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| <b>Course Title:</b> | Physical Education and Health |
| <b>Grade(s):</b>     | Kindergarten                  |

| Course Description                                                                                                                                                                                                                                                                                                                                                                                                     |
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| In Kindergarten PE and Health, students discover the joy of being active. Kindergarteners start by learning how to move safely in space. As they grow, they'll master basics like skipping and jumping, as well as sports skills like throwing and catching. Beyond just exercise, children learn how to follow rules, work as a team, and understand why healthy eating is important for taking care of their bodies. |
| Approved Curricular Materials/Textbook(s)                                                                                                                                                                                                                                                                                                                                                                              |
| Healthy and Balanced Living Curriculum Framework: Health Education and Physical Education<br>Connecticut State Department of Education — 2021 (Updated May 2022)                                                                                                                                                                                                                                                       |

| Unit Title                            | Unit Description (Include Unit Objectives)                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Unit Pacing |
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| Unit 1:<br>Class Rules and Objectives | <p>This introductory unit focuses on how the gymnasium works. We teach students how to be safe, respectful "team players" while navigating a large, active environment.</p> <p><b>Unit Objectives:</b></p> <ul style="list-style-type: none"> <li>• Follow teacher directions and signals (like a whistle or music) to start and stop safely</li> <li>• Find and stay in "personal space" (our own bubble) so we don't bump into others</li> <li>• Learn the proper way to handle and put away gym equipment</li> </ul> | Year Long   |
| Unit 2:<br>Tagging games              | Students engage in high-energy games that involve moving quickly and changing directions. This unit is essential for developing "spatial awareness" and learning                                                                                                                                                                                                                                                                                                                                                        | Year Long   |

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|                                   | <p>how to move safely around others.</p> <p><b>Unit Objectives:</b></p> <ul style="list-style-type: none"> <li>• Move through the gym at different speeds (slow, medium, and fast) without touching anyone else</li> <li>• Practice "soft tags" (two-finger touch) to show respect for our friends' personal boundaries</li> <li>• Use different pathways, like zig-zags and curves, to travel through a crowded space</li> </ul>                                                                                                                              |           |
| Unit 3:<br>Cooperative Activities | <p>This unit focuses on Social-Emotional Learning. Students work with partners to solve movement "puzzles" that require communication and teamwork.</p> <p><b>Unit Objectives:</b></p> <ul style="list-style-type: none"> <li>• Practice using "kind words" and encouragement while playing with a partner</li> <li>• Work together to complete a common goal, such as moving an object across the gym without dropping it</li> <li>• Learn how to take turns and share equipment fairly</li> </ul>                                                            | Year Long |
| Unit 4:<br>Instant Activities     | <p>Instant Activities are quick, high-energy routines that get students moving immediately. They are designed to boost fitness and teach students about the importance of "warming up" their bodies.</p> <p><b>Unit Objectives:</b></p> <ul style="list-style-type: none"> <li>• Identify how our bodies feel when we are active (e.g., "My heart is beating fast!")</li> <li>• Learn the importance of a "warm-up" to get our muscles and joints ready for play</li> <li>• Sustain physical activity for longer periods to build stamina and heart</li> </ul> | Year Long |

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|                      | health                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |         |
| Unit 5:<br>Jump Rope | <p>Using both individual and long ropes, students explore rhythm and timing. Jumping rope is one of the best ways to develop total-body coordination and cardiovascular health.</p> <p><b>Unit Objectives:</b></p> <ul style="list-style-type: none"> <li>• Jump and land on two feet with balance and "soft knees"</li> <li>• Practice the "swing and jump" motion to turn a rope independently</li> <li>• Understand that jumping rope is a fun way to keep our heart muscles strong</li> </ul>       | 1 Week  |
| Unit 6:<br>Bowling   | <p>This unit introduces "target skills." Students practice the accuracy and control needed to roll a ball toward an object using an underhand motion.</p> <p><b>Unit Objectives:</b></p> <ul style="list-style-type: none"> <li>• Roll a ball toward a target using an underhand "tick-tock" arm motion</li> <li>• Practice stepping forward with the "opposite foot" to gain balance and power</li> <li>• Follow safety protocols regarding when it is safe to walk out and retrieve a ball</li> </ul> | 2 Weeks |
| Unit 7:<br>Parachute | <p>Students work as one large team to move a giant parachute. This unit emphasizes synchronized group movement, listening skills, and upper-body strength.</p> <p><b>Unit Objectives:</b></p> <ul style="list-style-type: none"> <li>• Follow verbal cues to move the parachute up, down, or into a "mushroom" shape together</li> <li>• Cooperate with the whole class to keep objects (like "popcorn" balls) on</li> </ul>                                                                            | 2 Weeks |

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| Unit 8:<br>Racket Sports  | <p>We use short-handled rackets and balloons to develop hand-eye coordination. This unit helps students learn how to track moving objects through the air.</p> <p><b>Unit Objectives:</b></p> <ul style="list-style-type: none"> <li>• Keep a balloon in the air by striking it upward with a racket (volleying)</li> <li>• Track a moving object with the eyes to make successful contact with the tool</li> <li>• Maintain control of the racket so it stays within our own personal bubble for safety</li> </ul>               | 2 Weeks   |
| Unit 9:<br>Invasion Games | <p>This unit introduces the "logic" of sports. Students learn how to move into "open spaces" to score a goal or help a teammate while avoiding "defenders."</p> <p><b>Unit Objectives:</b></p> <ul style="list-style-type: none"> <li>• Identify "open space" on the court where there are no other players standing</li> <li>• Understand the primary goal of a game (e.g., "get the ball into the basket or across the line")</li> <li>• Show good sportsmanship by following the rules even during competitive play</li> </ul> | Year Long |
| Unit 10:<br>Basketball    | <p>Students explore ball-handling through bouncing, catching, and tossing. These activities build the hand strength and coordination needed for many different sports.</p> <p><b>Unit Objectives:</b></p> <ul style="list-style-type: none"> <li>• Dribble a ball using our "finger pads" (instead of palms) while standing still</li> <li>• Toss a ball toward a target or hoop using a two-handed "push" or</li> </ul>                                                                                                          | 2 Weeks   |

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|                       | <p>underhand throw</p> <ul style="list-style-type: none"> <li>• Learn to protect the ball and keep it under control so it doesn't roll into other games</li> </ul>                                                                                                                                                                                                                                                                                                                                            |           |
| Unit 11:<br>Nutrition | <p>This health-focused unit teaches students that food is the "fuel" our bodies need. We discuss how healthy choices help us have more energy for school and play.</p> <p><b>Unit Objectives:</b></p> <ul style="list-style-type: none"> <li>• Identify different food groups, such as fruits, vegetables, and proteins</li> <li>• Understand that water is the best choice to "recharge" our bodies after exercise</li> <li>• Distinguish between "everyday" healthy foods and "sometimes" treats</li> </ul> | Year Long |
| Unit 12:<br>Soccer    | <p>Students transition from using their hands to using their feet. We focus on "foot-eye" coordination, which is a new and exciting challenge for Kindergarteners.</p> <p><b>Unit Objectives:</b></p> <ul style="list-style-type: none"> <li>• Dribble a ball with short "baby touches" using the inside of the foot</li> <li>• Learn how to "trap" (stop) a moving ball using the bottom or side of the foot</li> <li>• Kick a stationary ball toward a target or a partner with accuracy</li> </ul>         | 3 Weeks   |