

**Physical Education Department
Kindergarten First Progress Report**

<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 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 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 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 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>Participates 3 to 4 times a week, for increasing periods of times, in moderate to vigorous physical activities that increase breathing and heart rate</p>				
<p align="center">I.M.P.A.C.T</p> <p><u>Stations:</u></p> <ul style="list-style-type: none"> • Color Shuttle • Crab up • Walk/March • Mouse Walk • Puppy Run <p><u>Dance:</u></p> <ul style="list-style-type: none"> • Where are you? • Shakin' It • Turkey Tango • Hokey Pokey • Jump Jim Joe <p align="center">Activities</p> <ul style="list-style-type: none"> • Orientation and Personal Space • General Space and Creative Moves • Movement Concepts Using Hoops 	<p align="center">Classroom Activities</p> <p><u>Activity:</u></p> <ul style="list-style-type: none"> • Instant Recess DVD's <p><u>Assessment</u></p> <ul style="list-style-type: none"> • Performances • Structured Observation • Worksheets • Event Tasks 	<p align="center">I.M.P.A.C.T</p> <p><u>Stations:</u></p> <ul style="list-style-type: none"> • Shape Shuttle • Cat Walk • Gallop/Slide • Obstacle Jump <p><u>Dance:</u></p> <ul style="list-style-type: none"> • Where are you? • Shakin' It • Turkey Tango • Hokey Pokey • Jump Jim Joe <p align="center">Activities</p> <ul style="list-style-type: none"> • Orientation and Personal Space • General Space and Creative Movement • Movement Concepts Using Hoops 	<p align="center">Classroom Activities</p> <p><u>Assessment</u></p> <ul style="list-style-type: none"> • Reflections • Logs • Individual/Family Projects 	<p align="center">Classroom Activities</p> <ul style="list-style-type: none"> • Reflections • Logs • Individual/Family Projects • Structured Observations • Role Playing