Physical Education Kindergarten

Learning Priorities

Developed by Committee Members:
Jennifer Jensen, Kevin Orr, Bob Schmidt, Ted Sikowski, Carley Schnacky, Tony Pica,
Holly Ellenson, Judy Hunt, Gregg Kurzynski, Ernie Kolumbus

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Belief Statement: Rice Lake Elementary Physical Educators believe that all students, when effectively motivated, can and will learn. We believe that providing a safe and fun environment is essential to student motivation, and encourages learning. We believe in providing a variety of activities for students, and in helping them understand that physical activity is enjoyable and healthy. We believe that mastery of fundamental locomotor, object manipulation, teamwork, and responsibility skills are necessary for physically active individuals. Finally, we believe in the use of multiple and varied teaching techniques and assessments, to help our students achieve their full potential.

Course Description: In Kindergarten, students will be introduced to and demonstrate basic locomotor and non-locomotor movements. Students will also demonstrate key components of technique while using manipulative skills. While participating in vigorous activities, students will begin to identify how their bodies change during exercise. In addition, students will demonstrate safe, respectful, and responsible behavior regardless of personal differences in a physical setting.

Learning Priorities:
- Demonstrate control in traveling, weight-bearing and balancing activities on a variety of body parts.
- Uses manipulative skills.
- Apply concepts such as body parts, actions, and planes, and personal/general space.
- Participate in a wide variety of gross motor activities that involve locomotor, non locomotor, and enjoy physical activities for the pleasure experienced from simply moving and how it associates with physical fitness.
- Enjoy physical activities for the pleasure experienced from simply moving and how it associates with physical fitness
- Know safe practices, physical education class rules, and procedures and be able to apply them with little or no reinforcement.
- Respect and appreciate individual differences.
- Willingness to learn new skills in order to enhance their enjoyment of new activity.

Enduring Understandings
- I can move at different speeds and different directions.
- I can move, and move objects using different skills.
- I can use different body parts to move.
- I can use different body parts to control objects.
- The more you practice the better you get.
- Exercising challenges me.
- It is important to include everyone.
- Following rules and being safe makes playing more fun.
- There are many different kinds of activities that keep me healthy.

Kindergarten Topics:
1. Locomotor Skills (run, jump, slide)
2. Manipulative Skills (Roll, Throw, Catch, Kick)
3. Movement Concepts (space, direction, speed, levels)
4. Changes in body during exercise
5. Safety/Social Skills

Instructional Strategies:
- Direct Individual & Group Instruction
- Individual, Partner & Group Work
- Movement Exploration
- Movement Challenges
- Guided Discovery
- Varied and Diverse movement experiences

Student Self-Assessment:
- How do you run, jump, and slide?
- How do you throw, catch, and kick an object?
- What do I need to know in order to demonstrate basic locomotor and non locomotor skills successfully?
- How many different body parts can I move on?
- How many different body parts can I use to control objects?
- What are the different levels of space that I can move through?
- How do you get better at something?
- What are some physical activities I am good at?
- What happens to my body when I exercise?
- How do I feel when I exercise?
- How does being active make me healthy?
- How do you pick partners fairly?
- What are the rules for participating in physical education class?
- What does it look like to be safe in physical education class?
- What activities have I learned that I enjoy?
RLASD Physical Education
Content Standards and Learning Priorities

Physical Education PK-12

Standard 1:
Demonstrates competence in motor skills and movement patterns needed to perform a variety of physical activities.

PK-2 Learning Priority: Develops, refines, and applies fundamental motor patterns.

To meet this standard & K-2 Learning Priority a student:
- Demonstrate control in traveling, weight-bearing and balancing activities on a variety of body parts
- Uses manipulative skills.

Physical Education PK-12

Standard 2:
Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PK-2 Learning Priority: Develops a cognitive understanding of a skill so as to improve performance.

