

MONROE COUNTY COMMUNITY SCHOOL CORPORATION
CURRICULUM GUIDE

**ELEMENTARY PHYSICAL EDUCATION
KINDERGARTEN**

PROFICIENCY 1: STUDENTS SHOULD SHOW AN INITIAL UNDERSTANDING AND PERFORMANCE OF BASIC LOCOMOTOR AND NON-LOCOMOTOR SKILLS

1.K.1 Perform basic locomotor skills demonstrating an initial proficiency in the following:

- walking
- hopping
- skipping
- galloping
- jumping
- leaping
- landing
- jogging
- sliding (side step)
- crossovers

1.K.2 Perform basic non-locomotor skills demonstrating an initial proficiency in the following:

- bending
- stretching
- twisting
- turning
- swaying
- swinging
- directionality (up/down, right/left, behind/in front, over/under, etc.)
- speed/force/level/intensity
- concepts (in/out, on top of/underneath, through/around)

PROFICIENCY 2: STUDENTS WILL DEMONSTRATE AN ABILITY TO PERFORM STABILITY SKILLS

2.K.1 Perform weight transference

- rocking
- rolling
- flight (jumping, leaping)

2.K.2 Perform dynamic balance

- balance beam (walk forward, walk backward, dip step)
- landing
- leaping

2.K.3 Perform static balance

- single support balance (stork stand)
- multiple support balance
- mule kick

2.K.4 Perform basic tumbling skills

- simple rolls (log roll, egg roll, forward, backward)
- cartwheel

2.K.5 Demonstrate simple stunts

- individual challenges (thread the needle, cross legged stand)
- partner challenges (three-legged race, wring the dish rag, partner get up)

PROFICIENCY 3: STUDENTS WILL DEMONSTRATE THE ABILITY TO MANIPULATE OBJECTS

3.K.1 Demonstrate the ability to manipulate objects using the hands

- eye/hand coordination
 - throwing with emphasis to opposition (to target, to partner, to self)
 - striking (by hand, implement)
 - volleying
 - rolling
 - bouncing/dribbling
 - self tossing/catching (scarves, bean bags, balloons, wands)
 - jumping (long and short ropes, hoops)

3.K.2 Demonstrate the ability to manipulate objects using the feet

- eye/foot coordination
 - kicking (stationary, rolling, to target)
 - dribbling
 - trapping
 - passing

PROFICIENCY 4: STUDENTS WILL DEMONSTRATE THE ABILITY TO PERFORM RHYTHMICALLY

- 4.K.1 Demonstrate the ability to recognize and repeat a pattern
- folk dances (Hokey Pokey, Chicken Dance, Kinder Polka)
 - creative movement
- 4.K.2 Demonstrate the ability to manipulate an object rhythmically
- hoops
 - parachutes
 - balls
 - scarves

PROFICIENCY 5: STUDENTS WILL DEMONSTRATE SAFE AND APPROPRIATE PRACTICES IN THE CLASSROOM

- 5.K.1 Show appropriate care for the following
- equipment
 - facilities
 - self and others

PROFICIENCY 6: STUDENTS WILL DEMONSTRATE A REASONABLE LEVEL OF UNDERSTANDING OF HEALTH RELATED FITNESS

- 6.K.1 Understand the relationship between a healthy heart and vigorous activity
- 6.K.2 Know the relationship between diet and fitness
- 6.K.3 Understand the relationship between rest and fitness

PROFICIENCY 7: STUDENTS WILL HAVE AN OPPORTUNITY TO PARTICIPATE IN GAME-LIKE ACTIVITIES

- 7.K.1 Understand and participate in individual and group game activities
- playground games

- hopscotch
- two square and/or four square
- short rope and long rope jump skills, rhymes
- bowling
- carnival games
- low organized games
- tag games
- running and fleeing games