## Physical Education Curriculum
### Kindergarten & 1st Grade Expectations

<table>
<thead>
<tr>
<th>Content/Standard</th>
<th>KINDERGARTEN &amp; 1st GRADE EXPECTATIONS</th>
<th>Every kindergartener &amp; 1st grader should be able to:</th>
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| **Standard One:** | Demonstrates responsible personal and social behavior in physical settings to develop an awareness of God in an environment of respect in a manner consistent with Christian teachings. | Begin to learn and utilize acceptable behaviors for physical activity settings.  
- Exhibit self control  
- Know the rules for participating in physical education class and for play at recess.  
- Work in group setting without interfering with others.  
- Respond to teacher signals.  
- Respond appropriately to rule reminders.  
- Follow directions given to the class for an all-class activity.  
- Know how to use a piece of equipment safely and properly put it away.  
- Know how to take turns using a piece of equipment.  
- Transfer “rules of the gym” to other areas of school and vice versa. |
| PA 10.2.1 | | |
| PA 10.3.1 | | |
| PA 10.5.1 | | |
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### PHYSICAL EDUCATION CURRICULUM

#### Kindergarten & 1st Grade

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| **Standard Two:** | Demonstrate competency in many movements and proficiency in a few movement forms. | Enjoy participation in physical activities and establish a foundation to engage in appropriate motor patterns in daily physical activities. | Locomotor movements:  
- Running  
- Leaping  
- Hopping  
- Galloping  
- Skipping  
- Chasing  
- Fleeing  
- Dodging | |
| PA 10.4.1        |                                       | ❖ Toss and catch an object.  
❖ Demonstrate clear contrasts between slow and fast movement while traveling.  
❖ Maintain momentary stillness bearing weight on a variety of body parts - balance.  
❖ Roll sideways without hesitating or stopping.  
❖ Travel in forward, backward and sideways directions.  
❖ Change direction quickly in response to a signal.  
❖ Walk and run using mature form. | Non-locomotor movements  
- Twisting  
- Swinging  
- Stretching  
- Bending | |
| PA 10.5.1        |                                       | Manipulative  
- Throwing  
- Catching  
- Striking | |
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| **Standard Three:** PA 10.3.1 PA 10.5.1 | Applies movement concepts and principles to the learning and development of motor skills. | Transfer knowledge and understanding to the learning and development of new skills.  
- Identify different movement patterns and body parts.  
- Identify and use a variety of relationships with objects.  
- Identify and begin to utilize the technique employed to soften the landing in jumping.  
- Recognize that skill development requires practice.  
- Respond appropriately to a variety of cues for safety and skill development. | Spatial awareness:  
- Over/under  
- Behind  
- Alongside  
- Through  
Others:  
- Leg flexion  
- Vertical jump |
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| **Standard Four:** | Exhibits a physically active lifestyle. (Active Living) | Develop positive attitudes toward participation in physical activity and a general awareness that physical activity is both fun and good for you. <br>८ Participate regularly in vigorous physical activity. <br>८ Recognize that physical activity is good for personal well-being. <br>८ Identify feelings that result from participation in physical activities. | Feelings: <br>८ Likes/dislikes <br>८ Playing fair <br>८ Taking turns <br>८ Sharing | }
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| **Standard Five:** | Achieves and maintains a health-enhancing level of fitness. | Sustain physical activity for short periods of time.  
✓ Sustain moderate to vigorous physical activity.  
✓ Engage in physical activity for recreation and recess.  
✓ Awareness of heart beating faster during physical activity and increase in breathing.  
✓ Move joints through a full range of motion on both sides of the body. | Exercises:  
○ Jumping jacks  
○ Toe-touches  
○ Galloping  
○ Skipping | |
## KINDERGARTEN & 1st Grade Expectations

Every kindergartener & 1st grader should be able to:

- Discover the joy of playing with friends and how social interaction can make activities more fun.
- Enjoy participation alone and with others.
- Learn to resolve conflicts in socially acceptable ways.
- Choose playmate without regard to personal differences (e.g., race, gender, skills).
- Recognize that differences make people unique and are products of God’s love just as they are products of God’s love.

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<td>Standard Six:</td>
<td>Demonstrates understanding and respect for differences among people in physical activity settings. (Cooperation)</td>
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<td><strong>Standard Seven:</strong></td>
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| PA 10.2.1        | Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (Values Physical Activity) | While engaged in physical activities, students will associate positive feelings about participating in and trying new movement activities and skills.  
❖ Identify feelings that result from participation in physical activities.  
❖ Develop an understanding of why Physical Education classes are important and instill a desire to put learned skills into practice. | | |