

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 &amp; 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"> <li>● Step-kicking</li> <li>● Rolling</li> <li>● Tiptoes</li> <li>● Marching</li> <li>● Hopping</li> </ul> <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 &amp; willingly participates</p>

# YOGA

Toddler	Preschool	Pre-Kindergarten	Kindergarten
Not applicable	<i>No formal requirements</i>	<p>Shows heart &amp; belly breathing</p> <p>Moves body through sun salutations with guidance or song</p> <p>Identifies and is able to move into basic poses: down dog, child's pose, mountain pose, tree pose, etc.</p> <p>Develops age-appropriate vocabulary around self-awareness, sensory feelings, &amp; emotions</p> <p>Develops an age-appropriate understanding of compassion and gratitude</p> <p>Is able to identify and communicate energy level (high, medium, low)</p> <p>Demonstrate age-appropriate meditation techniques: body scan &amp; loving kindness</p> <p>Exhibits a positive attitude and participates willingly</p>	<p>Demonstrates yoga poses as instructed</p> <p>Practices mindful breathing and relaxation</p> <p>Exhibits a positive attitude and participates willingly</p>

# PHYSICAL EDUCATION

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