

Hamilton Heights School Corporation Kindergarten PE Curriculum Map

Course Title: Kindergarten Physical Education	Quarter 1: 15 days	Academic Year: 2025–2026
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Essential Questions: How can I help create a positive learning environment for my classmates and myself? Can I move and play safely in different ways? Can I cooperate with my friends and enjoy physical activity together? Can I underhand roll a ball to a target?					
Lesson Topic	Standards Number	Objectives	Skill Development	Specific Assessments	Specific Resources
Personal and Social Responsibility	2, 4	- I can share space. - I can share equipment. - I can follow directions.	- Personal Space - Classroom procedures	Observation	OPEN Phys Ed PE Central PE Specialist
Locomotor and Manipulative Skills	1, 3	- I can perform locomotor skills while keeping balance. - I can use equipment safely.	- Equipment exploration - Movement Exploration	- Observation - Demonstration	OPEN Phys Ed PE Central PE Specialist

Skating	1, 2, 5	• I can put my skates and wrist guards on independently. • I can stand up and safely get in T position on the mats. • I can move forward on the mat using little V movements.	• Skating procedures • Skating safety • Basic skating skills	• Observation • Demonstration	Skatetime
Cooperative Games	4, 5	• I can work with my team appropriately. • I can demonstrate basic teamwork skills. • I can follow all directions so everyone stays safe.	• Teamwork concepts • Sportsmanship • Taking turns • Communication	• Observation	OPEN Phys Ed PE Central PE Specialist
Underhand Rolling	1, 2	• I can roll a ball underhand at a goal.	• Rolling form • Partner rolling • Rolling at targets • Rolling games	• Observation • Demonstration	OPEN Phys Ed PE Central PE Specialist

Course Title: Kindergarten Physical Education	Quarter 2: 15 days	Academic Year: 2025–2026
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Essential Questions:

How can I help create a positive learning environment for my classmates and myself?

Can I move and play safely in different ways?

Can I move and tag safely without teacher reminders?

Can I strike an object and make an effort to volley it to myself or a partner?

Can I throw/toss and catch an object?

Lesson Topic	Standards Number	Objectives	Skill Development	Specific Assessments	Specific Resources
Personal and Social Responsibility	2, 4	• I can share space. • I can share equipment. • I can follow directions.	• Personal Space • Classroom procedures	• Observation	OPEN Phys Ed PE Central PE Specialist
Locomotor and Manipulative Skills	1, 3	• I can perform locomotor skills while keeping balance. • I can use equipment safely.	• Equipment exploration • Movement Exploration	• Observation • Demonstration	OPEN Phys Ed PE Central PE Specialist
Rock Climbing	3, 4, 5	• I can climb on the wall. • I can attempt to	• Rock wall safety rules • Climbing on and off	• Observation • Demonstration	Everlast.com

		climb up to the red line. I can follow the rules for the rock wall.	wall Climbing up to red line.		
Nutrition	3	- I can name 2 of the 5 food groups. - I can name a fruit and a vegetable.	- Food groups - Healthy food choices	- Observation - Class discussion	OPEN Phys Ed
Fitness	3, 4, 5	- I can make my heart beat faster. - I can stay active during class. - I can perform exercises safely.	- Fitness concepts - Exercise form	- Observation - demonstration	OPEN Phys Ed PE Central PE Specialist
Underhand Throwing/ Catching	1, 2	- I can have my 2 hands ready to catch the ball. - I can swing my hand	- Underhand throwing form - Catching form	- Demonstration - Observation	OPEN Phys Ed PE Central PE Specialist
Striking	1, 2	- I can strike a stationary object with my hand. - I can strike a rolling	Striking form	- Demonstration - Observation	OPEN Phys Ed PE Central PE Specialist

