

Oneness-Family School - Toddler through Kindergarten - Specialists Benchmarks Overview
Self-Discovery: Creative Arts, Creative Movement, Yoga and Physical Education

CREATIVE ARTS

Toddler	Preschool	Pre-Kindergarten	Kindergarten
N/A	<p>Demonstrates art technique by controlling the media as instructed</p> <p>Solves challenges of the assignment</p> <p>Shows craftsmanship in the quality of work</p> <p>Cares for and uses materials responsibly</p> <p>Participates in and contributes to the dramatic play</p> <p>Recalls and repeats familiar songs and rhymes</p> <p>Maintains simple rhythmic beat</p> <p>Exhibits a positive attitude & willingly participates</p>	<p>Demonstrates art technique by controlling the media as instructed</p> <p>Solves challenges of the assignment</p> <p>Shows craftsmanship in the quality of work</p> <p>Cares for and uses materials responsibly</p> <p>Participates in and contributes to the dramatic play</p> <p>Recalls and repeats familiar songs and rhymes</p> <p>Maintains simple rhythmic beat</p> <p>Exhibits a positive attitude and participates willingly</p>	<p>Demonstrates art technique by controlling media as instructed</p> <p>Solves challenges of the assignment</p> <p>Shows craftsmanship in the quality of work</p> <p>Cares for and uses materials responsibly</p> <p>Participates in and contributes to the dramatic play</p> <p>Recalls and repeats familiar songs and rhymes</p> <p>Maintains simple rhythmic beat</p> <p>Exhibits a positive attitude and participates willingly</p>

CREATIVE MOVEMENT

Toddler	Preschool	Pre-Kindergarten	Kindergarten
<p>Practices movements across the floor upon teacher-led instruction</p> <ul style="list-style-type: none"> ● Step-kicking ● Rolling ● Tiptoes ● Marching ● Hopping <p>Practices balancing on different leveled platform “river-stones”</p> <p>Exhibits the ability to follow directions and take turns</p> <p>Exhibits a positive attitude and participates willingly</p>	<p>Balances on tiptoes</p> <p>Hops</p> <p>Marches</p> <p>Demonstrates an understanding of safety expectations</p> <p>Exhibits a positive attitude and participates willingly</p>	<p>Balances on tiptoes</p> <p>Hops</p> <p>Marches</p> <p>Demonstrates an understanding of safety expectations</p> <p>Exhibits a positive attitude and participates willingly</p>	<p>Throws underhand and catches with a partner</p> <p>Demonstrates proper form for rolling</p> <p>Demonstrates at least 4 locomotor movements</p> <p>Demonstrates beginning form to turn a jump rope</p> <p>Demonstrates rolling of a hula hoop</p> <p>Demonstrates understanding of safety expectations</p> <p>Exhibits a positive attitude & willingly participates</p>

YOGA

Toddler	Preschool	Pre-Kindergarten	Kindergarten
Not applicable	<i>No formal requirements</i>	Demonstrates yoga poses as instructed Practices mindful breathing and relaxation Exhibits a positive attitude and participates willingly	Demonstrates yoga poses as instructed Practices mindful breathing and relaxation Exhibits a positive attitude and participates willingly

PHYSICAL EDUCATION

Toddler	Preschool	Pre-Kindergarten	Kindergarten
Not Applicable	Not Applicable	Not Applicable	Introduction to sports and fitness as well as team games