



**PHYSICAL EDUCATION  
KINDERGARTEN**



**Physical Education, Grade K  
36.00100**

**COURSE DESCRIPTION:** Physical Literacy in Kindergarten is based upon the development of successful movement experiences, developing the confidence and progressive skills in the following strands: Motor Skills and Movement Patterns, Concepts, Principles, and Strategies, Health-enhancing levels of physical activity and fitness, Personal Responsibility, and Value of Physical Activity.

### Course Standard 1

#### **S1.EK Demonstrates competency in a variety of motor skills and movement patterns.**

- S1.E1.K Performs loco-motor skills (hopping, galloping, running, sliding, skipping) while maintaining balance.
- S1.E3.K Performs jumping & landing actions with balance. Note: This outcome applies to both horizontal and vertical jumping and landing.
- S1.E5.K Performs loco-motor skills in response to teacher-led creative dance.
- S1.E7.Ka Maintains momentary stillness on different bases of support.
- S1.E7.Kb Forms wide, narrow, curls & twisted body shapes.
- S1.E9.K Rolls sideways in a narrow body shape.
- S1.E10.K Contrasts the actions of curling & stretching.
- S1.E13.K Throws underhand with opposite foot forward.
- S1.E16.Ka Drops a ball and catches it before it bounces twice.
- S1.E16.Kb Catches a large ball tossed by a skilled thrower.
- S1.E17.K Dribbles a ball with one hand, attempting the second contact.
- S1.E18.K Taps a ball using the inside of the foot, sending it forward.
- S1.E21.K Kicks a stationary ball from a stationary position, demonstrating 2 of the 5 elements of a kicking pattern.
- S1.E22.K Volleys a lightweight object (balloon), sending it upward.
- S1.E24.K Strikes a lightweight object with a paddle or short handled racket.
- S1.E27.Ka Executes a single jump with self-turned rope.
- S1.E27.Kb Jumps a long rope with teacher assisted turning

### Course Standard 2

#### **S2.EK Applies knowledge of concepts, principles, strategies and tactics related to movement and performance**

- S2.E1.Ka Differentiates between movement in personal (self-space) and general space.
- S2.E1.Kb Moves in personal space to a rhythm.
- S2.E2.K Travels in 3 different pathways.
- S2.E3.K Travels in general space with different speeds.

### Course Standard 3

#### **S3.EK Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness**

- S3.E1.K Identifies active-play opportunities outside physical education class.
- S3.E2.K Actively participates in physical education class.
- S3.E3.K Recognizes that when you move fast, your heart beats faster and you breathe faster.
- S3.E6.K Recognizes that food provides energy for physical activities.

### Course Standard 4

#### **S4.EK Exhibits responsible personal and social behavior that respects self and others**

- S4.E1.K Follows directions in group settings (e.g., safe behaviors, following rules, taking turns).
- S4.E2.K Acknowledges responsibility for behavior when prompted.
- S4.E3.K Follows instruction/directions when prompted.
- S4.E4.K Shares equipment and space with others.
- S4.E5.K Recognizes the established protocol for class activities.
- S4.E6.K Follows teacher directions for safe participation and proper use of equipment with minimal reminders.

## Course Standard 5

### **S5.EK Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction**

- S5.E1.K Recognizes that physical activity is important for good health.
- S5.E2.K Acknowledges that some physical activities are challenging/difficult.
- S5.E3.Ka Identifies physical activities that are enjoyable.
- S5.E3.Kb Discusses the enjoyment of playing with friends.

