



<u>Course Title:</u> Kindergarten Physical Education	
<u>Description:</u> The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.	
To pursue a lifetime of healthful physical activity, a physically literate individual: <ul style="list-style-type: none"> • Has learned the skills necessary to participate in a variety of physical activities. • Knows the implications and the benefits of involvement in various types of physical activities. • Participates regularly in physical activity. • Is physically fit. • Values physical activity and its contributions to a healthful lifestyle. 	
**Kindergarten Physical Education is not assessed or communicated on the progress report. Skills and concepts are introduced and developed at this level.	
<u>Reporting Topic</u>	<u>Grade Level Standards</u>
Motor Skills and Movement Patterns	<ul style="list-style-type: none"> • Performs locomotor skills (hopping, galloping, running, sliding, skipping, etc.) while maintaining balance. (S1.E1.K) • Performs jumping and landing actions with balance. (S1.E3.K)
Fitness Knowledge	<ul style="list-style-type: none"> • Participates actively in physical education class. (S3.E2.K) • Recognizes that when you move fast, your heart beats faster and you breathe faster.3 (S3.E3.K)
Responsible Personal and Social Behavior	<ul style="list-style-type: none"> • Follows directions in group settings (e.g., safe behaviors, following rules, taking turns). (S4.E1.K) • Acknowledges responsibility for behavior when prompted. (S4.E2.K) • Follows instruction and directions when prompted. (S4.E3.K) • Shares equipment and space with others. (S4.E4.K) • Recognizes the established protocol for class activities. (S4.E5.K) • Follows teacher directions for safe participation and proper use of equipment with minimal reminders. (S4.E6.K)