

Physical Education: Pre-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

- Discovers personal and general space
- Explores moving in different ways
- Explores shapes, pathways, balance, levels, and speed in movement
- Throws, catches, and kicks from a stationary position
- Explores movement through different rhythmic beats
- Demonstrates fundamental motor patterns by imitating animal movements
- Recognizes basic terminology of movement
- Follows simple rules and safety procedures

Physical Activity & Fitness

- Participates in moderate physical activities regularly
- 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