

Physical Education



Kindergarten

Standard 1: A physically educated student will acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits.

Basic Skills

- 1.1 Experience and develop locomotor skills through a variety of activities
- 1.2 Experience and develop nonlocomotor skills through a variety of activities
- 1.3 Experience and develop ways to receive, retain and send an object, using a variety of body parts and implements, and through a variety of activities

Application of Basic Skills

- 1.4 Experience the basic skills in a variety of environments; e.g., playground
- 1.5 Experience movement to respond to a variety of stimuli; e.g., music
- 1.6 Experience body awareness when performing dance activities
- 1.7 Demonstrate body and space awareness when performing space awareness games
- 1.8 Demonstrate an understanding of basic rules and fair play
- 1.9 Experience educational gymnastics; e.g., exploring the use of different body parts, types of effort, space and relationships
- 1.10 Experience the basic skills of running, jumping, throwing in a variety of environments; e.g., field

Standard 2: A physically educated student will understand, experience and appreciate the health benefits that result from physical activity.

Functional Fitness

- 2.1 Recognize appropriate nutritional habits
- 2.2 Recognize improvement in physical abilities
- 2.3 Experience cardio-respiratory activities

Body Image

- 2.4 Recognize personal abilities while participating in physical activity

Well-being

2.5 Experience how physical activity makes one feel

2.6 Experience the changes that take place in the body during physical activity

2.7 Understand the connections between physical activity and emotional well-being; e.g., feels good

Standard 3: A physically educated student will interact positively with others.

Communication

3.1 Begin to develop respectful communication skills appropriate to context

Fair Play

3.2 Identify and demonstrate etiquette and fair play

Leadership

3.3 Experience different roles in a variety of physical activities

Teamwork

3.4 Display a willingness to play alongside others

Standard 4: A physically educated student will assume responsibility to lead an active way of life.

Effort

4.1 Show a willingness to participate regularly in short periods of activity with frequent rest intervals

4.2 Participate with effort in physical activities

Safety

4.3 Show a willingness to listen to directions and simple explanations

4.4 Participate in safe warm-up and cool-down activities

4.5 Experience moving safely and sensitively through all environments; e.g., movement activities

Goal Setting/Personal Challenge

4.6 Participate in a class activity with a group goal

4.7 Make choices to be involved in a variety of movement experiences

Active Living in the Community

4.8 Describe appropriate places for children to play

4.9 Make choices to be active