

Grades K & 1 Physical Education Curriculum			
Body Movement Skills -Moving Balance, Stationary Balance, Body Roll, Agility	Locomotor Skills -Walking, Skipping, Galloping	Body Fitness Skills -Flexibility, Strength and Cardio	Object Movement Skills -Catching, throwing, Strike, Underhand Roll
Cooperative Games		Cooperative Games	
			Throwing and Catching
Parachute	Parachute	Parachute	Parachute
		Kicking and Striking	Kicking and Striking
		Flying Disc	Flying Disc
Hula Hoops			Hula Hoops
	Net Games	Net Games	Net Games
Jumping and Landing	Jumping and Landing	Jumping and Landing	
		Dribbling & Hand-eye	Dribbling & Hand-eye
Tumbling	Tumbling	Tumbling	
Scooters		Scooters	Scooters
Jump Rope for Heart	Jump Rope for Heart	Jump Rope for Heart	Jump Rope for Heart
ASAP Fitness		ASAP Fitness	
Outdoor Adventure	Outdoor Adventure	Outdoor Adventure	Outdoor Adventure
Review of Skills	Review of Skills	Review of Skills	Review of Skills
Standards Met	Standards Met	Standards Met	Standards Met
#1, #2, #3, #5, #6	#1, #3, #4, #5	#1, #3, #4, #5	#1, #2, #3, #4, #5, #6

Standard	Benchmark	I Can' Statements	Assessment
1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)	Students will demonstrate progress toward the functional form of locomotor and non-locomotor skills.	I will be able to perform locomotor skills, such as walking, jogging and hopping.	Galloping, skipping and hopping properly for the duration of 10 seconds.
2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	Students will identify fundamental movement patterns.	I can tag safely and I know the difference between dribbling with my feet and my hands.	Dribbling a basketball with my hands and dribbling a soccer ball with my feet.
3. Participates regularly in physical	Students will engage in moderate to	I am able to perform different locomotor	Performing galloping, hopping, skipping

activity. (Physical Activity)	vigorous physical activity.	skills up to five minutes.	during the game of roadway.
4. Achieves and maintains a health-enhancing level of fitness.	Students will sustain moderate to vigorous physical activity for short periods of time.	Participate in tag activities and can perform locomotor skills to music.	Play line tag in class and stay on the lines.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.	Students will apply, with teacher reinforcement, classroom rules and procedures and safe practices.	I can move safely during different self-discovery activities and follow the rules of the game.	Play Captain Color for a duration of 10 minutes.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Students will try new movement and activity skills.	I can accept being tagged and tagging others safely.	Being 'it' in a tag activity and accepting being touched by the person who it 'it.'