

2023 ~ 2024
Kindergarten Physical Education ~ Year-at-a-Glance

Standard	Aug	September	October	November	December	January	February	March	April	May
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Movement Competency and Understanding	<p><u>Moving in Different Ways: Spatial & Body Awareness</u> <i>(locomotor movement, walking, running, side-sliding, skipping, hopping & leaping to varying speeds, levels & tempos, force, flow, direction, extensions & levels, body orientation, front, back & side planes, up & down, body shapes, medium, high & low levels, pathways, body part identification)</i></p> <p style="text-align: center;">6 - 9 Lessons</p>	<p><u>Kindergarten Manipulatives</u> <i>(rolling, underhand tossing, catching, bouncing & kicking, skill cues, body mechanics, key vocabulary, games & contests, body/brain connections)</i></p> <p style="text-align: center;">6 - 9 Lessons</p>	<p><u>Not All Motion is Created Equal: Rhythmic, Non-Rhythmic & Cross Lateral Movement</u> <i>(rhythmic & non-rhythmic changes in direction, speed, pathways, levels & timing, repeatable patterns, simple dance steps/routines, crossing the mid-line)</i></p> <p style="text-align: center;">2 - 4 Lessons</p> <p><u>Kindergarten Manipulatives</u> <i>(volleying, striking, trapping, hand & foot dribbling, skill cues, body mechanics, key vocabulary, games & contests, body/brain connections)</i></p> <p style="text-align: center;">6 - 9 Lessons</p> <p><u>Balance: Body Management & Orientation</u> <i>(jumping/landing, turns, rolls, weight transfer, dynamic & stationary balancing at different levels on different body parts)</i></p> <p style="text-align: center;">2 - 4 Lessons</p>	<p><u>Combining Manipulative & Locomotor Skills</u> <i>(combining manipulative & locomotor skills in simple game and movement settings, movement activities based on skills & themes)</i></p> <p style="text-align: center;">6 - 9 Lessons</p> <p><u>Kindergarten Manipulatives</u> <i>(using short handled implements such as racquets, paddles and scoops, safe use, skill cues, body mechanics key vocabulary, body/brain connections)</i></p> <p style="text-align: center;">6 - 9 Lessons</p>		
	<p style="text-align: center;">Concepts of time, force, flow, location, direction, pathways, extension & levels: <i>Integrated with all locomotor, non-locomotor & manipulative activities where appropriate</i></p> <p style="text-align: center;"><u>Applied Learning:</u> <i>Integration of Skills into Simple Games, Contests, Relays & Tournaments: Activity themes based on the "Wheel" in Children Moving, integrated into all activities where appropriate</i></p>					
Physical and Personal Wellness	<p style="text-align: center;"><u>Knowing My Body: Physical Activity & Body Connections</u> <i>(body's response to exercise & physical activity, changes in breathing, HR, body temperature, energy, exercise intensity, perceived exertion, understanding the RPE scale, benefits of exercise)</i></p> <p style="text-align: center;">2 - 4 Lessons</p>			<p style="text-align: center;"><u>Nutrition: Healthful Eating Fuels the Body</u> <i>(food groups, MyPlate, food as fuel, healthy food choices, benefits of healthful eating)</i></p> <p style="text-align: center;">2 - 4 Lessons</p>		
Emotional and Social Wellness	<p style="text-align: center;"><u>Working Independently & With Others: Habits for Success:</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>(habits for success, self-management, taking turns, sharing equipment & space, taking responsibility, responding to success & challenges, respect for self & others, cooperating with others, inclusion, respectful communication, solving differences, listening & following directions, taking care of equipment, following gym rules, asking questions, participating as both a listener and contributor, speaking at appropriate times)</i></p>					
Prevention and Risk Management	<p><u>Getting Off to a Good Start</u> <i>(Classroom Rules & Procedures)</i></p> <p style="text-align: center;">1 - 2 Lessons</p>	<p style="text-align: center;"><u>Being a Safe & Smart Mover: Moving Under Control</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>(movement control for safe participation in games and sports, strategies for moving in groups & as individuals, responding to "stop" & "Go" signals, using equipment safely)</i></p>			<p style="text-align: center;"><u>The Space Around Me: Spatial Awareness</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>(a beginning understanding of personal, general & open space; understanding & recognizing spatial relationships between objects, and other students; recognizing formations such as huddles, pairs, scatter, triads, partners & boundaries, adjusting speed of play according to game & environmental conditions, knowing cardinal directions)</i></p>	

ELA	Reading & Writing to Learn: Using Language as a Tool for Learning <i>(P.E.: word walls, vocabulary for movement)</i>				Identifying & Summarizing Main Ideas <i>(P.E.: verbally summarizing rules or main goal of an activity)</i>	
Math	Addition & Subtraction		Geometry <i>(P.E.: sequences, patterns, shapes)</i>		Data Analysis <i>(P.E.: estimate or assessment of skills)</i>	
Social Studies	Respect for Self & Others <i>(P.E.: need for rules & expectation to follow rules)</i>		Civics: Leaders & Achievers <i>(PE: responsibility of community/team members to reach group goals)</i>			Community in the Classroom <i>(PE: communication & sharing)</i>

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Science

Human Body Part Identification