

# **PHYSICAL EDUCATION GRADE K**

THE EWING PUBLIC SCHOOLS  
2099 Pennington Road  
Ewing, NJ 08618

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In accordance with The Ewing Public Schools' Policy 2230, Course Guides, this curriculum has been reviewed and found to be in compliance with all policies and all affirmative action criteria.
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### **Rationale and Summary:**

The Physical education program should look to develop and maintain positive routines, values, and attitudes in relation to physical health and wellbeing. Physical Education is an important part of the educational experience as it promotes relationships and creativity, while striving to meet a personal or team goal. This program is used to develop a student who can increase their physical health through recreational team and individual activities, while still keeping in mind the team or personal goals that were set. Physical education looks to help students become more self-confident through various challenges in and around the physical classroom space. Learning lifelong skills is the key to continuing a long and healthy lifestyle. Kindergarten physical education teaches basic body movements and gross locomotor skills. The students begin to learn how to play fair and practice good sportsmanship. Students also learn how to control their own body at various levels, while using good body mechanics. The activities selected will be suitable to the season as well as the developmental appropriateness of the target skill.

**Pacing: 70 days**

## **NJSLS for Physical Education:**

### **Movement Skills and Concepts**

**Core Idea:** The body moves with confidence in a variety of the age appropriate performances of gross, fine, locomotor, non-locomotor, and manipulative skills as it relates to movements, concepts, games, aerobics, dance, sports, and recreational activities.

2.2.2.MSC.1: Perform a combination of sequences of locomotor movements and rhythmic activities (e.g., walking, balancing, hopping, skipping, running).

2.2.2.MSC.2: Differentiate non-locomotor and locomotor movements as well transferring body weight (e.g., stretching, bending, twisting, curling).

2.2.2.MSC.3: Demonstrate manipulative movements (e.g., throwing, catching, dribbling, running, kicking) while moving in personal and general space, time, directions, pathways and ranges.

2.2.2.MSC.4: Differentiate manipulative movements (e.g., throwing, catching, dribbling).

**Core Idea:** Feedback impacts and improves the learning of movement skills and concepts.

2.2.2.MSC.5: Adjust and correct movements and skill in response to feedback.

**Core Idea:** Teamwork consists of effective communication and respect among class and team members. .

2.2.2.MSC.6: Execute appropriate behaviors and etiquette while participating in and viewing activities, games, sports, and other events to contribute to a safe environment. 2.2.2.MSC.7: Demonstrate kindness towards self and others during physical activity to create a safe and caring environment.

2.2.2.MSC.8: Explain the difference between offense and defense.

### **Physical Fitness**

**Core Idea:** The ability to move and perform at different levels and different types and amounts of physical activity enhance personal health

2.2.2.PF.1: Explain the benefits of regular physical activity and what it means to be physically fit in relation to personal health. (e.g., healthy heart, strong bones, increased energy, strong muscles).

2.2.2.PF.2: Explore how to move different body parts in a controlled manner. 2.2.2.PF.3:

Engage in moderate to vigorous age-appropriate physical movement and physical activities that promote movement (e.g., games, challenges, team building). 2.2.2.PF.4: Demonstrate strategies and skills that enable team and group members to achieve goals.

## **Lifelong Fitness**

**Core Idea:** Exploring wellness components provide a foundational experience of physical movement activities.

2.2.2.LF.1: Express one's feelings and emotions when involved in movement and physical activities to increase positive behaviors.

2.2.2.LF.2: Perform movement skills that involve controlling and adapting posture and balance, to successfully negotiate different environments (e.g., mats, turf fields, grass fields, hard surfaces, gym floors, sand, water, snow) during physical activity. 2.2.2.LF.3: Explore the body's range of motion through participating in flexibility and breathing exercises (e.g., stretching, mindfulness, yoga).

**Core Idea:** Resources that support physical activity are all around you.

2.2.2.LF.4: Identify physical activities available outside of school that are in the community.

## **NJSLS for 21st Century Life and Careers:**

### **Career Ready Practices**

CRP 1 Acts as a responsible and contributing citizen and employee

CPR 3 Attend to personal health and financial well-being

CRP 4 Communicate clearly and effectively and with reason

### **Career Awareness, Exploration and Preparation**

9.2.4.A.4 Explain why knowledge and skills acquired in elementary grades lay the foundation for future academic and career success.

### **Cross-Curricular Integration and Connections:**

C:A1.4 Learn how to interact and work cooperatively in teams.