To meet this standard & K-2 Learning Priority a student:
- Apply concepts such as body parts, actions, and planes, and personal/general space.

Physical Education PK-12

Standard 3:
Participates regularly in physical activity.

PK-2 Learning Priority: Engages in many types of physical activities.

To meet this standard & K-2 Learning Priority a student:
- Participate in a wide variety of gross motor activities that involve locomotor, non locomotor, and manipulation of objects.

Physical Education PK-12

Standard 4:
Achieves and maintains a health enhancing level of physical fitness.

PK-2 Learning Priority: Develops knowledge, skills, and attitudes towards achieving physical fitness.

To meet this standard & K-2 Learning Priority a student:
- Will be physically active because of the enjoyment accomplished by participating.
- Enjoy physical activities for the pleasure experienced from simply moving and how it associates with physical fitness.
Physical Education PK-12
Standard 5:
Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PK-2 Learning Priority: Applies safe practices, adherence to rules and procedures, etiquette, cooperation and teamwork, ethical behavior, and positive social interaction.

To meet this standard & K-2 Learning Priority a student:
- Know safe practices, physical education class rules, and procedures and be able to apply them with little or no reinforcement.
- Respect and appreciate individual differences.

Physical Education PK-12
Standard 6:
Values physical activity for health, enjoyment, self-expression, and/or social interaction.

PK-2 Learning Priority: Participates in new movements and skills for enjoyment.

To meet this standard & K-2 Learning Priority a student:
- Willingness to learn new skills in order to enhance their enjoyment of new activity.
Learning Priorities Kindergarten

- Demonstrate control in traveling, weight-bearing and balancing activities on a variety of body parts.
- Uses manipulative skills.
- Apply concepts such as body parts, actions, and planes, and personal/general space.
- Participate in a wide variety of gross motor activities that involve locomotor, non locomotor, and enjoy physical activities for the pleasure experienced from simply moving and how it associates with physical fitness.
- Enjoy physical activities for the pleasure experienced from simply moving and how it associates with physical fitness.
- Know safe practices, physical education class rules, and procedures and be able to apply them with little or no reinforcement.
- Respect and appreciate individual differences.
- Willingness to learn new skills in order to enhance their enjoyment of new activity.
## Enduring Understanding

- I can move at different speeds and different directions.
- I can move, and move objects using different skills.
- I can use different body parts to move.
- I can use different body parts to control objects.
- The more you practice the better you get.
- Exercising challenges me.
- It is important to include everyone.
- Following rules and being safe makes playing more fun.
- There are many different kinds of activities that keep me healthy.

## Essential Questions

- How do you run, jump, and slide?
- How do you throw, catch, and kick an object?
- What do I need to know in order to demonstrate basic locomotor and non locomotor skills successfully?
- How many different body parts can I move on?
- How many different body parts can I use to control objects?
- What are the different levels of space that I can move through?
- How do you get better at something?
- What are some physical activities I am good at?
- What happens to my body when I exercise?
- How do I feel when I exercise?
- How does being active make me healthy?
- How do you pick partners fairly?
- What are the rules for participating in physical education class?
- What does it look like to be safe in physical education class?
- What activities have I learned that I enjoy?
Physical Education PK-12 Standard 1
Demonstrates competence in motor skills and movement patterns needed to perform a variety of physical activities.

**Enduring Understanding**
- I can move at different speeds and different directions.
- I can move, and move objects using different skills.

