



International School of Kenya

Empowering students to create solutions for tomorrow's challenges

Elementary P.E.

Physical Education is a skill-based program which focuses on the enhancement of the students' skills through various disciplines. Swimming is a core component of the program and students have swimming every week. Cooperative games enhance social interaction, sportsmanship and loco motor development while promoting fitness through fun.



International School of Kenya

Empowering students to create solutions for tomorrow's challenges

GRADE LEVEL	1. MOTOR SKILLS	2. MOVEMENT CONCEPTS	3. PHYSICAL FITNESS	4. PERSONAL & SOCIAL RESPONSIBILITY
	Standard 1.1 Demonstrate competency in movement forms	Standard 2.1 Demonstrate understanding of movement concepts	Standard 3.1 Achieve and maintain a health-enhancing level of physical fitness	Standard 4.1 Demonstrate safe behaviors
PRE-KINDER	1.1.1 Demonstrate gross locomotor skills 1.1.2 Demonstrate gross locomotor skills to follow directions 1.1.3 Demonstrate beginning body control skills (e.g., balance, weight bearing, traveling, and non-manipulative movements) 1.1.4 Begin to demonstrate the ability to combine two simple skills	2.1.1 Assume different roles in movement activities (e.g., tagging players and helping players) 2.1.2 Begin to recognize that movements can be broken into parts 2.1.3 Identify beginning movement vocabulary to talk about movement (e.g., relationship, space awareness, effort, and relationship terms) 2.1.4 Perform directed movement sequences that demonstrate change in selected variables of time, space, force, direction, levels and pathways 2.1.5 Identify basic body parts	<i>Not assessed at this level</i>	4.1.1 Share space and equipment with others
KINDER-GARTEN	1.1.1 Demonstrate basic functional forms of gross locomotor skills 1.1.2 Demonstrate basic functional forms of manipulative skills (tossing, catching, bouncing) 1.1.3 Demonstrate control in weight-bearing and balancing activities (using different parts of the body) 1.1.4 Perform simple rhythmical patterns and movements (e.g., to music)	2.1.1 Identify fundamental movement patterns 2.1.2 Identify movement vocabulary (e.g., start, stop, personal space, high/low levels, fast./slow speeds, light/heavy weights, balance, twist) 2.1.3 Apply appropriate movements to a specific activity (e.g., change directions while running) 2.1.4 Identify various body parts and their functions	<i>Not assessed at this level</i>	4.1.1 Apply, with teacher reinforcement, class rules, procedures and safe practices 4.1.2 Share space and equipment with others



	1. MOTOR SKILLS	2. MOVEMENT CONCEPTS	3. PHYSICAL FITNESS	4. PERSONAL & SOCIAL RESPONSIBILITY
GRADE LEVEL	Standard 1.1 Demonstrate competency in movement forms	Standard 2.1 Demonstrate understanding of movement concepts	Standard 3.1 Achieve and maintain a health-enhancing level of physical fitness	Standard 4.1 Demonstrate safe behaviors
GRADE 1	1.1.1 Demonstrate basic functional forms of gross locomotor skills 1.1.2 Demonstrate functional forms of manipulative skills 1.1.3 Travel and change directions in response to a signal 1.1.4 Travel in relationship to objects (e.g., over, under, behind, and through) 1.1.5 Perform simple rhythmical patterns and movements (e.g., to music)	2.1.1 Apply movement concepts to a variety of basic skills 2.1.2 Identify complex movement vocabulary (e.g., pathways, curved, zigzag; levels-high, medium, low) 2.1.3 Perform simple skill sequences (e.g., change directions while running) 2.1.4 Identify the basic functions of bones and muscles	<i>Not assessed at this level</i>	4.1.1 Apply, with teacher reinforcement, class rules, procedures and safe practices 4.1.2 Share space and equipment with others 4.1.3 Use equipment safely and responsibly
GRADE 2	1.1.1 Demonstrate locomotor skills in specific settings 1.1.2 Demonstrate mature forms of manipulative skills 1.1.3 Travel and change directions quickly in response to a signal or unpredictable situation 1.1.4 Demonstrate a variety of rhythmical patterns using the body and objects	2.1.1 Demonstrate motor patterns in simple combinations 2.1.2 Apply movement concepts to a variety of basic skills 2.1.3 Perform complex skill sequences 2.1.4 Identify at least one activity related to the components of health-related fitness 2.1.5 Use feedback to improve performance	<i>Not assessed at this level</i>	4.1.1 Apply classroom rules, procedures and safe practices with few reminders 4.1.2 Share space and equipment with others 4.1.3 Use equipment safely and responsibly 4.1.4 Gain competence in order to move safely in a space

PASSION | CREATIVITY | AMBITION