M 2 Self-confidence in ability to succeed

C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations

### **Instructional Focus:**

### **Enduring Understandings:**

- Rules and Sportsmanship:
- Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.
- Rules help keep you safe.
- Be accountable for the choices you make.
- Fitness:
- Take care of your body so that you can be your best every day.
- Appropriate types and amounts of physical activity enhance personal health and fitness is a lifetime commitment.
- Strategy and Technique:
- Your mind must know what your body is doing.
- Think before you start; a good planner knows why and when to make adjustments.
- Work at your own pace but find a way to make it happen.
- Leadership and Teamwork:
- The job of a leader is to make everyone perform better.
- Words can motivate or agitate.
- A team is more than a collection of individuals.
- Teamwork consists of effective communication and other interactions between team members

**Essential Questions:**

- Rules and Sportsmanship:
  - Did I participate in the activity the way it was designed?
  - In what other ways can I participate to achieve success in the activity?
  - How do rules help a game?
  - How do rules change the way you play?
  - How does following the rules help you play better?
  - Are you a quality teammate?
  - How do other people see you?
- Fitness:
  - What does it mean to be fit?
  - Why on some days do I get tired faster than on others?
  - How do I get more energy?
  - How did I challenge myself today?
- Strategy and Technique:
  - Why am I doing this?
  - What's my plan?
  - How is it working?
  - What did I learn from playing?
  - How do I get better?
  - How do I reach the next level of performance?
- Leadership and Teamwork:
  - What makes a good leader?
  - Does what I say affect how people play?
  - What makes a good teammate?
  - What makes a good team?

**Objectives:****Students will know:****Rules and Sportsmanship:**

- The characteristics of good sportsmanship and demonstrate appropriate behavior as both a player and an observer during physical activity.
- Activity-specific rules, explain their importance for the safety and enjoyment of participants, and follow the rules during physical activity.
- Ways to handle and care for equipment safely and responsibly.

**Fitness:**

- The components of health-related and skill-related fitness and identify activities that develop each component.
- The physical, social, and emotional benefits of regular physical activity

**Strategy and Technique:**

- Skill- and activity-specific vocabulary.
- The basic movement vocabulary to describe physical activity.
- That personal and general space is used in all forms of physical activity (e.g., using the entire dance floor, position play in a sport).
- The activity-relevant body planes and parts.
- The verbal and visual cues that can be used to improve skill performance.
- The importance of proper body mechanics when performing movement skills.
- The fundamental principles of force, motion, base of support, and center of gravity as applied to physical activity.
- The ways to refine and increase control when performing movement skills.
- How a movement skill can be used in another movement setting.

**Leadership and Teamwork:**

- The qualities of an effective leader and a good teammate.
- The factors that lead to group success and help solve group problems.

**Students will be able to:****Rules and Sportsmanship:**

- Demonstrate the characteristics of good sportsmanship through appropriate behavior as both a player and an observer during physical activity.
- Apply activity-specific rules by explaining their importance for the safety and enjoyment of participants, and following the rules during physical activity.
- Demonstrate ways to handle and care for equipment safely and responsibly.



**Fitness:**

- Explain that practice and being healthy contribute to safe and improved performance.
- Engage in moderate to vigorous physical activity that develops all components of fitness.
- Monitor heart rate and breathing before, during, and after exercise.
- Strategy and Technique:
- Demonstrate understanding of skill- and activity-specific vocabulary
- Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.
- Explain how changes in direction, pathways, and levels can alter movement.
- Explain how changes in rhythm, tempo, beat and musical style can alter movement.
- Explain verbal and visual cues used to improve skill performance.
- Demonstrate proper body mechanics when performing movement skills.
- Perform movement skills with developmentally appropriate control in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
- Respond in movement to changes in tempo, beat, rhythm, or musical style
- Correct movement errors in response to feedback.
- Differentiate when to use competitive and cooperative strategies in games, sports, and other movement activities.
- Explain the difference between offense and defense.
- Show transfer of understanding by employing a movement skill learned in one activity to that in another movement setting.

**Leadership and Teamwork:**

- Demonstrate the characteristics of an effective leader and teammate when appropriate.
- Demonstrate strategies that enable team members to achieve goals.
- Promote group success by utilizing group problem-solving strategies.
- Motivate group members to work together and provide constructive feedback.
- Acknowledge the contributions of group members and choose appropriate ways to motivate them and celebrate their accomplishments.
- Demonstrate respect for the opinions and abilities of group members.

**Assessments**

- Teacher observations
- Classroom Discussion
- Verbal Assessment
- End of Term Assessment