



Kindergarten Physical Education Scope & Sequence

Grading Period	Focus TEKS (R) Readiness (S) Supporting	Learning Targets
Throughout the School Year (Movement, Health/Fitness, SEL)	K.1 A,C,F K.2 A,B K.3 A,B,C,D,E K.5A,B,C,E K.6 A,B K.7 A,B,C	<ul style="list-style-type: none"> ● Travel different ways in large groups w/o bumping/falling into others ● Non-locomotor (axial) movements like bending and stretching ● Relationships- over, under, behind, next to, right, left ● Identify - head, back, chest,etc... ● Movements such as head flexion,extension,rotate,.. ● Describe and select for enjoyment and challenge ● Participate in vigorous activities daily, in order to increase heart rate, breathing rate and perspiration. ● Flexibility in shoulders, legs, trunk... ● Weight bearing for strength and endurance.. i.e. hopping, hanging and jumping. ● Benefits- better sleep and feel better. ● Use equipment and space properly ● Practice safety during physical activity ● Proper shoes and clothing for safety reasons. ● Water safety; don't swim alone, don't run around pools, look before jumping in, feet first, lifeguard rules... ● Appropriate reactions during emergencies in physical education. ● Know starting and stopping signals ● Know the physical boundaries of activities.

		<ul style="list-style-type: none"> ● Follow rules, procedures and safety. ● Cooperate with others in a group sitting. ● Share space and equipment.
Safety	K.1 A,B, K.5 D,E	<ul style="list-style-type: none"> ● Travel different ways in large groups w/o bumping/falling into others ● Know differences in speed (slow/fast) when moving ● Water safety; don't swim alone, don't run around pools, look before jumping in, feet first, lifeguard rules... ● Appropriate reactions during emergencies in physical education.
Body Awareness	K.1 D,F K.3 E K.4 A,B,C	<ul style="list-style-type: none"> ● Balance - on different body parts ● Relationships- over, under, behind, next to, right, left... ● Benefits- better sleep and feel better. ● Effects on heart, breathing rate and perspiration ● Locate and explain function of lungs ● Why are rest/sleep important?
Locomotor Skills	K.1 A,B,E	<ul style="list-style-type: none"> ● Travel different ways in large groups w/o bumping/falling into others. ● Know differences in speed (slow/fast) when moving ● Walk beam (forward and sideways)
Tossing and Catching	K.1 H	<ul style="list-style-type: none"> ● Toss a ball, catch before 2nd bounce
Striking	K.5 A	<ul style="list-style-type: none"> ● Use equipment and space properly

Ball Handling	K.1 H	<ul style="list-style-type: none"> • Toss a ball, catch before 2nd bounce
Jump Rope		
Gymnastics	K.1 D,E,F,G	<ul style="list-style-type: none"> • Balance - on different body parts • Walk beam (forward and sideways) • Relationships- over, under, behind, next to, right, left... Roll sideways (left / right)
Cooperative Games/Recreational Games	K.1A K.7 A,B,C	<ul style="list-style-type: none"> • Travel different ways in large groups w/o bumping/falling into other • Know differences in speed (slow/fast) when moving • Follow rules, procedures and safety. • Cooperate with others in a group sitting. • Share space and equipment.
Rhythms		