**Essential Questions**
- How do you run, jump, and slide?
- How do you throw, catch, and kick an object?

**Learning Priorities**
PK-2 Learning Priority: Develops, refines, and applies fundamental motor patterns.

<table>
<thead>
<tr>
<th>KPE1</th>
<th>Demonstrate control in traveling, weight-bearing and balancing activities on a variety of body parts</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Uses locomotor skills</td>
</tr>
<tr>
<td></td>
<td>✓ Demonstrate running, jumping, and sliding</td>
</tr>
<tr>
<td></td>
<td>✓ Travels fast and slow, using different pathways, changing directions in response to a signal or obstacle using a variety of locomotor skills</td>
</tr>
<tr>
<td></td>
<td>✓ Demonstrate movement concepts of space directionally, levels pathways, speed, and relationships while performing locomotor skills</td>
</tr>
<tr>
<td></td>
<td>Uses non-locomotor skills</td>
</tr>
<tr>
<td></td>
<td>✓ Introduce proper techniques for locomotor and non-locomotor skills</td>
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<tr>
<td></td>
<td>✓ Balances with a variety of body parts or objects in creative shapes—round, twisted, narrow, shapes.</td>
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</tbody>
</table>
### Learning Priorities

**Essential Knowledge, Skills, Topics, Processes, and Concepts**

<table>
<thead>
<tr>
<th>KPE2</th>
<th>Uses manipulative skills.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>✓ Demonstrate key components of proper techniques (e.g. step kick, step throw, preferred hand)</td>
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<tr>
<td></td>
<td>✓ <em>Identify the differences between: Throwing, catching, kicking, striking, rolling</em></td>
</tr>
<tr>
<td></td>
<td>✓ <em>Throws a ball underhand</em></td>
</tr>
<tr>
<td></td>
<td>✓ Throws a ball overhand.</td>
</tr>
<tr>
<td></td>
<td>✓ Developmentally appropriate activities / introduce low organizational games</td>
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<td></td>
<td>✓ Participate Centers/Stations independently</td>
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</tbody>
</table>
### Essential Knowledge, Skills, Topics, Processes, and Concepts

**Physical Education PK-12 Standard 2**
Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

#### Enduring Understanding
- I can use different body parts to move.
- I can use different body parts to control objects.

#### Essential Question
- How many different body parts can I move on?
- How many different body parts can I use to control objects?
- What are the different levels of space that I can move through?

#### Learning Priorities
**PK-2 Learning Priority:** Develops a cognitive understanding of a skill so as to improve performance.

<table>
<thead>
<tr>
<th>Essential Knowledge, Skills, Topics, Processes, and Concepts</th>
<th>KPE3</th>
<th>Apply concepts such as body parts, actions, and planes, and personal/general space.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Demonstrates cognitive understanding.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>✓ Introduce different movement and body parts (alongside, though).</td>
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<td></td>
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<tr>
<td>✓ Introduce and use a variety of relationships with objects (dribbling, striking, use different body parts to strike objects)</td>
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<tr>
<td>✓ Recognizes appropriate safety practices with and without physical education equipment.</td>
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<tr>
<td>✓ Apply identified movement in small groups and low organized game.</td>
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</tbody>
</table>
# Physical Education Kindergarten Curriculum Course Outline

## Learning Priorities

### Essential Knowledge, Skills, Topics, Processes, and Concepts

### Physical Education PK-12 Standard 3

Participates regularly in physical activity.

### Enduring Understanding

- The more you practice the better you get.

### Essential Question

- How do you get better at something?
- What are some physical activities I am good at?

### Learning Priorities

**PK-2 Learning Priority:** Engages in many types of physical activities.

<table>
<thead>
<tr>
<th>Essential Knowledge, Skills, Topics, Processes, and Concepts</th>
<th>KPE4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participate in a wide variety of gross motor activities that involve locomotor, non locomotor, and manipulation of objects.</td>
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</tbody>
</table>

Chooses to be physically active.

- Engages in moderate to vigorous physical activity on an intermittent basis.
- Identify the feelings that result in participating in physical activity.
- Introduce opportunities for them to participate in activities in small and large groups.
- Participate in vigorous activities that elevate and maintain a level of physical fitness (pacer, warm-up activities, and fitness stations).
## Physical Education PK-12 Standard 4
Achieves and maintains a health-enhancing level of physical fitness.

