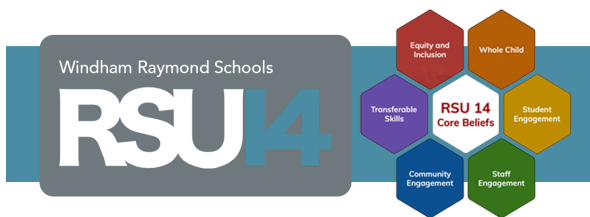


# Physical Education- Grade K

## Windham Primary School



### Curriculum Guide

Windham Primary School

Physical Education, Kindergarten

Welcome to Physical Education Class. Our emphasis is on motor skills and movement patterns, concepts and strategies, fitness education, responsible personal and social behavior and recognizing the value of physical education.

#### Grade Level and Description:

*Kindergarten - Year long*

Focus is on locomotor skills and moving safely in our own personal space. Later on in the year we bring out equipment and do more sports related skills.

#### Standards and Performance Expectations

**Standard: Motor Skills and Movement Patterns**

Physically literate students demonstrate competency in a variety of motor skills and movement patterns.

- ☐ Locomotor Skills
- ☐ Non-Locomotor Skills
- ☐ Locomotor Skills and nonlocomotor Combination Skills
- ☐ Manipulative Skills

**Standard: Concepts and Strategies**

Physically literate students apply knowledge of concepts, principles, strategies and tactics related to movement and performance.

- ☐ Movement Concepts
- ☐ Strategies and Tactics

**Standard: Fitness Education**

Physically literate students demonstrate the knowledge and skills to plan, execute, self-monitor, achieve, and maintain a health-enhancing level of physical activity and/or fitness.

- ☐ Health-Related Fitness and Exercise
- ☐ Skills-Related Fitness and Training
- ☐ Training Principles for Fitness and Sport
- ☐ Health-related and/or sport training fitness plan
- ☐ Fitness, Sport, and Technology
- ☐ Physical Activity

**Standard: Responsible Personal and Social Behavior**

Physically literate students exhibit responsible personal and social behavior that respects self and others.

- ☐ Personal Responsibility
- ☐ Working with Others
- ☐ Rules, Etiquette, and Safety

**Standard: Recognize the Value of Physical Activity**

Physically literate students recognize the value of physical activity for health, enjoyment, challenge, self-expression, and /or social interaction.

- ☐ Health
- ☐ Challenge
- ☐ Self-expression and Enjoyment
- ☐ Social Interaction

## Guiding Principles

- ☐ Clear and Effective Communicator
- ☐ Self-Directed and Lifelong Learner
- ☐ Creative and Practical Problem Solver
- ☐ Responsible and Involved Citizen
- ☐ Integrative and Informed Thinker

Course Units and Activities may include:

<u>Units:</u>	<u>Activities</u>
<ul style="list-style-type: none"><li><input type="checkbox"/> Fitness</li><li><input type="checkbox"/> Basketball</li><li><input type="checkbox"/> Soccer</li><li><input type="checkbox"/> Circus Arts</li><li><input type="checkbox"/> Throwing and Catching</li><li><input type="checkbox"/> Locomotor Skills</li><li><input type="checkbox"/> Striking</li><li><input type="checkbox"/> Bowling</li><li><input type="checkbox"/> Dance</li><li><input type="checkbox"/> Yoga</li><li><input type="checkbox"/> Kickball/ Baseball</li><li><input type="checkbox"/> Snowshoeing</li><li><input type="checkbox"/> Pillow Polo/ Floor Hockey</li><li><input type="checkbox"/> Frisbee Throw</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Walk, Jog, Run</li><li><input type="checkbox"/> Calisthenic Exercises</li><li><input type="checkbox"/> Dribbling, Ball Handling, Shooting.</li><li><input type="checkbox"/> Spinning Plates Juggling, Scarves, Juggling Sticks</li><li><input type="checkbox"/> Messy Backyard</li><li><input type="checkbox"/> Pirate Ship</li><li><input type="checkbox"/> Cannonball Cove</li><li><input type="checkbox"/> Throwing at Targets</li><li><input type="checkbox"/> Tag Games</li><li><input type="checkbox"/> Tracking Skills</li><li><input type="checkbox"/> Throwing and catching</li><li><input type="checkbox"/> Cooperative Games</li><li><input type="checkbox"/> Poisonball</li><li><input type="checkbox"/> Parachute</li><li><input type="checkbox"/> Scooters</li></ul>

Curriculum Materials may include:

<ul style="list-style-type: none"><li><input type="checkbox"/> Softee Balls</li><li><input type="checkbox"/> Playground Balls</li><li><input type="checkbox"/> Soccer Balls</li><li><input type="checkbox"/> Basketballs</li><li><input type="checkbox"/> Poly Spots</li><li><input type="checkbox"/> Hula Hoops</li><li><input type="checkbox"/> Bean Bags</li><li><input type="checkbox"/> Frisbees</li><li><input type="checkbox"/> Yoga mats</li><li><input type="checkbox"/> Snowshoes</li><li><input type="checkbox"/> Parachute</li><li><input type="checkbox"/> Cones</li><li><input type="checkbox"/> Bowling Pins</li></ul>
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- ☐ Circus Art Equipment
- ☐ Posters
- ☐ Scooters
- ☐ Pillo Polo Sticks
- ☐ Noodles