

MARY, QUEEN OF PEACE SCHOOL
Grade Level Goals and Content

GRADE: Kindergarten
GOALS:

SUBJECT: Physical Education

Students will:

1. demonstrate knowledge of body awareness and the body's relationship to space.
2. apply knowledge through participation in developmental games and activities.
3. demonstrate locomotor, nonlocomotor, and balance skills through manipulative activities.
4. show an appreciation for personal fitness.
5. act in accordance with safety pertaining to self and others.
6. imitate positive sportsmanship and behavior through participation in all activities.

CONTENT TOPICS:

1. Major body parts (head, eyes, ears, nose, toes, feet, arms, back)
2. Spatial and directional awareness (right/left) and personal space
3. Individual and partner activities involving single locomotor patterns
4. Fine and gross motor skill development through organized games: e.g. clean house, line tag, hot foot
5. locomotor and nonlocomotor skills (run, jump, skip, hop, gallop, push, pull, twist, pull)
6. Balance and support on one, two, and three points
7. Fundamentals of throwing, catching, striking, jumping, kicking, and bouncing with manipulatives
8. Flexibility, strengthening exercises, and aerobic activities