.K.5 Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will...

- PE.K.5.1 follow instructions in games and activities. (K.5.1.a)  
ie: uses teaching cues and activities to promote listening
- PE.K.5.2 use self-discipline while participating in partners; and in small and large groups. (K.5.1.b)  
ie: establishes class rules and expectations
- PE.K.5.3 use initial conflict resolution tactics. (K.5.1.c)  
ie: demonstrates and offers strategies for conflict resolution
- PE.K.5.4 respect others, equipment and learning environment. (K.5.1.d)  
ie: demonstrates acceptable and appropriate behavior when distributing equipment, selecting partners or teams
- PE.K.5.5 encourage others with actions and words. (K.5.1.e)  
ie: uses appropriate activities to promote positive feedback

**PE.K.6 Students will value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

Students will...

- PE.K.6.1 develop positive attitudes towards physical activity. (K.6.1.a)  
ie: offers a variety of activities for children to find opportunities for physical activity
- PE.K.6.2 continue to participate even when not successful. (K.6.1.b)  
ie: uses various teaching strategies to assist students in improving physical skills
- PE.K.6.3 understand the importance of participating with others. (K.6.1.c)  
ie: introduces basic concepts of sportmanship using cooperative games and low-organized games