
Pe Grade K Fitness curriculum

Curriculum Guide

Scranton School District

Scranton, PA



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PE/Health Grade K Curriculum

Prerequisite :

Course Description Here

Kindergarten Physical Education will be taught by a certified Health & Physical Education Teacher. It will provide student opportunities to learn and practice skills and behaviors critical to being physically active. The First Grade student will practice motor skills and movement patterns needed to perform a variety of Physical Activities. The student will participate in regular activities and achieve a health-enhancing level of physical fitness. Each child will exhibit personal and social behavior that respects self and others in physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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Year-at-a-glance

Subject:	Grade Level	Date Completed:
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1st Quarter, 2nd Quarter, 3rd Quarter, 4th Quarter

Topic	Resources	CCSS

1st Quarter, 2nd Quarter, 3rd Quarter, 4th Quarter:

Students will actively participate and engage in physical activities that promote lifelong fitness. Units and lessons will be dependent on facilities (indoor/outdoor), equipment, and seasons. Teachers will plan lessons based on multiple standards.

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General Topic	Academic Standard(s)	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time
Fitness	10.4.3 D: Identify likes and dislikes related to participation in physical activities	<p>Objective: Identify what it means to participate in physical fitness activities.</p> <p>Physical Activity: Bodily movement that is produced by the contraction of skeletal muscle and which substantially increases energy expenditure.</p> <p>Participation: to take part in an event or activity.</p> <ul style="list-style-type: none"> ● Fitness: Level of physical condition: Cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. 	<ul style="list-style-type: none"> ● Jogging ● Stations ● Stretching 	<p>Teacher observation</p> <p>Teacher Q&A</p> <p>Student Discussion</p>	Daily lesson plans at 40 minutes per class
	10.4.3 F: Recognize the positive and negative interactions of small	<p>Objective: Demonstrate how many people make a small group.</p> <ul style="list-style-type: none"> ● Physical Activity ● Participation 	<ul style="list-style-type: none"> ● Jogging ● Stations ● Stretching 	<p>Teacher observation</p> <p>Teacher Q&A</p> <p>Student Discussion</p>	Daily lesson plans at 40 minutes per class

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	group activities	<ul style="list-style-type: none"> • Small Group Activities: working during an activity with 3-5 people. • Partner: working during an activity with just one other person. 			
Fitness	10.5.3C: Know the function of practice	Objective: Define Practice <ul style="list-style-type: none"> • Practice: A method of learning by repetition 	<ul style="list-style-type: none"> • Fitness Stations • Locomotor Stations • Dance • Health Related Fitness Test 	Teacher Observation Teacher Q&A Student Discussion	Daily lesson plans at 40 minutes per class
	10.5.3D: Identify and use principles of exercise to improve movement and fitness activities	Objective: Identify Movement Activities <ul style="list-style-type: none"> • Movement Activities: Locomotor, non-Locomotor, and Manipulative Movements that are the foundation for participation in Physical Activity. Objective: Identify Fitness Activities Fitness Activities: Movements that help improve overall Health (Stronger, flexible, endurance).	<ul style="list-style-type: none"> • Fitness Stations • Locomotor Stations • Tagging Games • Health Related Fitness • Dance 	Teacher observation Teacher Q&A Student Discussion	Daily lesson plans at 40 minutes per class

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		Movement activities can be included as fitness activity-animal walks			

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