

**PHYSICAL EDUCATION LEARNING EXPECTATIONS**  
**KINDERGARTEN**

**I. SKILL ACQUISITION AND DEVELOPMENT**

**A. During kindergarten, students will demonstrate competency in some movement forms and proficiency in a few movement forms.**

They will be able to:

- Travel in forward and sideways directions using a variety of locomotor and non-locomotor patterns and change direction quickly in response to a signal
- Demonstrate clear contrasts between sustained and sudden movement while moving
- Walk and run using mature form and exhibiting acceptable body alignment
- Roll sideways without hesitating or stopping, with continuous flow
- Kick a stationary ball using a smooth continuous running step
- Maintain momentary stillness bearing weight on a variety of body parts
- Demonstrate progress toward the appropriate form of selected manipulative, locomotor and non-locomotor skills
- Develop positive development in sound body mechanics

**B. During kindergarten, students will apply movement concepts and principles to the learning and development of motor skills.**

They will be able to:

- Walk, run, hop, and skip in forward and sideways directions and change direction quickly in response to a signal
- Identify and use a variety of spatial relationships with self and by using objects (e.g., over/under, behind, beside, through)
- Begin to utilize the techniques employed (leg flexion) to soften the landing in jumping skill development, and identify the movement concepts therein
- Demonstrate a beginning movement vocabulary (e.g., personal space, high/deep levels, sudden/sustained speeds, light/firm balance and stillness twist/turn)
- Demonstrate spatial concepts as related to safety issues (kinesphere and

- general space) • Employ appropriate concepts to enhance movement performance (e.g., change direction while running)
- Identify movement patterns (skipping, striking, traveling, gesturing) both locomotor and non-locomotor

## **II. FITNESS**

### **A. During kindergarten, students will develop and maintain a physically active and health-enhancing lifestyle.**

They will be able to:

- Participate regularly in moderate to vigorous physical activity
- Identify preferred and non-preferred physical activity
- Become aware of increased rapid heart rate during activity and change in breathing patterns
- Select and participate in activities that require at least moderate physical exertion during unstructured activity

### **B. During kindergarten, students will develop the ability to experience a variety of specific exercises and activities to promote fitness.**

They will be able to:

- Participate in an individual fitness program
- Sustain an aerobic activity, to achieve cardiovascular benefits
- Perform resistance activities to promote muscle strength, muscle endurance and stretching for flexibility

## **III. SOCIAL PERSONAL DEVELOPMENT**

### **A. During kindergarten, students will develop personal living skills and acquire values that demonstrate responsible personal and social behavior.**

They will be able to:

- Apply rules for participating, in the gymnasium
- Work in a group setting without interfering with others
- Respond properly to teacher directions
- Correct rule infractions when reminded
- Follow directions during class activities
- Handle equipment safely and responsibility at all times
- Take turns when using equipment

**B. During kindergarten, students will develop an appreciation of the abilities, differences and cultural diversity of people.**

They will be able to:

- Enjoy participation alone and with others while playing
- Choose playmates without regard to personal differences (e.g., race, gender, disability) • Adjust to each other during paired activities
- Respect and interact positively with all students in class

**C. During kindergarten, students will be provided with opportunities for enjoyment, challenge, self-expression, reflection and social interaction.**

They will be able to:

- Identify feelings that result from participation in physical activities
- Try new, creative movement activities
- Demonstrate concepts of confidence and self esteem building through movement activities.

## OUTCOME STANDARDS

Work Effectively Both Independently & with Others  
Apply Problem Solving Skills  
Demonstrate Knowledge & Skills for Healthy, Productive Lives  
Demonstrate Skills Essential for Succeeding in Academic and Applied Situations

### **A Physically Literate Person**

*has* learned skills necessary to perform a variety of physical activities.

*does* participate regularly in physical activity

*is* physically fit

*knows* the implications of and the benefits from involvement in physical activities

*values* physical activity and its contributions to a healthful lifestyle

### References

National Association of Sport and Physical Education, **Moving into the Future: National Standards for Physical Education**, 2nd Edition (2004).

SHAPE AMERICA- Society of Health and Physical Educators, **National Standards and Grade-Level Outcomes for K-12 Physical Education**, 2014.