

PHYSICAL EDUCATION LEARNING EXPECTATIONS
KINDERGARTEN

I. SKILL ACQUISITION AND DEVELOPMENT

A. During kindergarten, students will demonstrate competency in some movement forms and proficiency in a few movement forms.

They will be able to:

- Travel in forward and sideways directions using a variety of locomotor and non-locomotor patterns and change direction quickly in response to a signal
- Demonstrate clear contrasts between sustained and sudden movement while moving
- Walk and run using mature form and exhibiting acceptable body alignment
- Roll sideways without hesitating or stopping, with continuous flow
- Kick a stationary ball using a smooth continuous running step
- Maintain momentary stillness bearing weight on a variety of body parts
- Demonstrate progress toward the appropriate form of selected manipulative, locomotor and non-locomotor skills
- Develop positive development in sound body mechanics

B. During kindergarten, students will apply movement concepts and principles to the learning and development of motor skills.

They will be able to:

- Walk, run, hop, and skip in forward and sideways directions and change direction quickly in response to a signal
- Identify and use a variety of spatial relationships with self and by using objects (e.g., over/under, behind, beside, through)
- Begin to utilize the techniques employed (leg flexion) to soften the landing in jumping skill development, and identify the movement concepts therein
- Demonstrate a beginning movement vocabulary (e.g., personal space, high/deep levels, sudden/sustained speeds, light/firm balance and stillness twist/turn)
- Demonstrate spatial concepts as related to safety issues (kinesphere and

- general space) • Employ appropriate concepts to enhance movement performance (e.g., change direction while running)
- Identify movement patterns (skipping, striking, traveling, gesturing) both locomotor and non-locomotor

II. FITNESS

A. During kindergarten, students will develop and maintain a physically active and health-enhancing lifestyle.

They will be able to:

- Participate regularly in moderate to vigorous physical activity
- Identify preferred and non-preferred physical activity
- Become aware of increased rapid heart rate during activity and change in breathing patterns
- Select and participate in activities that require at least moderate physical exertion during unstructured activity

B. During kindergarten, students will develop the ability to experience a variety of specific exercises and activities to promote fitness.

They will be able to:

- Participate in an individual fitness program
- Sustain an aerobic activity, to achieve cardiovascular benefits
- Perform resistance activities to promote muscle strength, muscle endurance and stretching for flexibility

III. SOCIAL PERSONAL DEVELOPMENT

A. During kindergarten, students will develop personal living skills and acquire values that demonstrate responsible personal and social behavior.

They will be able to:

- Apply rules for participating, in the gymnasium
- Work in a group setting without interfering with others
- Respond properly to teacher directions
- Correct rule infractions when reminded
- Follow directions during class activities
- Handle equipment safely and responsibility at all times
- Take turns when using equipment

B. During kindergarten, students will develop an appreciation of the abilities, differences and cultural diversity of people.

They will be able to:

- Enjoy participation alone and with others while playing
- Choose playmates without regard to personal differences (e.g., race, gender, disability) • Adjust to each other during paired activities
- Respect and interact positively with all students in class

C. During kindergarten, students will be provided with opportunities for enjoyment, challenge, self-expression, reflection and social interaction.

They will be able to:

- Identify feelings that result from participation in physical activities
- Try new, creative movement activities
- Demonstrate concepts of confidence and self esteem building through movement activities.

OUTCOME STANDARDS

Work Effectively Both Independently & with Others
Apply Problem Solving Skills
Demonstrate Knowledge & Skills for Healthy, Productive Lives
Demonstrate Skills Essential for Succeeding in Academic and Applied Situations

A Physically Literate Person

has learned skills necessary to perform a variety of physical activities.

does participate regularly in physical activity

is physically fit

knows the implications of and the benefits from involvement in physical activities

values physical activity and its contributions to a healthful lifestyle

References

National Association of Sport and Physical Education, **Moving into the Future: National Standards for Physical Education**, 2nd Edition (2004).

SHAPE AMERICA- Society of Health and Physical Educators, **National Standards and Grade-Level Outcomes for K-12 Physical Education**, 2014.