### Enduring Understanding
- Exercising challenges me.

### Essential Question
- What happens to my body when I exercise?
- How do I feel when I exercise?
- How does being active make me healthy?

### Learning Priorities

**PK-2 Learning Priority:** Develops knowledge, skills, and attitudes toward achieving physical fitness.

<table>
<thead>
<tr>
<th>Essential Knowledge, Skills, Topics, Processes, and Concepts</th>
<th>KPE5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enjoy physical activities for the pleasure experienced from simply moving and how it associates with physical fitness</td>
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<tr>
<td>Chooses to be physically active.</td>
<td></td>
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<tr>
<td>✓ Participating in vigorous activity (tagging games, pacer, relays)</td>
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<tr>
<td>✓ Participates in muscular strength activities to improve upper body strength to participate in activities such as climbing, hanging, momentary body support on the hands, horizontal ladder, monkey bars, or traverse wall.</td>
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</tbody>
</table>
Learning Priorities

Essential Knowledge, Skills, Topics, Processes, and Concepts

Physical Education PK-12 Standard 5
Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Enduring Understanding
- It is important to include everyone.
- Following rules and being safe makes playing more fun.

Essential Question
- How do you pick partners fairly?
- What are the rules for participating in physical education class?
- What does it look like to be safe in physical education class?

Learning Priorities
PK-2 Learning Priority: Applies safe practices, adherence to rules and procedures, etiquette, cooperation and teamwork, ethical behavior, and positive social interaction.

<table>
<thead>
<tr>
<th>Essential Knowledge, Skills, Topics, Processes, and Concepts</th>
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</thead>
</table>
| KPE6
<p>| Know safe practices, physical education class rules, and procedures and be able to apply them with little or no reinforcement. |
| Incorporates safe practices and adherence to rules and procedures. |
| ✓ Practices specific skills as assigned until the teacher signals the end of practice. |
| ✓ Follows directions given to the class for an all-class activity. |
| ✓ Uses safety procedures. |
| ✓ Reports the results of work honestly. |
| ✓ Enjoys participating alone while exploring movement tasks. |</p>
<table>
<thead>
<tr>
<th>Essential Knowledge, Skills, Topics, Processes, and Concepts</th>
<th>KPE7</th>
<th>Respect and appreciate individual differences</th>
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<td>Demonstrates teamwork, ethics, and positive social interaction.</td>
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<td>✓ Works in a diverse group setting without interfering with others.</td>
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<td>✓ Enjoy participation alone and with others</td>
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<td></td>
<td></td>
<td>✓ Introduce the skills for participating in a group</td>
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<td></td>
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<td>✓ Identify steps for following directions and apply them</td>
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<td></td>
<td>✓ Take turns</td>
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<td></td>
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<td>✓ Cooperates with classmates and teachers</td>
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<td></td>
<td></td>
<td>✓ Use physical education equipment in a safe manner</td>
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<tr>
<td></td>
<td></td>
<td>✓ Choose playmates/partners without regard to personal differences (race, gender, disability)</td>
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<td></td>
<td></td>
<td>✓ Games that rotate partners</td>
</tr>
</tbody>
</table>
Learning Priorities
Essential Knowledge, Skills, Topics, Processes, and Concepts

Physical Education PK-12 Standard 6
Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Enduring Understanding
- There are many different kinds of activities that keep me healthy.

Essential Question
- What activities have I learned that I enjoy?

Learning Priorities
PK-2 Learning Priority: Participates in new movements and skills for enjoyment.

<table>
<thead>
<tr>
<th>Essential Knowledge, Skills, Topics, Processes, and Concepts</th>
<th>KPE8</th>
<th>Willingness to learn new skills in order to enhance their enjoyment of new activity.</th>
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</thead>
<tbody>
<tr>
<td>Engages in physical activity.</td>
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<tr>
<td>✓ Attempts new movements and skills willingly.</td>
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<td>✓ Participates even when not successful</td>
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</table>