

Course Description:

Physical Education K (1 of 2) introduces movements and motor skills important to maintaining a healthy body. The course explores movements done in place like curling, stretching, and bending, as well as movements that help students travel like running, skipping, hopping, leaping, jumping, and galloping. Topics include foundational motor skills like throwing, catching, dribbling, and kicking a ball. The course also teaches about nutrition, and good sports behaviors (safety, following rules, taking turns, and dealing with disagreements)

Course Objectives:

- Actively participate in physical education class by completing a health and wellness journal.
- Catch a ball tossed by you and by others.
- Describe the concept of a dominant hand or foot.
- Describe the physical effects of physical activity and how foods provide energy for physical activity.
- Dribble a ball using one hand and dribble a ball using the inside of the foot.
- Identify active play opportunities.
- Identify and describe the functions and purpose of organs important to physical activity.
- Identify and discuss active and enjoyable play opportunities.
- Identify movement in personal and general space.
- Identify technology that can be used during physical activity.
- Kick a stationary ball from a stationary position.
- Maintain balance of different body parts and while jumping, landing, and walking on a balance beam.
- Move in personal space to a rhythm.
- Perform and identify differences between curling, stretching, and twisting movements.
- Perform movements that do not cause a person to travel to a new place, such as bending, pushing, and pulling.
- Practice a creative dance using different movement skills.
- Roll sideways.
- Travel in three different pathways and in general space using different speeds.
- Use underhand and overhand motions to throw an object.
- Walk, run, hop, jump, skip, and gallop to show strength and balance

Required Materials:

- crayons, colored pencils, or markers
- foam tennis ball
- large-sized ball (such as a beach ball)
- low balance beam or tape
- medium-sized ball (such as a small soccer ball)
- music
- paper
- pencil
- pictures of different foods or foods from your house (10)
- plastic bowling pins or empty plastic cups
- playground ball
- stopwatch

Optional:

- mat

Course Overview:

Unit 1: Movements That Take You to Different Places

Unit 2: Movements That Keep You in One Place

Unit 3: Have Fun with Movements

Unit 4: Feed Your Body

Unit 5: Do Physical Activity

Unit 6: Use a Ball with Your Body