

Expectations and Outcomes

Grade Level/Course: Kindergarten

Content Area: Physical Education

Unit Title	Guarantees
Standard 1	<ul style="list-style-type: none"> • Locomotor: Hopping, galloping, running, sliding, skipping, leaping Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance. (Performs jumping & landing actions with balance • Performs locomotor skills in response to teacher-led creative dance • Maintains momentary stillness on different bases of support Forms wide, narrow curled and twisted body shapes • Rolls sideways in a narrow body shape • Contrasts the actions of curling & stretching • Throws underhand with opposite foot forward • Drops balls and catches it before it bounces twice • Catches a large ball tossed by a skilled thrower • Dribbles ball with 1 hand, attempting a 2nd contact • Taps a ball using the inside of the foot, sending it forward • Kicks a stationary ball from a stationary position demonstrating 2 of 5 elements of mature kicking pattern • Volleys a light-weighted object (balloon) sending it upward • Strikes a light-weight object with a paddle or short-handled racquet • Executes a single jump with self-turned rope • Jumps a long rope with teacher-assisted turn
Standard 2	<ul style="list-style-type: none"> • Differentiates between movement in personal (self space) and general space Moves in personal space to rhythm Travels in 3 different pathways Travels in general space with different speeds
Standard 3	<ul style="list-style-type: none"> • Identifies active-play opportunities outside Physical Education class Actively participates in Physical Education class

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	<p>Recognizes that when you move fast, your heart beats faster and you breathe faster</p> <p>Recognizes that food provides energy for physical activity</p>
Standard 4	<ul style="list-style-type: none"> • Follows directions in group settings (e.g., safe behaviors, following rules, taking turns) Acknowledges responsibility for behavior when prompted Follows instruction / directions when prompted Shares equipment and space with others Recognizes the established protocols for class activities Follows teacher direction for safe participation and proper use of equipment with minimal reminders
Standard 5	<ul style="list-style-type: none"> • Recognizes that physical activity is important for good health Acknowledges that some physical activities are challenging/difficult Identifies physical activities that are enjoyable Discusses the enjoyment of playing with friends