



# Physical Education Kindergarten

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# Hazelwood School District

## **Mission Statement**

We are a collaborative learning community guided by a relentless focus to ensure each student achieves maximum growth.

## **Vision Statement**

HSD will foster lifelong learners, productive citizens and responsible leaders for an ever-evolving society.

Board of Education on January 5, 2010

## **Goals**

Goal # 1: Hazelwood students will meet or exceed state standards in all curricular areas, with emphasis in reading, writing, mathematics, science and social studies.

Goal # 2: Hazelwood staff will acquire and apply the skills necessary for improving student achievement.

Goal #3: Hazelwood School District, the community and all families will support the learning of all children.

## Curriculum Overview

The committee members aligned the curriculum with the Physical Education Grade Level Expectations published by DESE in May, 2007 and cross-referenced it with the National PE Standards. The curriculum meets all of the state and district requirements for 21<sup>st</sup> century skills, cultural relevance, skill-building, and student-centeredness.

The curriculum contains performance assessments, constructed responses, and selected responses that are rigorous and outline clear expectations. **The assessments are required;** the learning activities are suggested. Teachers are encouraged to select the learning activities which meet the needs of their students. Some of the learning activities are very sequential and, when all of them are used, a student should be able to successfully complete the unit assessment(s). Other activities provide a menu of suggestions, and the teacher should select from those offered or design his/her own.

COURSE TITLE: Physical Education K

GRADE LEVEL: Kindergarten

CONTENT AREA: Physical Education

### Course Description:

This course is designed to give students the opportunity to learn through a comprehensive planned Physical Education program. The emphasis is on cooperation, sportsmanship, strategy, and skill development. Students will develop skills through a variety of ways including skill specific station work and teaching games for understanding.

### Course Rationale:

Physical education is an integral part of the total education process. The focus of the program is to prepare students to become physically active, develop skills, and acquire a lifelong appreciation of leading a healthy life. Recognizing the needs of each individual will facilitate the acquisition of cognitive information and skills to provide optimal physical, mental, emotional, and social well-being. Active participation in the program will help the individual identify and reduce potential risk behaviors, enhance a positive self-image, promote sportsmanship, and increase the quality of life.

### Course Scope and Sequence

Unit 1: Movement Education/ Rhythm (12 class periods)	Unit 2: Wellness (18 class periods)	Unit 3: Basic Movement & Manipulative Skills/ Lifetime and Cooperative Activities (55 class periods)
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### Unit Objectives:

Unit 1: Movement Education/Rhythm

1. Students will execute a single jump with a self-turned rope.
2. Students will jump a long rope with teacher assisted turning.
3. Students will demonstrate simple movements to music.
4. Students will demonstrate the concepts of beat/rhythm pattern as it applies to music and movement.
5. Students will demonstrate the ability to use their body as a means of expression.

Unit 2: Wellness

1. Students will recognize that physical activity is important for good health.
2. Students will identify the major parts of the body.

Unit 3: Basic Movement & Manipulative Skills/Lifetime and Cooperative Activities

1. Students will know a variety of locomotor skills (walk, run, skip, gallop, slide, hop, jump, and leap).
2. Students will demonstrate non-locomotor skills (push, pull, bend, twist, stretch, turn).
3. Students will demonstrate manipulative skills in a stationary position (rolling, throwing, kicking, tossing, dribbling, striking, and catching).
4. Students will demonstrate individual stunts.

**Essential Terminology/Vocabulary:**

Unit 1: Movement Education/Rhythm

- rhythm
- jumping
- jumping rope
- turning
- locomotor skills
  - skip
  - jump
  - shuffle
- pattern
- expressions

Unit 2: Wellness

- heart
- lungs
- warm-up
- cool-down
- physically fit
- healthy

Unit 3: Basic Movement & Manipulative Skills/Lifetime and Cooperative Activities

- walk
- jump
- run
- skip
- gallop
- slide
- hop

- roll
- throw
- kick
- catch
- toss
- dribble
- volley/set
- tumbling
- balance
- general space
- personal space
- cooperation
- sharing
- chasing
- fleeing
- dodging
- safety

### **Approved Course Materials and Resources:**

Available resources