



# WILDCATS

## Union R-XI School District

### Course Title: Kindergarten PE

Course Purpose - Childhood is the time to begin the development of active and healthy lifestyles. A quality physical education program will enhance a child's overall health by improving strength, endurance, flexibility, and agility. Physical education helps a child's mental alertness, academic performance and enthusiasm for learning. A child's self-esteem can be enhanced as well as the development of interpersonal relationships, responsible behavior, and independence. A quality program has developmentally appropriate, sequentially planned objectives with emphasis on individual goals and self improvement. A physically literate student will have the tools necessary to engage in a lifetime of wellness. The curriculum is developed to help children acquire the skills and self-confidence they need to participate in a wide variety of physical activities to be active for life. The components of the curriculum include: locomotor and nonlocomotor movements, manipulative skills, fitness, and social responsibility.

### Course Outcomes

Outcome/Unit 1	Tag
Outcome/Unit 2	Soccer
Outcome/Unit 3	Frisbee
Outcome/Unit 4	Football
Outcome/Unit 5	Hockey
Outcome/Unit 6	Parachute
Outcome/Unit 7	Basketball
Outcome/Unit 8	Bowling
Outcome/Unit 9	Baseball
Outcome/ Unit 10	Yard Games
Outcome/Unit 11	Golf
Outcome/Unit 12	Olympics