

KINDERGARTEN PHYSICAL EDUCATION FRAMEWORK

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EXPECTATIONS

CLASS EXPECTATIONS

The student is expected to:

- Participate for short periods of time in moderate-to-vigorous physical activities that cause increased heart rate, breathing rate, and perspiration.
- Demonstrate good listening skills when learning procedures and receiving instructions.
- Demonstrate ability to share, be cooperative and safe with others.
- Participate in regular physical activity.

THEMES & CONTENTS

Obstacle course & Games

The student is expected to demonstrate a minimum of two of the following critical elements during their performances in class obstacle course and games:

Locomotor Skills

- Walking
- Running
- Hopping
- Jumping & Landing
- Galloping
- Sliding
- Skipping

Non-manipulative movements

- Bending
- Pushing
- Pulling
- Stretching
- Turning
- Twisting
- Swinging
- Balancing
- Rolling

Stationary Manipulative Skills

- Toss & Throw to targets
- Bounce & Catch
- Toss & Catch
- Kick to a target
- Strike with a paddle
- Dribble
- Roll
- Trap
- Volley with hand

Manipulative Skills while moving

- Toss & Throw to targets
- Bounce & Catch
- Toss & Catch
- Kick to a target
- Strike with a paddle
- Dribble
- Roll
- Trap
- Volley with hand

Basic Movement Vocabulary

- Stop, Start, Jump, Hop

PERFORMANCE INDICATORS

MOVEMENT FORMS & SKILLS DEVELOPMENT

The student will demonstrate a minimum of two critical elements used in the locomotor skills of walking, running, hopping, jumping and landing, galloping, sliding, and skipping. DOK1
The student will demonstrate a minimum of two critical elements used in non-manipulative movements of bending, pushing, pulling, stretching, turning, twisting, swinging, balancing, and rolling. DOK1

The student will demonstrate a minimum of two critical elements used in stationary manipulative skills (e.g. toss and throw to targets, bounce and catch, toss and catch, kick to a target, strike with paddle, dribble, roll, trap, volley with hand). DOK1

The student will demonstrate a minimum of two critical elements used in manipulative skills while moving. DOK1

The student will demonstrate moving to a rhythm, using basic rhythmic patterns. DOK1

The student understands vocabulary of basic movement concepts (e.g., personal space, high/low levels, fast/slow speeds, light/heavy weights, balance, and twist). DOK1 E

PERSONAL FITNESS

The student will participate for short periods of time in moderate-to-vigorous physical activities that cause increased heart rate, breathing rate, and perspiration. DOK1 E

SOCIAL & PERSONAL DEVELOPMENT WITH PHYSICAL ACTIVITY

The student will demonstrate good listening skills when learning procedures and receiving instruction. DOK1

The student will demonstrate ability to share, be cooperative and safe with others. DOK2 E

The student will participate in regular physical activity. DOK1