
PE Grade K Movement Curriculum

Curriculum Guide

Scranton School District

Scranton, PA



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PE 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 kindergarten 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: Physical Education	Grade Level Kindergarten	Date Completed: 08/19/2019
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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 10.4.
Movement	10.4.3 A: Identify and engage in physical activities that promote physical fitness and health	<p>Objective: Demonstrate locomotor skills</p> <p>Objective: Demonstrate non-locomotor skills</p> <p>Objective: Demonstrate movement within personal space</p> <p>Physical Activity: Bodily movement that is produced by the contraction of skeletal muscle and which substantially increases energy expenditure.</p> <p>Physical Fitness: A set of attributes that people have or achieve and that relate to their ability to perform physical activity. Generally accepted to consist of health-related fitness and skill-related fitness.</p>	<ul style="list-style-type: none"> ● Locomotor ● Non-Locomotor ● Dance ● Gymnastics 	<p>Teacher observation</p> <p>Teacher Q & A</p> <p>Student Discussion</p>	Daily lesson plans of 40 minutes per class.

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		<p>Locomotor skills: Movements producing physical displacement of the body, usually identified by weight transference via the feet. Basic locomotor steps are the walk, run, hop, and jump as well as the irregular rhythmic combinations of the skip, slide and gallop.</p> <ul style="list-style-type: none">● Walk● Run● Jump● Hop● Leap● Gallop● Slide● Skip <p>Non-Locomotor Skills: Movements that do not produce physical displacement of the body.</p> <ul style="list-style-type: none">● Bend● Stretch● Swing● Sway● Twist● Turn● Pull● Push● Shake			
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		<ul style="list-style-type: none"> ● Strain <p>Ready Position:</p> <ul style="list-style-type: none"> ● Movement ready position, speed ● Narrow base or support- feet slightly apart ● High center of gravity-lean forward ● Center of gravity on the edge of base of support-weight on toe. <p>Static ready:</p> <ul style="list-style-type: none"> ● Planted: <ul style="list-style-type: none"> ○ Wide base- feet wide apart ○ Low center of gravity center of gravity over ○ Base of support-bend low <p>Relationships: Movement that interacts with others or with an object.</p> <ul style="list-style-type: none"> ● Over ● Under 			
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		<ul style="list-style-type: none">● On● Off● Near● Far● In Front● Behind● ALong● Through● Around● Alongside <p>Space Awareness: Being perceptive of personal and general space, directions, pathways, levels, and planes.</p> <ul style="list-style-type: none">● Self Space: The space in the immediate area where you don't touch anyone or anything● Levels: High, Mediu, Low● Pathways: Straight, Curve, Zig-zag● Directions: Forward, backward, right side, left side, up , down			
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	<p>10.4.3 C: Know and recognize changes in body responses during moderate to vigorous activities.</p>	<p>Objective: Engage in a movement concept that produces different changes in the body.</p> <p>Physical Activity: Bodily movement that is produced by the contraction of skeletal muscle and which substantially increases energy expenditure.</p> <p>Changes in your body during activity:</p> <ul style="list-style-type: none"> ● Heart beats faster ● Breathe Faster ● Breathe Louder (heavier) ● Body gets warm ● Begin to sweat; and get tired 	<ul style="list-style-type: none"> ● Locomotor ● Non-Locomotor ● Dance ● Gymnastics 	<p>Teacher observation</p> <p>Teacher Q & A</p> <p>Student discussion</p>	<p>Daily lesson plans of 40 minutes per class</p>
	<p>10.4.3 D: Identify likes and dislikes related to participation in physical activities</p>	<p>Objective: Identify what it means to participate in fitness physical activities.</p> <p>Physical Activity: Bodily movement that is produced by the contraction of skeletal muscle and which substantially increases energy expenditure.</p>	<ul style="list-style-type: none"> ● Locomotor ● Non-Locomotor ● Dance ● Gymnastics 	<p>Teacher observation</p> <p>Teacher Q & A</p> <p>Student Discussion</p>	<p>Daily lesson plans at 40 minutes per class</p>

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		<p>Participation: To take part in an event or activity.</p>			
	<p>10.4.3 F: Recognize the positive and negative interactions of small group activities</p>	<p>Objective: Demonstrate how many people make a small group.</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"> ● Small group activities: Working during an activity with three to five people. ● Partner: Working during an activity with just one other person 	<ul style="list-style-type: none"> ● Locomotor ● Non-Locomotor ● Dance ● Gymnastics 	<p>Teacher observation</p> <p>Teacher Q & A</p> <p>Student Discussion</p>	<p>Daily lesson plans at 40 minutes per class.</p>
<p>Movement</p>	<p>10.5.3 A: Recognize and use basic movement skills and concepts</p>	<p>Objective: Identify locomotor movements</p> <p>Locomotor Movements: Movements producing physical displacement of the body, usually</p>	<ul style="list-style-type: none"> ● Locomotor Stations ● Locomotor Games ● Tagging Games ● Gymnastics ● Parachutes ● Traversing Wall ● Cooperative Games ● Dance 	<p>Teacher observation</p> <p>Teacher Q & A</p> <p>Student Discussion</p>	<p>Daily lesson plans of 40 minutes per class</p>

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		<p>identified by weight transference via the feet.</p> <ul style="list-style-type: none"> ● Walk ● Run ● Jump ● Hop ● Leap ● Gallop ● Slide ● Skip <p>Objective: Identify Non-locomotor Movements</p> <p>Non-Locomotor Skills: Movements that do not produce physical displacement of the body.</p> <ul style="list-style-type: none"> ● Bend ● Stretch ● Swing ● Sway ● Twist ● Turn ● Pull ● Push ● Shake ● Strain <p>Objective: Recognize Space Awareness</p>	<ul style="list-style-type: none"> ● Aquatics 		
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		<p>Space Awareness: Being perceptive of personal and general space, directions, pathways, levels, and planes.</p> <ul style="list-style-type: none"> ● Self Space: The space in the immediate area where you don't touch anyone or anything ● Levels: High, Mediu, Low ● Pathways: Straight, Curve, Zig-zag ● Directions: Forward, backward, right side, left side, up , down 			
	<p>10.5.3 C: Know the function of practice</p>	<p>Objective: Define practice</p> <p>Practice: A method of learning by repetition.</p>	<ul style="list-style-type: none"> ● Locomotor Stations ● Locomotor Games ● Tagging Games ● Gymnastics ● Parachutes ● Traversing Wall ● Cooperative Games ● Dance ● Aquatics 	<p>Teacher observation</p> <p>Teacher Q & A</p> <p>Student Discussion</p>	<p>Daily lesson plans of 40 minutes per class</p>

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	<p>10.5.3 F: Recognize and describe game strategies using appropriate vocabulary</p>	<p>Objective: Recognize game strategy</p> <p>Game Strategy: Make use of a plan to help successfully and safely participate in game.</p> <p>Objective: Recognize faking and dodging</p> <p>Faking: Pretending to move in one direction by then actually moving the other direction</p> <p>Dodging: Quick change of direction</p> <p>Objective: Locate open space</p> <p>Open space: An unoccupied area.</p>	<ul style="list-style-type: none"> ● Locomotor Stations ● Locomotor Games ● Tagging Games ● Gymnastics ● Parachutes ● Traversing Wall ● Cooperative Games ● Dance ● Aquatics 	<p>Teacher observation</p> <p>Teacher Q & A</p> <p>Student Discussion</p>	<p>Daily lesson plans of 40 minutes per class</p>

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