

Grade Level:	Kindergarten
Class Title:	PE & Health
Subject:	Physical Education
Class Description:	<p>Physical education will focus on equipping students to make responsible decisions and incorporating healthful physical activities into daily living. This is accomplished through motor skill learning and proficiency for use in games, sport, and leisure activities; health/fitness knowledge, awareness, and development; as well as promoting positive attitudes and behaviors. An emphasis on sportsmanship, cooperation, and participating within specified guidelines will also be a part of the class.</p> <p>This class will work toward one or more state standards in pe, fine motor, gross motor and health. This will be a year-long class, spanning the 2022-2023 school year.</p> <p>The estimated instructional hours for this class are ____ per week.</p>
Learning Materials:	List all materials.
Learning Goals/ Performance Objectives:	<p>Washington State K Learning Standards for Health and Fitness</p> <ol style="list-style-type: none"> 1. 1.1.1 Demonstrates mature form in locomotor skills that contribute to movement proficiency. 2. 1.1.2 Demonstrates mature form in non-locomotor skills that contribute to movement proficiency. 3. 1.1.3 Demonstrates mature form in manipulative skills that contribute to movement proficiency. 4. 1.1.4 Demonstrates balance and rhythmic movement skills in traditional and non-traditional activities. 5. 1.1.5 Recognizes movement concepts. 6. 1.2.1 Understands safety rules and procedures in a variety of physical activities necessary to maintain a safe-learning environment. 7. 1.2.2 Applies social skills necessary for effective participation in physical activities. 8. 1.2.3 Recognizes strategies necessary for effective participation in physical activities. 9. 1.5.1 Recognizes how the body's function is affected by food consumption. 10. 2.1.1 Understands dimensions and indicators of health. 11. 2.2.1 Understands the structure and function of body systems. 12. 2.3.1 Recognizes how to prevent or reduce the risk of contracting a communicable disease. 13. 2.3.2 Recognizes how to prevent or reduce the risks of non-communicable disease. 14. 2.4.1 Recognizes abusive and risky situations and identifies safe behaviors to prevent injury to self and others at home, school, and in the community. 15. 2.4.2 Recognizes emergency situations and demonstrates skills to respond appropriately and safely. 16. 2.4.3 Recognizes negative and positive effects of stress and stress management techniques. 17. 3.1.1 Understands how family factors affect health. 18. 3.2.1 Recognizes reliable sources of health and fitness information. 19. 3.3.1 Understands that social skills are necessary to promote health and safety. 20. 3.4.1 Understands emotions and how they affect self and others.

- 21. 3.5.1 Identifies decision-making skills.
- 22. 4.1.1 Recognizes daily health and fitness habits.

A team of certificated teachers who are highly qualified in this subject matter has reviewed this WSLP. This is just a sample of learning goals. Other learning goals are available to view by going to OSPI’s website. <https://www.k12.wa.us/student-success/learning-standards-instructional-materials>. Course(s) or grade level course work meets one or more of the state essential academic learning requirements or grade-level expectations.

[English Language Arts](#), [Math](#), [Writing](#), [Communication](#), [Social Studies](#), [Science](#), [Health](#), [PE \(including gross motor\)](#), [Fine motor](#), [World Language](#), [Arts](#)

The student will complete a log with time spent and activities that support this class and verify the estimated hours per week.
The student will provide the monthly log to their consultant each month.

Learning Activities:

Below is a list of possible PE activities that a student may take part in with either a group or in an individual setting. This is not meant to be an exhaustive list, but one that could be used to choose appropriate activities.

Running, jogging, karate, swimming, ice skating, hockey, basketball, baseball, football, softball, archery, ping pong, pickle ball, badminton, tennis, soccer, capture the flag, field hockey, 4-square, relay games, tether ball, freeze tag, gymnastics, etc.

**Progress Criteria/
Methods of Evaluation:**

Satisfactory or unsatisfactory progress will be based on participation and the amount of time spent in the activity. Keeping a log of exercise time and the activity carried out is a requirement and will be used to evaluate the progress of this course.

The student will keep a log to present to consultant at face-to-face meetings each month. Monthly Progress will be marked satisfactory or unsatisfactory based on the professional judgment of the certified teacher using parent input and information recorded on the log.