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## Physical Education: Kindergarten

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To a greater extent than in the core academic subjects, Physical Education teachers must integrate personal and social skill development as part of a student's achievement of the content standards. Consequently, the presentation of the Physical Education Standards is preceded by a list of complementary Personal and Social Development Skills (PESK) standards. Including PESK standards as part of teaching, learning and assessment in Physical Education is critical in promoting lifelong, healthy physical activity and in realizing the wide range of benefits associated with participation in dance, sports, games, and other physical activities.

Strand:

### **PESK Personal and Social Development Skills**

**Essential Understanding:** **KPESK:** Physical activity provides opportunities for self expression and social development and interaction.

The student will:

Standards: **KPESK1:** participate fully and communicate cooperatively with others;  
**KPESK2:** perform activities safely and follow rules of etiquette and ethical behavior;  
**KPESK3:** display age appropriate self-control and discipline;  
**KPESK4:** display a willingness to receive and use feedback to improve performance;  
**KPESK5:** accept the decisions of and respond positively to teachers/officials in charge of games/activities;  
**KPESK6:** choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction;  
**KPESK7:** display an interest in and assist and encourage others' efforts;  
**KPESK8:** display behaviors that are supportive and inclusive;  
**KPESK9:** self-initiate behaviors that contribute to personal and partner/group effort;  
**KPESK10:** adjust behavior to prevent/reconcile conflicts.

Strand:

### **PE1 Motor Skills and Movement Patterns**

**Essential Understanding:** **KPE1** Competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity.

The student will:

Standards: **KPE1a:** use personal, general and shared space appropriately;  
**KPE1b:** demonstrate locomotor skills deliberately  
examples are:  
• crawl,  
• walk,  
• run,  
• hop,  
• jump,  
• gallop,  
• slide;  
**KPE1c:** explore shapes through movement  
examples are:  
• wide,

- narrow,
- round,
- square

**KPE1d:** explore pathways when moving

examples are:

- straight,
- curved,
- zigzag,

**KPE1e:** balance (e.g., weight transfer using hands, feet, and other body parts), levels (e.g., high, middle, low), and speed (e.g., quick, slow), in movements while interacting with others;

**KPE1f:** demonstrate throw, catch, drop and catch, and kick from a stationary position;

**KPE1g:** explore movement through different rhythmic beats;

**KPE1h:** demonstrate fundamental motor patterns by imitating animal movements;

**KPE1i:** follow simple rules and safety procedures given by the teacher; and

**KPE1j:** explain how wearing proper shoes and clothing promotes safe play and prevents injury.

Strand:

**PE2 Physical Activity and Fitness**

Essential Understanding:

**KPE2**

Balancing daily physical activity and proper nutrition contributes to lifelong fitness.

The student will:

Standards:

**KPE2a:** participate regularly in moderate physical activities during physical education class and recess;

**KPE2b:** engage for short periods of time in moderate-to-vigorous physical activities that cause increased heart rate, breathing rate, and perspiration (e.g., running, galloping, skipping, hopping);

**KPE2c:** lift and support one's own weight in selected activities that develop muscular strength and endurance of arms, shoulders, abdomen, and legs (e.g., hanging, hopping, jumping);

**KPE2d:** demonstrate a stretch that will increase the range of motion of a joint (e.g., perform a sit-and-reach stretch to demonstrate how to stretch the hamstrings and lower back muscles);

**KPE2e:** demonstrate the ability to breathe slowly and deeply to relax;

**KPE2f:** recognize that physical activity promotes good health;

**KPE2g:** identify changes in the body (e.g., breathing and heart rate) and the importance of replenishing the body with water during physical activity.