

HUDSONVILLE PUBLIC SCHOOLS ELEMENTARY COURSE FRAMEWORK



State Standard	Content Strand	Skill	Objective	Key Concepts / Cue Words	Materials / Resources	Assessment
Course/Subject: PreK / K Physical Education						
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	Skip	Demonstrate the step-hop movement pattern.	"Step, hop"	N/A	Shows correct arm swing, knee lift and step-hop pattern with rhythm.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	Gallop	Demonstrate the elements of form including step, push and close using preferred and non-preferred foot.	Step, Push, Close	N/A	Trail leg is always behind the lead foot with good balance and rhythm.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	Overhand Throw	Demonstrate overhead throwing using proper technique.	T-Position, twist, throw, follow-through	Ball	Stands sideways to target, opposite foot in front, eyes on target, rotate hips, throw, follow-through.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	Catching Fly Balls	Demonstrate tossing a lightweight ball to progressively greater heights and catching it.	Ready eyes, ready hands	Ball	Eyes on object, catch with hands, bends arms as they contact object.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Other Motor Skills	- Run - Slide - Walk - Hop - Jog/Pace	Demonstrates the appropriate motion for the subsequent motor skill.	Varies	N/A	Observation

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State Standard	Content Strand	Skill	Objective	Key Concepts / Cue Words	Materials / Resources	Assessment
MPECS.3,4: A physically educated person will participate regularly in lifelong physical activity.	Physical Fitness	• Run • Walk • Skip • Jog/Pace • Gallop	Demonstrates the ability to sustain each activity for the desired amount of time.	Varies	N/A	Observation
MPECS.2: A physically educated person demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	Cognitive Domain	• Body Parts & Functions	Demonstrate a knowledge of body parts: head, shoulders, knees, toes, heart, favorite hand, non-favorite hand.	Varies	N/A	Observation
MPECS.5, 6: A physically educated person exhibits responsible personal social behavior that respects self and others in physical activity settings.	Personal / Social Domain	• Cooperation • Following Directions • Use of Space • Best Effort • Compassion	Demonstrate an understanding of the concepts of the appropriate social skills in order to work together and care for others.	Varies	N/A	Observation