Kindergarten Physical Education & Health Curriculum

Francis Howell School District

HOME SCHOOL COMMUNITY

LEARNING TOGETHER

Board Approved: February 21, 2019

Elementary Physical Education & Health

Kindergarten

Unit Number, Title and Description	Essential Outcome(s) of Unit Students will be able to independently use their learning to….
Unit 1: Kindergarten Kickoff During Kindergarten Kickoff students will participate in various locomotor activities. They will learn how to cooperate to meet an objective while enjoying the experience. Students will learn ways to stay safe not only at school, but outside of their school day and understand the importance of good choices. In Kindergarten Kickoff students will begin learning the value of good health and how their choices impact a healthy lifestyle.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 2: Danger, Danger!!! In the unit Danger, Danger, students will continue to work cooperatively in games learning how to stay safe in a variety of situations. They will learn how to protect their bodies inside and out while participating in locomotor activities.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 3: Fantastic Fundamentals In Fantastic Fundamentals students will begin learning the basic manipulative skills. They will participate in games that provide multiple chances to develop mastery in the fundamentals of different skills. While developing the fundamentals they will also learn about the importance of proper hygiene and the overall impact on illness.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.

Unit 4: I Like to Move it Move it In I like to Move it Move it students will continue to participate in activities that will allow them to move safely in their general and personal space. Students will participate in introductory activities that will concentrate on balancing in their personal space and moving to music as they share general space. Students will also participate in activities that help them identify our community helpers.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 5: Nutrition and Fitness In the Nutrition and Fitness unit students will begin to understand the importance of making lifelong healthy choices for their bodies. Students will participate in games that explore food choices and healthy habits.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 6: Protect Yourself In the Protect Yourself unit students will learn about their five senses and how to protect their bodies from the environment.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.