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# Kindergarten Physical Education

Curriculum Guide

Dunmore School District

Dunmore, PA



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Curriculum Guide**

**Kindergarten Physical Education**

**Prerequisite:**

- Kindergarten Student

Students in Kindergarten Physical Education meet once a week. Students engage in age appropriate activities to experience extensive large muscle group movements. Physical Education instruction shall include body part Identification/ body awareness, use of space/ pathways/direction for movement, qualities of movement and fundamental motor skills, fitness activities, rhythmic activities, stunts/tumbling, simple games/relays, sport skills and other activities.

This course meets once a week throughout the entire year.

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Year-at-a-glance

<b>Subject: Kindergarten Physical Education</b>	<b>Grade Level: Kindergarten</b>	<b>Date Completed: 1/15/2019</b>
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**36 Days**

Topic	Resources	Standards
Beginning of the year introduction to Kindergarten Physical Education	Scale and data sheets provided by the school nurse	10.3.3.D
Fitness Jog 1 lap on track Run 1 lap on track Run for the Ribbons Obstacle Course Fitness Stations	Scooters Hula hoops Hurdles Jump rope Basketball Bean bag toss	10.3.3 10.4.3.A 10.4.3.C 10.4.3.F 10.5.3.D
Use of space/ pathways/direction for movement Man from mars Scooter Relays Reindeer Training (Christmas) Egg Hunt	Scooters Cones Jump Ropes Plastic Eggs Balance Beam Bean Bags Buckets	10.3.3.D 10.4.3.A 10.4.3.F
Qualities of movement and fundamental motor skills Treasure Hunt Numbers Relay	Cones Beanbags Hula Hoops	10.4.3.A 10.4.3.B 10.4.3.C 10.4.3.F

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Throwing, Catching, aiming and dodging skills Clean your room Pin bombardment Sink the ship The Perfect pass	Foam dodgeball Multi colored Cones Bowling pins Score Board Scooters Mats Hula hoops	10.3.3.D 10.4.3.A 10.4.3.B 10.5.3.A 10.5.3.C 10.5.3.F
Cooperative learning Games Mr. Bones (Halloween) Turkey Hunt (Thanksgiving) Parachute	Multi- colored cones Halloween buckets Plastic bones Orange cones Multi-Colored cones Thanksgiving themed pictures Parachute Foam balls	10.3.3.D 10.4.3.A 10.4.3.F 10.5.3.A 10.5.3.B 10.5.3.E
Dodging Fleeing activities The Wall Octopus	Cones Foam Dodgeball	10.3.3.D 10.4.3.A 10.4.3.D 10.4.3.B 10.4.3.C 10.4.3.F 10.5.3.A

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
<b>Beginning of the year introduction to Kindergarten Physical Education</b>	<b>Essential Knowledge/Skills:</b> Rules Squads Height/ weight  <b>Vocabulary:</b> Squads	Scale and data sheets provided by the school nurse  <b>Equipment:</b> Data sheets Scale	Instructor observation	<b>1 day</b>
<b>PA Academic Standards: Health Safety and Physical Education</b> 10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).				



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<p><b>Fitness Stations</b></p>	<p><b>Essential Knowledge/Skills:</b>          Ensuring Safety at all times          Understanding how to rotate when time is up          Weaving in and out of cones          Proper way to Jumping and landing on 2 feet          Proper way to dribble a basketball          Safe way to get onto scooter</p> <p><b>Vocabulary:</b>          Underhand throw          High knees          Dribbling</p>	<p>Scooters          Hula Hoops          Hurdles          Jump Rope          Basketball          Bean Bag Toss</p>		<p><b>2 days</b></p>
<p><b>PA Academic Standards: Health Safety and Physical Education</b>          10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).          10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.          10.4.3 C. Know and recognize changes in body responses during moderate to vigorous physical activity.          • heart rate          • breathing rate          10.4.3.F. Recognize positive and negative interactions of small group activities.          10.5.3.D. Identify and use principles of exercise to improve movement and fitness activities          • frequency/ how often to exercise          • intensity/how hard to exercise          • time/how long to exercise          • type/what kind of exercise</p>				

