

K-3 Physical Education

Kindergarten Physical Education

Kindergarten physical education is an introduction to activities, games, and movements in relation to sports and recreational activities. As the year progress, students are introduced to more manipulative skills that involve equipment, teamwork, and cooperation.

By the end of kindergarten, students will:

Space Awareness and Body Control:

- Follow directions during activities
- Be introduced to balancing skills
- Be introduced to moving throughout general space while within their own personal space

Locomotor Skills:

- Be introduced to a number of locomotor movements
- Be introduced to working at different levels and pathways

Manipulative Skills:

- Be introduced to the basic skill of throwing and catching
- Be introduced to basic hand-eye/foot-eye skills
- Be introduced to basic striking with an implement skills

Relationship between Physical Activity and Their Body:

- Understand the importance of moving, staying active, and having fun.
- Be introduced to activities that they can do out of school

