

Kindergarten Physical Education

Instructional Focus: This level encourages development of basic motor skills and active participation.	
Motor Skill and Movement Patterns	
Standards	
SHAPE Standard 1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. AK PE Standard A Demonstrates competency in motor and movement skills needed to perform a variety of physical activities.	
Objectives	Examples
Students will: <ul style="list-style-type: none"> • Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance. • Performs jumping and landing actions with balance. • Performs locomotor skills in response to teacher-led creative dance. • Maintains momentary stillness on different bases of support. • Forms wide, narrow, curled, and twisted body shapes. • Rolls sideways in a narrow body shape. • Contrasts the actions of curling and stretching. • Throws underhand with opposite foot forward. • Drops a ball and catches it before it bounces twice. • Catches a large ball tossed by a skilled thrower. • Dribbles a ball with 1 hand, attempting the second contact. • Taps a ball using the inside of the foot, sending it forward. • Kicks a stationary ball from a stationary position, demonstrating 2 of the 5 elements of a mature kicking pattern. • Volleys a lightweight object (balloon) sending it upward. • Strikes a lightweight object with a paddle or short-handled racket. • Executes a single jump with a self-turned rope. • Jumps a long rope with teacher assisted turning. 	<ul style="list-style-type: none"> • Practice fundamental motor patterns in a variety of movement activities: Bubble Tag; Go Away - Come Home; 4-Corner-Fitness • Stability/balance skills can be practiced in creative movement activities, stations/centers. • Throw/catch variety of items to self (scarf, bean bag, balls). • Dribbling w/hand or foot to establish control. Modified, lead-up, small-side versions of soccer, basketball at age-appropriate level. • Striking practice with balloons for modified, lead-up, small-side versions of volleyball, tennis, hockey at age-appropriate level. • Jump Rope for Heart
Learning Concepts	
Standards	
SHAPE Standard 2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. AK PE Standard B Apply movement concepts to the learning and performance of physical activities.	
Objectives	Examples
Students will: <ul style="list-style-type: none"> • Differentiates between movement in personal (self-space) and general space. • Moves in personal space to a rhythm. • Travels in three different pathways. • Travels in general space with different speeds. 	<ul style="list-style-type: none"> • Spatial awareness activities • Simple dance instruction: Chicken Dance, Hokey-Pokey, Macarena • Follow-the-Leader; Teacher-led creative movement activities
Fitness and Active Lifestyle	
Standards	
SHAPE Standard 3 The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. AK PE Standard C Participate regularly in physical activity. AK PE Standard D Apply fitness concepts to achieve and maintain a health-enhancing level of personal fitness	

Objectives Students will: <ul style="list-style-type: none"> • Identifies active play opportunities outside physical education class. • Actively participates in physical education class. • Recognizes that when you move fast, your heart beats faster and you breathe faster. • Recognizes that food provides energy for physical activity. 	Examples <ul style="list-style-type: none"> • “PE Homework” to encourage practice outside of class. (Healthy Futures; Challenge Calendars) • 4-Corner-Fitness with “Recovery Side” to self-monitor changes in heart rate and breathing. • Nutrition-infused activities.
Social/Respect	
Standards	
SHAPE Standard 4 The physically literate individual exhibits responsible personal and social behavior that respects self and others. AK PE Standard E Exhibit personal and social behavior that respects self and others in physical activity settings.	
Objectives Students will: <ul style="list-style-type: none"> • Follows directions in group settings (e.g., safe behaviors, following directions, taking turns). • Acknowledges responsibility for behavior when prompted. • Follows instruction and directions when prompted. • Shares equipment and space with others. • Recognizes the established protocol for class activities. • Follows teacher directions for safe participation and proper use of equipment with minimal reminders. 	Examples <ul style="list-style-type: none"> • “Traffic Light” to help students recognize their level of behavior: <ul style="list-style-type: none"> ○ GREEN=Great job! Keep going! ○ YELLOW=Reminders/Warning ○ RED=Unsafe/Lack of control. • Practice expectations • Kagan Team/Class-Building Activities
Values Physical Activity	
Standards	
SHAPE Standard 5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. AK PE Standard F Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	
Objectives <ul style="list-style-type: none"> • Recognizes that physical activity is important for good health. • Acknowledges that some physical activities are challenging/difficult. • Identifies physical activities that are enjoyable. • Discusses the enjoyment of playing with friends. 	Examples <ul style="list-style-type: none"> • Draw pictures of favorite activities • Student Portfolios • Recess games