

# Physical Education

## PreK, Age 4



### **Standard 1: The student performs in a wide variety of movement patterns.**

- 1.1 Demonstrate basic locomotor skills: running jumping, hopping, skipping and galloping
- move with direction and increasing coordination*
  - run moving arms and legs*
  - run changing direction*
  - turn without falling*
  - do a running jump with both feet*
  - skip, often reverting to galloping*
  - hop on 1 foot 10 successive times*

### **Standard 2: The student acquires physical skill and techniques concomitant with a successful pursuit of physical activity.**

- 2.1 Show balance while moving
- walk along a wide beam such as the edge of a sandbox*
  - walk on a marked circle*
- 2.2 Show balance while in stationary position
- stand on 1 foot without aid 4-8 seconds*
- 2.3 Climb up and down
- climb up and down stairs and ladders*
  - walk downstairs using a handrail and alternating feet*
- 2.4 Pedal and steer a tricycle
- pedal and steer around obstacles and sharp corners*
- 2.5 Demonstrate throwing, kicking and catching skills with increasing control
- throw object with underhand/overhand motion*
  - use some body rotation in throwing*
  - catch bounced ball*
  - hold arms out, flexed at elbows to catch*
  - move toward ball and kick*
  - use arms in opposition to legs when kicking*
- 2.6 Control small muscles in hands
- manipulate small objects with increasing control*
  - screw together threaded objects*
  - button and unbutton*
- 2.7 Coordinate eye-hand movement
- perform simple manipulations with increasing coordination*
  - plan and attends to detail*
  - build a tower of 7-9 blocks*
  - put together a simple puzzle of 4-12 pieces*
  - cut on a straight line and curved lines*
- 2.8 Use tools for writing and drawing
- hold marker or crayon with thumb and two fingers*
  - draw person with at least four parts recognizable to adults*
  - draw simple shapes*

