

**DIOCESE OF HARRISBURG**  
**PHYSICAL EDUCATION CURRICULUM**

**Kindergarten & 1st**

Content/Standard	KINDERGARTEN & 1st GRADE EXPECTATIONS	Every kindergartener & 1 <sup>st</sup> grader should be able to:	Suggested Skills & Practices	Date Assessed
<p><b>Standard One:</b></p> <p>PA 10.2.1 PA 10.3.1 PA 10.5.1</p>	<p>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.</p>	<p>Begin to learn and utilize acceptable behaviors for physical activity settings.</p> <ul style="list-style-type: none"> <li>❖ Exhibit self control</li> <li>❖ Know the rules for participating in physical education class and for play at recess.</li> <li>❖ Work in group setting without interfering with others.</li> <li>❖ Respond to teacher signals.</li> <li>❖ Respond appropriately to rule reminders.</li> <li>❖ Follow directions given to the class for an all-class activity.</li> <li>❖ Know how to use a piece of equipment safely and properly put it away.</li> <li>❖ Know how to take turns using a piece of equipment.</li> <li>❖ Transfer “rules of the gym” to other areas of school and vice versa.</li> </ul>		

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<p><b>Standard Two:</b></p> <p>PA 10.4.1 PA 10.5.1</p>	<p>Demonstrate competency in many movements and proficiency in a few movement forms.</p>	<p>Enjoy participation in physical activities and establish a foundation to engage in appropriate motor patterns in daily physical activities.</p> <ul style="list-style-type: none"> <li>❖ Toss and catch an object.</li> <li>❖ Demonstrate clear contrasts between slow and fast movement while traveling.</li> <li>❖ Maintain momentary stillness bearing weight on a variety of body parts-balance.</li> <li>❖ Roll sideways without hesitating or stopping.</li> <li>❖ Travel in forward, backward and sideways directions.</li> <li>❖ Change direction quickly in response to a signal.</li> <li>❖ Walk and run using mature form.</li> </ul>	<p>Locomotor movements:</p> <ul style="list-style-type: none"> <li>○ Running</li> <li>○ Leaping</li> <li>○ Hopping</li> <li>○ Galloping</li> <li>○ Skipping</li> <li>○ Chasing</li> <li>○ Fleeing</li> <li>○ Dodging</li> </ul> <p>Non-locomotor movements</p> <ul style="list-style-type: none"> <li>○ Twisting</li> <li>○ Swinging</li> <li>○ Stretching</li> <li>○ Bending</li> </ul> <p>Manipulative</p> <ul style="list-style-type: none"> <li>○ Throwing</li> <li>○ Catching</li> <li>○ Striking</li> </ul>	

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<b>Standard Three:</b>  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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<p><b>Standard Four:</b></p> <p>PA 10.2.1 PA 10.4.1</p>	<p>Exhibits a physically active lifestyle. (Active Living)</p>	<p>Develop positive attitudes toward participation in physical activity and a general awareness that physical activity is both fun and good for you.</p> <ul style="list-style-type: none"> <li>❖ Participate regularly in vigorous physical activity.</li> <li>❖ Recognize that physical activity is good for personal well-being.</li> <li>❖ Identify feelings that result from participation in physical activities.</li> </ul>	<p>Feelings:</p> <ul style="list-style-type: none"> <li>○ Likes/dislikes</li> <li>○ Playing fair</li> <li>○ Taking turns</li> <li>○ Sharing</li> </ul>	

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<p><b>Standard Five:</b></p> <p>PA 10.1.1 PA 10.2.1 PA 10.4.1 PA 10.5.1</p>	<p>Achieves and maintains a health-enhancing level of fitness.</p>	<p>Sustain physical activity for short periods of time.</p> <ul style="list-style-type: none"> <li>❖ Sustain moderate to vigorous physical activity.</li> <li>❖ Engage in physical activity for recreation and recess.</li> <li>❖ Awareness of heart beating faster during physical activity and increase in breathing.</li> <li>❖ Move joints through a full range of motion on both sides of the body.</li> </ul>	<p>Exercises:</p> <ul style="list-style-type: none"> <li>○ Jumping jacks</li> <li>○ Toe-touches</li> <li>○ Galloping</li> <li>○ Skipping</li> </ul>	

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<p><b>Standard Six:</b></p> <p>PA 10.2.1</p> <p>PA 10.3.1</p>	<p>Demonstrates understanding and respect for differences among people in physical activity settings. (Cooperation)</p>	<p>Discover the joy of playing with friends and how social interaction can make activities more fun.</p> <ul style="list-style-type: none"> <li>❖ Enjoy participation alone and with others.</li> <li>❖ Learn to resolve conflicts in socially acceptable ways.</li> <li>❖ Choose playmate without regard to personal differences (e.g. race, gender, skills).</li> <li>❖ Recognize that differences make people unique and are products of God’s love just as they are products of God’s love.</li> </ul>		

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<b>Standard Seven:</b>  PA 10.2.1 PA 10.3.1 PA 10.4.1	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.		