



**VALWOOD**

*GO BEYOND*

**PreK Physical Education Curriculum**

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## PreK PE Overview

Course Description	Topics at a Glance								
<p>In PreK and Kindergarten, students are introduced to basic locomotor skills and concepts. Spatial awareness is also developed. There is an emphasis on following directions and interacting in a physical setting with classmates regardless of differences.</p>	<ul style="list-style-type: none"> <li>Demonstrate body and spatial awareness through safe movement</li> <li>Locate the major parts of the body</li> <li>Understand that physical activity increases the heart rate, making the heart stronger</li> <li>Demonstrate the ability to follow directions</li> <li>Demonstrate respect for self, others, and equipment</li> <li>Apply safe practices, rules, and procedures</li> </ul>								
Assessments									
<ul style="list-style-type: none"> <li>Observation</li> <li>Participation</li> <li>Performance Tasks</li> <li>Growth Over Time</li> </ul>									
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<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #e0e0e0;"> <th style="width: 25%; padding: 5px;">Standard</th> <th style="width: 75%; padding: 5px;">Big Ideas for Kindergarten (Grade Level Expectations)</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">1. Movement Competence and Understanding</td> <td style="padding: 5px;"> <ol style="list-style-type: none"> <li>1. Travel in a variety of directions using basic locomotor skills</li> <li>2. Demonstrate understanding of personal and shared space</li> <li>3. Demonstrate balance</li> </ol> </td> </tr> <tr> <td style="padding: 5px;">2. Physical and Personal Wellness</td> <td style="padding: 5px;"> <ol style="list-style-type: none"> <li>1. Recognize the positive feelings experienced during and after physical activity</li> </ol> </td> </tr> <tr> <td style="padding: 5px;">3. Emotional and Social Wellness</td> <td style="padding: 5px;"> <ol style="list-style-type: none"> <li>1. Demonstrate respect for self, others, and equipment</li> <li>2. Demonstrate the ability to follow directions</li> <li>3. Apply safe practices, rules and procedures</li> </ol> </td> </tr> </tbody> </table>	Standard	Big Ideas for Kindergarten (Grade Level Expectations)	1. Movement Competence and Understanding	<ol style="list-style-type: none"> <li>1. Travel in a variety of directions using basic locomotor skills</li> <li>2. Demonstrate understanding of personal and shared space</li> <li>3. Demonstrate balance</li> </ol>	2. Physical and Personal Wellness	<ol style="list-style-type: none"> <li>1. Recognize the positive feelings experienced during and after physical activity</li> </ol>	3. Emotional and Social Wellness	<ol style="list-style-type: none"> <li>1. Demonstrate respect for self, others, and equipment</li> <li>2. Demonstrate the ability to follow directions</li> <li>3. Apply safe practices, rules and procedures</li> </ol>	
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