

Kindergarten, Physical Education, Quarter 1

Big Ideas/Key Concepts:

Component 1: Motor Skills (MS) -- Subcomponent: Locomotor

Component 2: Movement Knowledge & Application (MKA) – Subcomponent: Movement Concepts

Component 4: Personal & Social Responsibility (PSR) – Subcomponents: Personal Responsibility, Cooperation, Procedures & Rules, Safety

Component 5: Values Physical Activity (VPA) – Subcomponents: Appreciation and Challenge

Standards	Student Friendly “I Can” Statements
<p>MS.1 Hop (one foot), gallop, slide, skip MS.1.0 Performs locomotor skills while maintaining balance.</p> <p>MS.2 Jog, run MS.2.0 Jogs while maintaining balance.</p> <p>MS.3 Jump & Land for distance (horizontal) MS.3.0 Jumps and lands with two feet while maintaining balance.</p> <p>MS.4 Jump & Land for height (vertical) MS.4.0 Jumps and lands with two feet while maintaining balance.</p> <p>MKA.1 Space awareness (location) MKA.1.0a Identifies self- space. MKA.1.0b Moves in self-space.</p> <p>MKA.2 Space awareness (pathways, levels, directions) MKA.2.0a Identifies five directions of travel (forward,</p>	<p>MS.1 I can hop, gallop, slide and skip.</p> <p>MS.2 I can jog.</p> <p>MS.3 I can jump forward and land with two feet.</p> <p>MS.4 I can jump high and land with two feet.</p> <p>MKA.1 I can stay in my own space. I can move in my own space.</p> <p>MKA.2 I can name five directions: forward, backward, sideways,</p>

Standards	Student Friendly "I Can" Statements
<p>backward, sideways, up/down). MKA.2.0b Travels in five directions (forward, backward, sideways, up/down).</p> <p>PSR.1 Personal Responsibility PSR.1.0 Follows directions with few prompts (e.g., safe behaviors, taking turns).</p> <p>PSR.2 Feedback PSR.2.0 Actively listens to teacher feedback.</p> <p>PSR.3 Working with others PSR.3.0 Shares equipment with others.</p> <p>PSR.4 Procedures & Rules PSR.4.0 Recalls procedures and rules in the learning environment.</p> <p>PSR.5 Safety PSR.5.0 Participates safely and uses equipment properly with few reminders.</p> <p>VPA.1 Appreciation VPA.1.0 Recognizes and participates in physical activity for enjoyment.</p> <p>VPA.2 Challenge VPA.2.0 Acknowledges some physical activities are challenging/ difficult.</p>	<p>up/down. I can travel forward, backward, sideways, up/down.</p> <p>PSR.1 I can follow directions</p> <p>PSR.2 I can listen.</p> <p>PSR.3 I can share equipment.</p> <p>PSR.4 I can follow procedures and rules.</p> <p>PSR.5 I can play safely. I can use equipment safely.</p> <p>VPA.1 I can enjoy physical activity.</p> <p>VPA.2 I can understand that some activities can be hard.</p>

Kindergarten, Physical Education, Quarter 2

Big Ideas/Key Concepts:

Component 1: Motor Skills (MS) -- Subcomponent: Non-locomotor or Educational Gymnastics, Manipulative Skills

Component 2: Movement Knowledge & Application (MKA) – Subcomponent: Movement Concepts

Component 3: Fitness and Physical Activity (FPA) – Subcomponent: Fitness Knowledge

Component 4: Personal & Social Responsibility (PSR) – Subcomponents: Personal Responsibility, Cooperation, Procedures & Rules, Safety

Component 5: Values Physical Activity (VPA) – Subcomponents: Appreciation and Challenge

Standards	Student Friendly “I Can” Statements
<p>MS.6 Balance MS.6.0 Maintains momentary stillness on various bases of support (body parts).</p> <p>MS.7 Weight Transfer & Rolling (optional) MS.7.0a Transfers weight from one body part to another. MS.7.0b Rolls sideways in a narrow (log) or curled (egg) body shape.</p> <p>MS.9 Underhand throw MS.9.0a Tosses underhand to self. MS.9.0b Throws underhand in a forward direction.</p> <p>MS.10 Overhand throw Developmentally appropriate at grade 2.</p>	<p>MS.6 I can balance.</p> <p>MS.7 I can move by body from one body part to another. I can roll sideways</p> <p>MS.9 I can toss underhand to myself. I can throw forward underhand.</p> <p>MS.10 n/a</p>

