

KINDERGARTEN PHYSICAL EDUCATION MONITORING SHEET

- Tri. P.K.1 The student will demonstrate a minimum of two critical elements (isolated, small parts of the whole skill or movement) for locomotor, non-manipulative, and manipulative skills.
- ___ P.K.1.a Demonstrate a minimum of two critical elements for locomotor skills of
- ___ walking
 - ___ running
 - ___ hopping
 - ___ jumping and landing
 - ___ galloping
 - ___ sliding
 - ___ skipping
- ___ P.K.1.b Demonstrate a minimum of two critical elements used in the non-manipulative movements of
- ___ bending
 - ___ pushing
 - ___ pulling
 - ___ stretching
 - ___ turning
 - ___ twisting
 - ___ swinging
 - ___ swaying
 - ___ rocking
 - ___ balancing
 - ___ rolling
- ___ P.K.1.c Demonstrate a minimum of two critical elements used in stationary manipulative skills
- ___ toss and throw to targets
 - ___ bounce and catch
 - ___ toss and catch
 - ___ kick to target
 - ___ strike with paddle
 - ___ dribble
 - ___ roll
 - ___ trap
 - ___ volley with hand
- ___ P.K.1.d Demonstrate a minimum of two critical elements used in manipulative skills while moving
- ___ P.K.1.e Demonstrate moving to a rhythm, using basic rhythmic patterns
- Tri. P.K.2 The student will demonstrate use of the movement concepts of *directions*, *levels*, *pathways*, and *effort* (force and speed) while performing locomotor skills

Tri. P.K.3 The student will participate in moderate-to-vigorous physical activities that cause increased heart rate, breathing rate, and perspiration

Tri. P.K.4 The student will use appropriate behaviors and safe practices in physical activity settings

P.K.4.a Demonstrate good listening skills when learning procedures and receiving instruction

P.K.4.b Demonstrate ability to share and be cooperative and safe with others

P.K.4.c Demonstrate an understanding of general and personal space

Tri. P.K.5 The student will participate in regular physical activity

Tri. P.K.6 The student will explain why physical activity is good for health