

Grade Kindergarten Physical Education (#5015020) Scope & Sequence 2018-2019

External factors such as weather, space availability, etc. may impact actual dates of units.

Quarter 1	Quarter 2	Quarter 3	Quarter 4
<p><u>Introduction to Physical Education: Safety, Rules and Procedures</u> (1 week)</p> <p>PE.K.C.2.2 - Recognize physical activities have safety rules and procedures. PE.K.R.5.2 - Use equipment safely and properly. PE.K.R.5.3 - Identify ways to treat others with respect during physical activity.</p> <p><u>Movement Concepts</u> (3 weeks)</p> <p>PE.K.C.2.8 - Recognize movement concepts. PE.K.R.6.2 - Identify a benefit of willingly trying new movements and motor skills.</p> <p><u>Locomotor Skills and Movement Patterns</u> (4 weeks)</p>	<p><u>Cooperative Games</u> (3 weeks)</p> <p>PE.K.R.5.1 - Identify ways to cooperate with a partner during physical activity.</p> <p><u>Nutrition</u> (2 weeks)</p> <p>PE.K.L.4.6 - Differentiate between healthy and unhealthy food choices.</p> <p><u>Health Related Physical Fitness: Muscular Strength, Endurance & Flexibility</u> (2 weeks)</p> <p>PE.K.L.4.1 - Identify the location of muscles that help the body perform specific physical activities. PE.K.L.4.2 - Identify that the heart beats faster during more intense physical activity. PE.K.L.4.3 - Identify activities that increase breathing and heart rate.</p>	<p><u>Manipulatives: Rolling, Kicking, Catching, Throwing, Dribbling</u> (4 weeks)</p> <p>PE.K.C.2.5 - Recognize the concept of a dominant hand/foot for throwing/striking/kicking patterns. PE.K.M.1.5 - Use two hands to bounce and catch a large playground ball. PE.K.M.1.7 - Catch a variety of self-tossed objects. PE.K.M.1.8 - Roll and throw a variety of objects using an underhand motion. PE.K.M.1.9 - Throw a variety of objects forcefully using an overhand motion.</p> <p><u>Striking with Body Parts</u> (3 weeks)</p> <p>PE.K.M.1.2 - Strike objects using body parts forcefully.</p> <p><u>Striking with Implements</u></p>	<p><u>Lifetime Physical Activity & Behaviors, Technology</u> (6 weeks)</p> <p>PE.K.C.2.3 - Recognize technology can be utilized during physical activity. PE.K.L.3.1 - Identify a moderate physical activity. PE.K.L.3.2 - Identify a vigorous physical activity. PE.K.L.3.3 - Identify opportunities for involvement in physical activities during the school day. PE.K.L.3.4 - Identify opportunities for involvement in physical activities after the school day. PE.K.L.3.5 - Describe physical-activity goal-setting. PE.K.L.3.6 - Identify the benefits of participating in physical activity. PE.K.R.6.1 - Identify physical activities that are enjoyable.</p> <p><u>Hot Weather Activities: Lummi Sticks, Cup Stacks, Jenga</u> (2 weeks)</p>

<p>PE.K.C.2.1 - Recognize locomotor skills PE.K.M.1.1 - Use a variety of locomotor skills to travel in personal and general space. PE.K.C.2.7 - Identify personal and general space. PE.K.C.2.6 - Recite cues for a variety of movement patterns and skills. PE.K.M.1.13 - Move in a variety of ways in relation to others.</p> <p style="text-align: center;"><u>Pedestrian Safety</u> (1 week)</p> <p>PE.K.L.3.7 - Verbally state the search used before crossing a roadway.</p>	<p>PE.K.L.4.4 - Identify a physiological sign of participating in physical activity. PE.K.L.4.5 - Identify a benefit of flexibility.</p> <p style="text-align: center;"><u>Educational Dance/Educational Gymnastics</u> (2 weeks)</p> <p>PE.K.M.1.10 - Perform a creative-movement sequence with a clear beginning balance, at least one movement and a clear ending shape. PE.K.M.1.11 - Balance on a variety of body parts. PE.K.M.1.12 - Perform a variety of rolling actions.</p>	<p style="text-align: center;">(4 weeks)</p> <p>PE.K.M.1.3 - Balance a lightweight object on a paddle/racket while moving. PE.K.M.1.4 - Strike an object forcefully using a modified, long-handled implement of various sizes, weights and compositions.</p>	<p>PE.K.R.6.3 - Identify the benefits of continuing to participate when not successful on the first try.</p> <p style="text-align: center;"><u>Aquatics/Heat/Sun Safety</u> (2 weeks)</p> <p>PE.K.C.2.4 - Recognize there are deep and shallow areas of a pool, and identify the dangers of entering a body of water without supervision. PE.K.M.1.6 - Participate in a variety of introductory water skills.</p> <p style="text-align: center;">End of Course Assessment (1 week)</p>
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ELL Standards, embedded throughout the course

ELD.K12.ELL.SI.1 English language learners communicate for social and instructional purposes within the school setting.

Mathematical Standards, embedded throughout the course

MAFS.K.G.1.1 - Describe objects in the environment using names of shapes, and describe the relative positions of these objects using terms such as above, below, beside, in front of, behind, and next to.

Language Arts Standards, embedded throughout the course

LAFS.K12.L.3.4 - Determine or clarify the meaning of unknown and multiple-meaning words and phrases by using context clues, analyzing meaningful word parts, and consulting general and specialized reference materials, as appropriate.

Health Standards, embedded throughout the course

HE.K.C.1.2 - Recognize the physical dimensions of health.

HE.K.P.7.1 - Identify healthy practices and behaviors to maintain or improve personal health.

HE.K.B.5.1 - Name situations when a health-related decision can be made individually or when assistance is needed.