Standards	Student Friendly "I Can" Statements
<p>MS.11 Catching MS.11.0 Drops and catches a ball after one bounce.</p> <p>MKA.3 Effort: speed and force MKA.3.0a Identifies fast and slow speeds. MKA.3.0b Travels using fast and slow speeds.</p> <p>MKA.4 Relationships (body shapes, with objects, with people) MKA.4.0a Identifies narrow, wide, curled, and twisted body shapes. MKA.4.0b Demonstrates narrow, wide, curled, and twisted body shapes.</p> <p>FPA.1 Health-related fitness FPA.1.0 Recognizes that movement increases heart rate and breathing.</p> <p>PSR.1 Personal Responsibility PSR.1.0 Follows directions with few prompts (e.g., safe behaviors, taking turns).</p> <p>PSR.2 Feedback PSR.2.0 Actively listens to teacher feedback.</p> <p>PSR.3 Working with others PSR.3.0 Shares equipment with others.</p> <p>PSR.4 Procedures & Rules PSR.4.0 Recalls procedures and rules in the learning environment.</p>	<p>MS.11 I can drop and catch a ball.</p> <p>MKA.3 I can tell the difference between fast and slow. I can travel fast and slow.</p> <p>MKA.4 I can name body shapes (narrow, wide, curled and twisted) I can get my body in narrow, wide, curled and twisted shapes.</p> <p>FPA.1 I can feel my heart beat and breathing get faster when I move.</p> <p>PSR.1 I can follow directions.</p> <p>PSR.2 I can listen to the teacher.</p> <p>PSR.3 I can share with others.</p> <p>PSR.4 I can remember rules and procedures.</p>

Standards	Student Friendly "I Can" Statements
<p>PSR.5 Safety PSR.5.0 Participates safely and uses equipment properly with few reminders.</p> <p>VPA.1 Appreciation VPA.1.0 Recognizes and participates in physical activity for enjoyment.</p> <p>VPA.2 Challenge VPA.2.0 Acknowledges some physical activities are challenging/difficult.</p>	<p>PSR.5 I can play safe. I can take good care of the equipment.</p> <p>VPA.1 I play and am active because it is fun.</p> <p>VPA.2 Some activities can be hard.</p>

Kindergarten, Physical Education, Quarter 3

Big Ideas/Key Concepts:

Component 1: Motor Skills (MS) -- Subcomponent: Dance/Rhythmic Activities, Manipulative Skills

Component 2: Movement Knowledge & Application (MKA) – Subcomponent: Movement Concepts

Component 3: Fitness and Physical Activity (FPA) – Subcomponent: Fitness Knowledge

Component 4: Personal & Social Responsibility (PSR) – Subcomponents: Personal Responsibility, Cooperation, Procedures & Rules, Safety

Component 5: Values Physical Activity (VPA) – Subcomponents: Appreciation and Challenge

Standards	Student Friendly “I Can” Statements
<p>MS.5 Dance MS.5.0 Demonstrates beat awareness by moving to varying rhythms.</p> <p>MS.13 Dribbling with hands MS.13.0 Dribbles in self-space using one or two hands.</p> <p>MS.14 Dribbling with feet MS.14.0 Dribbles (taps) a ball with feet sending ball forward.</p> <p>MS.15 Kicking (force or distance) MS.15.0 Kicks a stationary ball from a stationary position.</p> <p>MS.16 Passing & receiving with feet <i>Developmentally appropriate at grade 2</i></p> <p>MS.20 Jumping Rope MS.20.0 Jumps (at least one time) a long rope with teacher-</p>	<p>MS.5 I can move to different beats.</p> <p>MS.13 I can dribble with my hands.</p> <p>MS.14 I can dribble a ball with my feet.</p> <p>MS.15 I can kick a ball.</p> <p>MS. 16 n/a</p> <p>MS.20 I can jump over a turning rope.</p>

