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**Coal City Unit District #1**  
**Kindergarten**  
**Physical Education Curriculum**

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**PE.K:1      Student will be able to perform various movement concepts using developmentally appropriate form. (IL 19A, IL 19C)**

- PE.K:1-1      Demonstrate the difference between personal and general space
- PE.K:1-2      Demonstrate spatial awareness of behind, over, ahead, under, on, and through.
- PE.K:1-3      Perform the skill of jumping.
- PE.K:1-4      Perform the skill of hopping.
- PE.K:1-5      Perform the skill of galloping.
- PE.K:1-6      Demonstrate how to move fast or slow and high or low
- PE.K:1-7      Show responsibility for safe locomotor movements.

**PE.K:2      Student will be able to demonstrate underhand tossing using a variety of objects with developmentally appropriate form. (IL 19A)**

- PE.K:2-1      Demonstrate the correct arm swing in an underhand toss.
- PE.K:2-2      Bring the arm back and then forward on the toss.
- PE.K:2-3      Demonstrate proper stance by facing their target before tossing.
- PE.K:2-4      Track ball with eyes as object is in flight.
- PE.K:2-5      Demonstrate proper hand positioning.

**PE.K:3      Student will be able to manipulate a long-handled implement with developmentally appropriate form. (IL 19A, IL 19C)**

- PE.K:3-1      Hold the long-handled implement using proper hand positioning
- PE.K:3-2      Show safety to others while swinging the implement.
- PE.K:3-3      Perform the skill of swinging.
- PE.K:3-4      Perform the skill of twisting.

**PE.K:4      Student will be able to dribble a variety of objects with developmentally appropriate form. (IL 19A, IL 19C)**

- PE.K:4-1      Uses correct form when dribbling with feet in an area
- PE.K:4-2      Uses correct hand positioning when dribbling
- PE.K:4-3      Demonstrate spacing by not bumping into others while in an area.
- PE.K:4-4      Show control and safety for others by not kicking and chasing object.

**PE.K:5      Student will be able to demonstrate individual responsibility during group activity and daily routines. (IL 20A, IL 20C, IL 21A, 21B)**

- PE.1:5-1      Follow daily class procedures.
- PE.1:5-2      Participate willingly in daily physical fitness activities.
- PE.1:5-3      Follow proper dress code daily.
- PE.1:5-4      Cooperate daily with teachers and others.
- PE.1:5-5      Respect others and equipment.