



Curriculum Overview

Subject: Physical Education

Grade: Kindergarten

By the end of the year, you can expect your child to:

- Develop and refine gross motor skills (e.g., hopping, galloping, jumping, running, marching)
- Perform movement skills with developmentally appropriate control in agility movement
- Respond in movement to changes in tempo, beat, rhythm or musical style
- Use objects and props to develop spatial and coordination skills (e.g., throw and catch balls and Frisbees, twirl a hula-hoop around the hips, walk a balance beam, lace different sized beads, and button/unbutton)
- Develop and refine fine motor skills (e.g., completes gradually more complex puzzles, uses smaller-sized manipulatives during play, and uses a variety of writing instruments in a conventional manner)
- Demonstrate good sportsmanship and positive behaviors during participation in Physical Education
- Demonstrate basic activity and safety rules and explain how they contribute to moving in a safe environment
- Engage in moderate to vigorous physical activity and understand the importance of lifelong fitness
- Explain the role of regular physical activity in relation to personal health
- Identify the basic structure and function of the human body
- Understand the impact of good nutrition on health
- Adopt healthy habits (i.e. eating more fruits and vegetables)
- Work effectively in a group to achieve a common goal
- Develop appropriate social skills, practice turn-taking, and work in teams
- Develop hand-eye coordination, foot-eye coordination and balance
- Participate in Jump Rope for Heart- Describe effects of jumping rope on circulatory, respiratory and digestive symptoms; Perform

community service activities; Develop five components of physical education