DRISCOLL ISD PHYSICAL EDUCATION

Kindergarten PE Syllabus

2026–2027 School Year

Driscoll Dragons Physical Education
Grade: Kindergarten
Course: Physical Education (PE)

Welcome to PE!

Welcome to Kindergarten Physical Education! Our goal is to introduce students to movement and physical activity in a safe, positive, and encouraging environment.

Students will learn through movement, games, exploration, and play while developing confidence, coordination, cooperation, and healthy habits.

PE Schedule

Assigned PE Schedule: ☐ MWF (Monday • Wednesday • Friday)
☐ TTHF (Tuesday • Thursday • Friday)

Students should come prepared for physical activity on their assigned PE days. **Athletic or tennis shoes are strongly recommended.**

What We Will Learn

Students will practice:

- Walking, running, hopping, jumping, and galloping
- Balance and body control
- Personal and general space
- Rolling, tossing, and catching
- Kicking and introductory ball skills
- Rhythm and movement
- Following directions and signals
- Safe use of PE equipment
- Taking turns and sharing
- Cooperation and kindness
- Healthy and active habits

9-Weeks Overview of Instruction

1st 9 Weeks – Movement & PE Foundations

- PE rules, routines, and safety
- Personal and general space
- Body awareness
- Walking, running, hopping, and jumping
- Balance and coordination
- Following directions and movement signals
- Cooperative activities

2nd 9 Weeks – Fundamental Skills

- Galloping, sliding, and introductory skipping
- Rolling and underhand tossing
- Beginning catching skills
- Kicking and ball control
- Rhythm and movement
- Fitness through active play
- Sharing and taking turns

3rd 9 Weeks – Building Movement Skills

- Locomotor skill combinations
- Throwing and catching development
- Kicking toward targets
- Introductory striking
- Balance and obstacle activities
- Partner activities
- Sportsmanship and cooperation

4th 9 Weeks – Putting It All Together

- Fundamental movement skill review
- Movement stations
- Skill challenges
- Introductory games
- Fitness and active play
- Cooperative challenges
- Recreational activities
- End-of-year skill review

Instruction may be adjusted based on student needs, facilities, equipment, weather, school events, and the PE rotation.

Dragon PE Expectations

Be Safe – Keep your body and equipment under control.
Be Respectful – Use kind words and listen to others.
Be Responsible – Follow directions and care for equipment.
Do Your Best – Try each activity and keep learning.
Be a Good Teammate – Share, take turns, and encourage others.

Participation & Assessment

Students are encouraged to participate to the best of their individual abilities. Assessment may include:

- Participation and effort
- Following directions
- Safe behavior
- Fundamental movement development
- Cooperation
- Appropriate use of equipment
- Individual growth

Students develop physical skills at different rates. **Effort, learning, participation, and improvement are emphasized.**

Shoes, Clothing & Safety

Athletic or tennis shoes are strongly recommended. Students should wear comfortable, school-appropriate clothing that allows for safe movement.

Students will learn to maintain personal space, follow boundaries, stop when instructed, and use equipment safely.

Students should immediately tell the teacher if they are hurt or do not feel well.

Our Driscoll Dragon Promise

Move Safely. • Listen Carefully. • Try Our Best. • Be Kind. • Have Fun.

Parent/Guardian Acknowledgment

We have reviewed the **Driscoll ISD Kindergarten Physical Education Syllabus** and understand the expectations for participation in PE.

Student Name: _____

PE Schedule: ☐ MWF ☐ TTHF

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

DRISCOLL DRAGONS

Be Safe • Be Respectful • Be Responsible • Do Your Best