

**Physical Education Department
Kindergarten Curriculum Map**

First Grading Period	Second Grading Period	Third Grading Period
<p>Standard One Travels:</p> <ul style="list-style-type: none"> • Within a large group without bumping/falling, using locomotor skills. • At different speeds (i.e., slow/fast) using locomotor skills in different pathways (i.e., straight, curved, zigzag) • And changes direction (i.e., forward, backward) in response to a signal. • With an object, demonstrating relationships (i.e., under, over, behind, through) <p>Performs:</p> <ul style="list-style-type: none"> • Locomotor movements to a steady beat • Clapping to a simple beat 	<p>Standard One Demonstrates shapes:</p> <ul style="list-style-type: none"> • Using non-locomotor movements, at different levels (i.e., high, medium, and low levels) by using body parts (i.e., hands, arms, feet, legs, torso) in combinations <p>Demonstrates:</p> <ul style="list-style-type: none"> • Balance on 1-5 different body parts • Balance on narrow surfaces while walking • A continuous log roll • Jumping over a stationary rope (i.e., forward, back, sideways) 	<p>Standard One Demonstrates:</p> <ul style="list-style-type: none"> • Striking a stationary balloon or ball w/hands, arms, and feet • Catching a self-thrown ball • Kicking a stationary object • Bouncing a ball continuously using two hands
<p>Standard Two Identifies:</p> <ul style="list-style-type: none"> • Use of personal and general space • Locomotor skills <p>Explains:</p> <ul style="list-style-type: none"> • Differences in relationships 	<p>Standard Two Identifies and describes:</p> <ul style="list-style-type: none"> • Parts of the body <p>Explains:</p> <ul style="list-style-type: none"> • Base of support 	<p>Standard Two Identifies:</p> <ul style="list-style-type: none"> • Point of contact when kicking <p>Explains:</p> <ul style="list-style-type: none"> • Role of eyes when striking objects <p>Describes:</p> <ul style="list-style-type: none"> • Position of fingers in follow-through phase of bouncing a ball.
<p>Standard Three Participates:</p> <ul style="list-style-type: none"> • In physical activities that are enjoyable and challenging • In sustained, continuous movement for increasing periods of time 	<p>Standard Three Demonstrates:</p> <ul style="list-style-type: none"> • Participation with increased heart and breathing rate • Hanging from overhead bars • Climbing a ladder, jungle gym, etc. 	<p>Standard Three Assesses and Maintains:</p> <ul style="list-style-type: none"> • Stretches upper body and legs without bouncing <p>Identifies:</p> <ul style="list-style-type: none"> • Indicators of increased capacity to participate in activity
<p>Standard Four Identifies:</p> <ul style="list-style-type: none"> • Enjoyable/challenging physical activities that can be sustained • Activities that cause the heart to beat faster • The location of the heart and explains that it is a muscle <p>Explains:</p> <ul style="list-style-type: none"> • That physical activity increases heart rate 	<p>Standard Four Explains:</p> <ul style="list-style-type: none"> • Strong muscles help in climbing, hanging, etc. • The role of water as a nutrient • That nutritious food provides energy 	<p>Standard Four Identifies:</p> <ul style="list-style-type: none"> • The location and role of the lungs • Body part involved in stretching <p>Explains:</p> <ul style="list-style-type: none"> • Muscles move bones • What the body is composed of (i.e., bones, organs, fat, and tissue)
<p>Standard Five Identifies:</p> <ul style="list-style-type: none"> • Feelings related to physical activity <p>Participates:</p> <ul style="list-style-type: none"> • Willingly in activity 	<p>Standard Five Demonstrates:</p> <ul style="list-style-type: none"> • Characteristics of sharing <p>Describes</p> <ul style="list-style-type: none"> • How social interaction makes the activity fun for all 	<p>Standard Five Participates:</p> <ul style="list-style-type: none"> • As a leader and a follower

Participates 3 to 4 times a week, for increasing periods of times, in moderate to vigorous physical activities that increase breathing and heart rate