



VALWOOD

GO BEYOND

Kindergarten Physical Education Curriculum

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"> Demonstrate body and spatial awareness through safe movement Locate the major parts of the body Understand that physical activity increases the heart rate, making the heart stronger Demonstrate the ability to follow directions Demonstrate respect for self, others, and equipment Apply safe practices, rules, and procedures 								
Assessments									
<ul style="list-style-type: none"> Observation Participation Performance Tasks Growth Over Time 									
Grade Level Expectations									
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #e0e0e0;"> <th style="width: 25%; text-align: center;">Standard</th> <th style="width: 75%; text-align: center;">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"> 1. Travel in a variety of directions using basic locomotor skills 2. Demonstrate understanding of personal and shared space 3. Demonstrate balance </td> </tr> <tr> <td style="padding: 5px;">2. Physical and Personal Wellness</td> <td style="padding: 5px;"> <ol style="list-style-type: none"> 1. Recognize the positive feelings experienced during and after physical activity </td> </tr> <tr> <td style="padding: 5px;">3. Emotional and Social Wellness</td> <td style="padding: 5px;"> <ol style="list-style-type: none"> 1. Demonstrate respect for self, others, and equipment 2. Demonstrate the ability to follow directions 3. Apply safe practices, rules and procedures </td> </tr> </tbody> </table>	Standard	Big Ideas for Kindergarten (Grade Level Expectations)	1. Movement Competence and Understanding	<ol style="list-style-type: none"> 1. Travel in a variety of directions using basic locomotor skills 2. Demonstrate understanding of personal and shared space 3. Demonstrate balance 	2. Physical and Personal Wellness	<ol style="list-style-type: none"> 1. Recognize the positive feelings experienced during and after physical activity 	3. Emotional and Social Wellness	<ol style="list-style-type: none"> 1. Demonstrate respect for self, others, and equipment 2. Demonstrate the ability to follow directions 3. Apply safe practices, rules and procedures 	
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