



Course Outcome Summary

Course Information: **Physical Education**

Description: This course is about students being introduced to locomotor skills and ball skills while demonstrating safe, respectful, and responsible behaviors during active participation.

Instruction Level: Kindergarten

Course Standards:

- **Standard 1** - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2** - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3** - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4** - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Unit

1. **Trimester 1: Safe Movers**
2. **Trimester 2: Rolling and Throwing for Happy Hearts**
3. **Trimester 3: Foot Fun**

Unit Outlines

1. **Trimester 1: Safe Movers**

Standards: *Standards 1, 2, and 4.

Essential Questions:

- What are some different ways you can move?
- Can you show me how to run, hop, gallop, slide, and skip?
- What are some different ways you can change the way you move?

- Why is it important to be able to identify critical elements of different locomotor skills?
- How can you be safe, respectful, and responsible movers in Physical Education?
- What are some ways you can solve problems safely?

Essential Knowledge:

- Locomotor Skills (run, hop, gallop, slide, and skip)
- Space (general and personal)
- Speeds (fast, medium, and slow)
- Behavior (safe, respectful, and responsible)

2. Trimester 2: Rolling and Throwing for Happy Hearts

Standards: *Standards 1, 3, and 4.

Essential Questions:

- Can you show me how to underhand roll and underhand throw?
- Why is it important to be able to identify critical elements of underhand rolling and underhand throwing?
- What does moving do to your heart?
- How can you be safe, respectful, and responsible movers in Physical Education?
- What are some ways you can solve problems safely?

Essential Knowledge:

- Balls Skills (underhand roll and underhand throw)
- Health Related Fitness (physical activity and heart)
- Behavior (safe, respectful, and responsible)

3. Trimester 3: Foot Fun

Standards: Standards 1 and 4.

Essential Questions:

- Can you show me how to kick a stationary ball and dribble with your feet?
- Why is it important to be able to identify critical elements of kicking and foot dribbling?
- How can you be safe, respectful, and responsible movers in Physical Education?
- What are some ways you can solve problems safely?

Essential Knowledge:

- Ball Skills (kicking and foot dribbling)
- Behavior (safe, respectful, and responsible)