

Physical Education: Kindergarten

Personal & Social Development Skills

- Participates fully and communicates cooperatively with others
- Follows rules of etiquette and ethical behavior
- Displays age-appropriate self-control and discipline
- Uses feedback to improve performance
- Accepts the decisions of those teachers or officials in charge
- Chooses healthful physical activities
- Encourages the efforts of others
- Displays supportive/inclusive behaviors
- Self-initiates contributions to personal and partner/group effort
- Adjusts behavior to prevent/reconcile conflicts

Motor Skills & Movement Patterns

- Uses personal, general, and shared space appropriately
- Demonstrates locomotor skills
- Explores shapes, balance, levels, and speed in movement while interacting with others
- Demonstrates throw, catch, drop and catch, and kick from stationary position
- Explores movement through different rhythmic beats
- Explains how wearing proper shoes and clothing promotes safe play

Physical Activity & Fitness

- Engages in moderate-to-vigorous physical activities
- Lifts and supports own weight in selected activities
- Demonstrates a stretch
- Demonstrates ability to breathe slowly and deeply to relax
- Recognizes that physical activity promotes good health
- Identifies body changes during physical activity
- Recognizes importance of replenishing the body with water