		object with my hand.			
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Course Title: Kindergarten Physical Education	Quarter 3: 15 days	Academic Year: 2025–2026
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Essential Questions: Can I demonstrate important concepts and skills that the class learned early in the school year? Can I cooperate with my friends and enjoy physical activity together? Can I use my feet to travel with and kick a ball under control? Can I perform challenging and enjoyable movement patterns?					
Lesson Topic	Standards Number	Objectives	Skill Development	Specific Assessments	Specific Resources
Personal and Social Responsibility	2, 4	- I can share space. - I can share equipment. - I can follow directions.	- Personal Space - Classroom procedures	Observation	OPEN Phys Ed PE Central PE Specialist
Locomotor and Manipulative Skills	1, 3	I can perform locomotor skills while keeping	- Equipment exploration - Movement	- Observation - Demonstration	OPEN Phys Ed PE Central PE Specialist

		balance. I can use equipment safely.	Exploration		
Jump Activities	1, 5	- I can jump over a stationary rope with two feet on the floor. - I can jump off of two feet and land with two feet. - I can hold a jump rope correctly with two hands.	Introduction to jump rope, jump bands, and chinese jump rope.	- Observation - Demonstration	OPEN Phys Ed PE Central PE Specialist
Dance/Rhythm	1, 2, 5	- I can move to a rhythm in my personal space. - I can use lummi/rhythm sticks appropriately.	- Dance videos - Lummi/rhythm stick routines	- Observation - Demonstration	OPEN Phys Ed PE Central PE Specialist
Health.Moves. Minds.	3, 4	- I can show kindness to self and others. - I can work with my	- Teamwork - Parachute - Fitness - Kindness	- Observation - Demonstration	SHAPE America

		classmates during cooperative activities.			
Kicking	1, 2	- I can kick a stationary ball. - I can kick a ball toward a target. - I can control the ball with my feet.	- Kicking form - Kicking games	- Observation - Demonstration	OPEN Phys Ed PE Central PE Specialist

Course Title: Kindergarten Physical Education	Quarter 4: 15 days	Academic Year: 2025–2026
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Essential Questions:

Can I demonstrate important concepts and skills that the class learned early in the school year?

Can I cooperate with my friends and enjoy physical activity together?

Can I use the skills I've learned to be physically active with friends?

Can I bounce, catch, and dribble a ball?

Can I move and play safely in different ways?

Unit Name	Standards Number	Objectives	Skill Development	Specific Assessments	Specific Resources
Personal and Social Responsibility	2, 4	- I can share space. - I can share equipment.	- Personal Space - Classroom procedures	Observation	OPEN Phys Ed PE Central PE Specialist

		• I can follow directions.			
Cooperative games	4, 5	• I can work with my team appropriately. • I can demonstrate basic teamwork skills. • I can follow all directions so everyone stays safe.	• Teamwork concepts • Sportsmanship • Taking turns • Communication	• Observation • Demonstration	OPEN Phys Ed PE Central PE Specialist
Basketball	1, 2, 3, 4, 5	• I can bounce and catch a basketball. • I can dribble a ball more than 2 times in a row. • I can push a ball up towards the basket.	• Dribbling • Shooting form	• Observation • Demonstration	OPEN Phys Ed PE Central PE Specialist
Educational Gymnastics/ Balance	1, 2, 3, 4, 5	• I can perform a log roll using the correct form. • I can tuck my chin correctly when attempting a	• Balance beams • Log rolls • Forward rolls	• Observation • Demonstration	OPEN Phys Ed PE Central PE Specialist

		forward roll. • I can control my body while walking across a balance beam.			
Fitness/ACES Day	3, 4, 5	• I can make my heart beat faster. • I can exercise with my grade level peers for a class period. • I can perform the exercise to the best of my ability	• ACES Celebration	• Participation	https://lensaunders.com/aces/aces.html
Rock Wall	3, 4, 5	• I can climb on the wall. • I can follow the rules for the rock wall. • I can climb up to the red line. • I can use my hands and feet to climb at least one rock to the right.	• Rock wall safety rules • Climbing on and off wall • Climbing up to the red line.	• Observation • Demonstration	everlast.com