

Kindergarten Physical Education Curriculum

MOTOR SKILLS

K.MS.1: Apply competent motor skills and movement patterns as needed to perform a variety of physical activities.

- PE.K.MS.1.1: Execute recognizable forms of the basic locomotor skills.
- PE.K.MS.1.2: Use recognizable forms of the basic manipulative skills.
- PE.K.MS.1.3: Create transitions between sequential locomotor skills.
- PE.K.MS.1.4: Use non-locomotor and locomotor skills in response to even and uneven rhythms in order to integrate beat awareness.

MOVEMENT CONCEPTS

K.MC.2: Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.

- PE.K.MC.2.1: Understand the meaning of words and terms associated with movement.
- PE.K.MC.2.2: Identify one or more of the essential elements of correct form for the five fundamental manipulative skills.
- PE.K.MC.2.3: Use teacher feedback to improve basic motor performance.
- PE.K.MC.2.4: Illustrate activities that increase heart rate.

HEALTH-RELATED FITNESS

K.HF.3: Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

- PE.K.HF.3.1: Recognize one or more of the five health-related fitness assessments and the associated exercises.
- PE.K.HF.3.2: Identify opportunities for increased physical activity.
- PE.K.HF.3.3: Select moderate-to-vigorous physical activity (MVPA) and sustain for periods of accumulated time.

PERSONAL/SOCIAL RESPONSIBILITY

K.PR.4: Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

- PE.K.PR.4.1: Use basic strategies and concepts for working cooperatively in group settings.
- PE.K.PR.4.2: Understand how social interaction can make activities more enjoyable.
- PE.K.PR.4.3: Use safe practices when engaging in physical education activities.