Standards	Student Friendly "I Can" Statements
<p>assisted turning.</p> <p>MKA.5 Movement principles (base of support, muscle tension, ready position) MKA.5.0a Identifies bases of support (body parts). MKA.5.0b Demonstrates bases of support on a variety of body parts.</p> <p>FPA.1 Health-related fitness FPA.1.0 Recognizes that movement increases heartrate and breathing.</p> <p>FPA.2 Physical activity FPA.2.0 Identifies active-play opportunities outside physical education class.</p> <p>PSR.1 Personal Responsibility PSR.1.0 Follows directions with few prompts (e.g., safe behaviors, taking turns).</p> <p>PSR.2 Feedback PSR.2.0 Actively listens to teacher feedback.</p> <p>PSR.3 Working with others PSR.3.0 Shares equipment with others.</p> <p>PSR.4 Procedures & Rules PSR.4.0 Recalls procedures and rules in the learning environment.</p>	<p>MKA.5 I can name body parts. I can balance on different body parts.</p> <p>FPA.1 I can feel my heartrate and breathing get faster when I move.</p> <p>FPA.2 I can play outside with friends.</p> <p>PSR.1 I can follow directions.</p> <p>PSR.2 I can listen to the teacher.</p> <p>PSR.3 I can share with others.</p> <p>PSR.4 I can remember rules and procedures.</p>

Standards	Student Friendly "I Can" Statements
<p>PSR.5 Safety PSR.5.0 Participates safely and uses equipment properly with few reminders.</p> <p>VPA.1 Appreciation VPA.1.0 Recognizes and participates in physical activity for enjoyment.</p> <p>VPA.2 Challenge VPA.2.0 Acknowledges some physical activities are challenging/difficult.</p>	<p>PSR.5 I can play safe. I can take good care of the equipment.</p> <p>VPA.1 I play and am active because it is fun.</p> <p>VPA.2 Some activities can be hard.</p>

Kindergarten, Physical Education, Quarter 4

Big Ideas/Key Concepts:

Component 1: Motor Skills (MS) -- Subcomponent: Manipulative Skills

Component 2: Movement Knowledge & Application (MKA) – Subcomponent: Analysis & Strategies

Component 4: Personal & Social Responsibility (PSR) – Subcomponents: Personal Responsibility, Cooperation, Procedures & Rules, Safety

Component 5: Values Physical Activity (VPA) – Subcomponents: Appreciation and Challenge

Standards	Student Friendly “I Can” Statements
<p>MS.12 Passing & Receiving with Implements or Hands Developmentally appropriate at grade 3</p>	<p>MS.12 n/a</p>
<p>MS.17 Striking with Hand(s) MS.17.0 Strikes a lightweight object (eg. balloon, lightweight ball).</p>	<p>MS.17 I can strike a balloon or ball with my hand.</p>
<p>MS.18 Striking, short implement MS.18.0 Strikes a lightweight object (balloon) with a paddle.</p>	<p>MS.18 I can strike a balloon or ball with a paddle.</p>
<p>MS.19 Striking, long implement Developmentally appropriate at grade 2</p>	<p>MS.19 n/a</p>
<p>MKA.6 Performance Cues MKA.6.0 Recalls performance cues of locomotor and manipulative skills.</p>	<p>MKA.6 I can remember teacher cues for skills.</p>
<p>MKA.7 Simple Strategies Developmentally appropriate at grade 2</p>	<p>MKA.7 n/a</p>

Standards	Student Friendly "I Can" Statements
<p>PSR.1 Personal Responsibility PSR.1.0 Follows directions with few prompts (e.g., safe behaviors, taking turns).</p> <p>PSR.2 Feedback PSR.2.0 Actively listens to teacher feedback.</p> <p>PSR.3 Working with others PSR.3.0 Shares equipment with others.</p> <p>PSR.4 Procedures & Rules PSR.4.0 Recalls procedures and rules in the learning environment.</p> <p>PSR.5 Safety PSR.5.0 Participates safely and uses equipment properly with few reminders.</p> <p>VPA.1 Appreciation VPA.1.0 Recognizes and participates in physical activity for enjoyment.</p> <p>VPA.2 Challenge VPA.2.0 Acknowledges some physical activities are challenging/difficult.</p>	<p>PSR.1 I can follow directions.</p> <p>PSR.2 I can listen to the teacher.</p> <p>PSR.3 I can share with others.</p> <p>PSR.4 I can remember rules and procedures.</p> <p>PSR.5 I can play safe. I can take good care of the equipment.</p> <p>VPA.1 I play and am active because it is fun.</p> <p>VPA.2 Some activities can be hard.</p>