

Wallenpaupack Area School District

Course: Physical Education

GRADE LEVEL: Kindergarten

LENGTH OF COURSE:

TEXT:

PUBLISHER:

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COURSE DESCRIPTION:

AREAS OF STUDY:

Wellness and Fitness
Body and Spatial Awareness
Movement Exploration
Ball Handling
Manipulative Skills
Rhythmic Activities

CURRICULUM WRITING TEAM:

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DATE OF REVISION:

2006

Wallenpaupack Area School District

Course: Physical Education

Grade Level: Kindergarten

Unit: Wellness and Fitness

PA Standard: 10.4.3.A
 10.4.3.B
 10.4.3.C
 10.4.3.D
 10.4.3.E
 10.4.3.F
 10.5.3.A
 10.5.3.B
 10.5.3.C
 10.5.3.D

Topics:	Skills:
<p>Flexibility</p> <p>Cardiovascular endurance</p> <p>Muscular strength</p>	<p>Flexibility Warm-up/cool-down stretching</p> <p>Cardiovascular Endurance Daily jog/walk or locomotor movement (increase time throughout the year) Jump rope Aerobic activity/game</p> <p>Muscular strength Upper body Abdominal Legs</p>
Activities:	Performance Assessment:
<p>Teacher led stretches (why stretch, proper and appropriate for the activity) Importance of warm-up and cool-down Jog/walk Introduce "pacing" – how and why Wall apparatus (pull-ups/arm hang and climbing ladder) Introduce sit-ups with proper form</p>	<p>Participation Teacher observation Formative assessment (pre-post) 1-minute sit-up test Discussion</p>

Wallenpaupack Area School District

Course: Physical Education

Grade Level: Kindergarten

Unit: Body and Spatial Awareness

PA Standard: 10.4.3.A
 10.4.3.B
 10.4.3.E
 10.4.3.F
 10.5.3.A
 10.5.3.B
 10.5.3.C
 10.5.3.E

Topics:	Skills:
<p>Self-space (personal space)</p> <p>General space</p> <p>Body awareness</p>	<p>Establish a beginning movement vocabulary and understanding of self-space</p> <p>Safe movement with regard to: location (self and others), direction, levels, pathways, speed</p> <p>Recognition of body parts and names of body parts (head, shoulders, elbows, knees, ankles, etc.) Movement of body parts in space</p>
Activities:	Performance Assessment:
<p>Finding self-space Use of poly spots and hoops Discuss importance of self-space and safety Directions (over, under, on, behind, side, etc.) Perform locomotor movements in general space Levels, pathways, speed Activities Control your body in self and general space</p>	<p>Teacher observation Participation</p>

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Course: Physical Education

Grade Level: Kindergarten

Unit: Movement Exploration

PA Standard: 10.4.3.A
 10.4.3.C
 10.4.3.D
 10.4.3.E
 10.4.3.F
 10.5.3.A
 10.5.3.C
 10.5.3.D

Topics:	Skills:
Locomotor movements	Walk Run/jog Hop Jump Skip Gallop Step and slide
Non-locomotor movements	Bend/stretch Push/pull Swing/sway Twist/turn
Balance activities	Animal walks Basic rolls Basic stands Partner stunts
Cooperation and sportsmanship	Partner activities Small group (tag games with various motor movements)
Activities:	Performance Assessment:
Discussion and demonstration of proper form and critical elements Perform locomotor movements in a variety of activities Game play using a variety of fundamental movement patterns Discuss, demonstrate and perform non-locomotor movements checking for proper form and critical elements Developmentally appropriate activities on the mats Cooperative activities	Teacher observation Skill checklist (critical elements) Participation Partner observation Students gain an appreciation for cooperating and sharing in class activities

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Unit: Ball Handling

PA Standard: 10.4.3.A
 10.4.3.D
 10.4.3.E
 10.4.3.F
 10.5.5.A
 10.5.5.C
 10.5.5.E
 10.5.5.F

Topics:	Skills:
Exploration	Around, over, under Moving the ball with different body parts
Throwing and catching a variety of objects	Introduce underhand throw and practice Pendulum swing Opposite foot in front Catching introduce and practice eyes on the object face partner Eyes follow the object to hand
Tossing	Bean bags Variety of objects
Rolling exploration	Introduction and practice hand position Step with opposite foot Swing Follow through
Dribbling	Using hands-push ball to the floor
Kicking	Stationary ball Step and kick
Striking	Hand Tapping balloon Paddle Tapping balloon
Activities:	Performance Assessment:
Variety of equipment Demonstration Targets to toss objects at Rolling a ball to a person or target Practice and feedback	Teacher observation Participation

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Unit: Manipulative Skills

PA Standard: 10.4.3.A
10.4.3.D
10.4.3.E
10.4.3.F
10.5.3.A
10.5.3.B
10.5.3.D
10.5.3.E
10.5.3.F

Topics:	Skills:
Manipulative movement activities	Introduce and practice locomotor, non-locomotor and manipulative fundamental movement
Activities:	Performance Assessment:
Parachute Scooters Scarves Streamers Beanbag Frisbee Balloon Hula hoops	Teacher observation

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Unit: Rhythmic Activities

PA Standard: 10.4.3.A
10.4.3.D
10.4.3.E
10.5.3.A

Topics: Basic movements, rhythmic exercises, musical activities	Skills: Introduce and practice basic movement patterns during various musical and/or dance activities
Activities: Basic/creative movements through music (i.e., Hokey Pokey) Current dance movements Student-creative dance movements to music	Performance Assessment: Teacher observation Participation