



Physical Education K

Course Summary:

In this course, physical education encourages students to develop their fine motor skills, movement, and confidence to enjoy healthy physical activity regularly. A combination of interactive and hands-on activities teaches students essential skills. Students learn how to respect themselves and others while playing.

Course Outline

1. Physically Active Lifestyle

1. Physical Activities
 - Select and demonstrate activities that are classified as physical activity or exercise
2. Energy and Physical Activity
 - Explain how food provides energy for the body
 - Identify one fruit and one vegetable
3. Benefits of Physical Activity
 - Recognize that exercise benefits the body and the brain
4. Not Being Active
 - Identify disadvantages of not being physically active
5. Being Active Outside of School
 - Engage in at least one physical activity outside of school
 - Create a book of physical activities
6. Feelings and Physical Activity
 - Identify the emotional benefits to your brain from participating in physical activities
7. Enjoyable Physical Activities
 - Identify one physical activity that is enjoyable and state why it is fun

2. Introduction to Common Movements

1. Moving Forward, Sideways, and Backward
 - Show how your body can move forward, backward and sideways
 - Explain why it is important to understand direction
 - Demonstrate traveling in straight, curving, and zigzagging pathways
2. Playing Ball
 - Demonstrate kicking, throwing, catching, and striking a ball
 - Describe how different actions used with balls produce various results
 - Demonstrate at least two critical elements used in eye-foot coordination skills
3. Stretching
 - Show how your body can stretch, bend, swing, twist
 - Explain why it is important to stretch before exercising
4. Determining Direction
 - Distinguish between directional relationships with an object and your body
5. Balancing and Body Parts

- Demonstrate balancing while bearing weight on both feet, one foot, and on hands and knees
6. Moving to a Rhythm
 - Experiment with clapping, tapping, and moving to a steady beat
- 3. Let's Move**
1. Bending, Pushing, Pulling, and Squatting
 - Identify and perform squatting, bending, pulling, and pushing
 - Describe the difference between squatting, bending, pulling, and pushing
 2. Let's Travel
 - Demonstrate and differentiate between walking, jogging, running, hopping, galloping, and jumping
 - Perform a hop, skip, jump, and run
 3. What Body Parts Can You Name?
 - Label the different parts of the body used in physical activity
 - Identify various body parts
 4. My Space, Our Space
 - Determine the difference between personal and general space
 - Perform movements using both personal and general space
 5. Are You Fast or Slow?
 - Identify fast and slow movements
 - Explain how fast and slow movements look and feel different
 - Demonstrate the difference between slow and fast movements while traveling
 6. Twist and Bend your Body
 - Demonstrate head flexion, head extension, and head rotation
- 4. Effects of Exercise**
1. Do You Notice a Change?
 - Explain that fast heart rate, sweat, and heavy breathing accompany exercise
 - Discuss why your heart rate increases, breathing deepens, and sweating occurs during exercise
 2. Building Muscle Strength
 - Describe muscles
 - Demonstrate the ability to lift and support body weight
 3. The Lungs
 - Identify where the lungs are located
 - Describe what lungs help you do
 4. Importance of Sleep
 - Explain the importance of rest and sleep for the body
 5. Flexibility
 - Participate in exercises that increase flexibility in the shoulders, legs, and trunk
 - Describe and select a stretching activity that provides enjoyment
 6. Daily Physical Activity
 - Identify the benefits that occur when involved in daily physical activity
 - Develop and track a physical activity goal
- 5. Responsibility, Respect, and Enjoyment**
1. Importance of Following Rules
 - State why it is important to follow rules when participating in physical activity
 - Illustrate the importance of following rules and consequences of not following rules
 2. Dressing for Physical Activity

- Identify appropriate clothing to wear when exercising
- Explain how proper clothing and shoes help prevent injury
- 3. Staying Safe in the Water
 - Explain basic water safety rules
- 4. Using Equipment
 - Discuss the proper use of sporting equipment
- 5. Emergencies
 - Discuss appropriate reactions during emergencies in physical activities
- 6. Working Together
 - Explain the benefits of working together in physical activity
- 7. Positive Feelings During Physical Activity
 - Identify specific positive feelings associated with participating in physical activity
- 8. Try a New Sport or Activity
 - Summarize why it is important to try a new sport or activity
 - Explain how physical activity provides the opportunity for social interaction