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
<p><b>Use of space/ pathways/direction for movement</b></p> <p><b>Man from Mars</b></p> <p><b>Scooter Relays</b></p>	<p><b>Essential Knowledge/Skills:</b></p> <p>Chasing and Tagging other students properly Safety with tagging</p> <p><b>Vocabulary:</b> Space awareness direction tagging dodging fleeing</p> <p><b>Essential Knowledge/Skills:</b> Proper way to use a scooter Following rules Teamwork Knowledge on how to get on scooter</p> <p><b>Vocabulary:</b> Direction Stomach Knees Forward Backwards</p>	<p><b>Equipment:</b> Whistle</p> <p><b>Equipment:</b> Scooters Cones</p>	<p>Instructor observation</p> <p>Instructor observation</p>	<p><b>2 days</b></p> <p><b>2 days</b></p>



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<p><b>Reindeer Training Circuit (Christmas)</b></p>	<p><b>Essential Knowledge/Skills:</b>            Cooperative learning            Teamwork            Proper way to use equipment            Proper way to rotate            Use of safety with equipment</p> <p><b>Vocabulary:</b>            Rotate            Balance            Underhand Throw            Fast            Slow            Muscular Endurance            Strength</p>	<p><b>Equipment:</b>            Scooters            Jump Ropes            Balance Beam            Hurdles            Bean Bags            Buckets            Green Cones</p>	<p>Instructor observation</p>	<p><b>1 day</b></p>
<p><b>Egg Hunt</b></p>	<p><b>Essential Knowledge/Skills:</b>            Teamwork            Dodging and fleeing skills            Proper use of equipment</p> <p><b>Vocabulary:</b>            Guard            Pick up            Distraction            Running            Dodging</p>	<p><b>Equipment:</b>            Buckets            Plastic Eggs            Cones</p>	<p>Instructor observation</p>	<p><b>1 day</b></p>
<p><b>PA Academic Standards: Health Safety and Physical Education</b>            10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).            10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.            10.4.3.F. Recognize positive and negative interactions of small group activities.</p>				

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
<p><b>Qualities of movement and fundamental motor skills</b></p> <p><b>Treasure Hunt</b></p>	<p><b>Essential Knowledge/Skills:</b>            Proper knowledge of locomotor skills            Proper demonstration of specific locomotor skill            Adding up bean bags correctly            Cooperative learning            Teamwork</p> <p><b>Vocabulary:</b>            Skipping            Hopping            Galloping            Bear crawl            Addition</p>	<p><b>Equipment:</b>            Bean bags            Hula hoops</p>	<p>Teacher Observation</p>	<p><b>2 days</b></p>
<p><b>Numbers Relay</b></p>	<p><b>Essential Knowledge/Skills:</b>            Cooperative learning            Teamwork            Knowledge of locomotor skills            Listening skills</p> <p><b>Vocabulary:</b>            Bear crawl            Hopping            Sliding</p>	<p><b>Equipment:</b>            Cones</p>	<p>Teacher Observation</p>	<p><b>2 days</b></p>

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	Backwards run			
<b>PA Academic Standards: Health Safety and Physical Education</b> 10.4.3.A. Identify and engage in physical activities that promote physical fitness and health. 10.4.3.B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities. 10.4.3.C. Know and recognize changes in body responses during moderate to vigorous physical activity. <ul style="list-style-type: none"><li>• heart rate</li><li>• breathing rate</li></ul> 10.4.3. F. Recognize positive and negative interactions of small group activities.				

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
<p><b>Throwing, Catching, aiming and dodging skills</b></p> <p><b>Clean your room</b></p>	<p><b>Essential Knowledge/Skills:</b> Knowing the proper throwing mechanics Throwing strategies for the game</p> <p><b>Vocabulary:</b> Space awareness boundary lines</p>	<p><b>Equipment:</b> Cones Foam dodgeball</p>	<p>Teacher Observation</p>	<p><b>2 days</b></p>
<p><b>Pin bombardment</b></p>	<p><b>Essential Knowledge/Skills:</b> Proper way to throw Throwing strategy Proper way to bowl Bowling strategy Rules of the Game Teamwork Cooperative learning Communication with teammates</p> <p><b>Vocabulary:</b> Throwing</p>	<p><b>Equipment:</b> Foam dodgeballs Cones Bowling pins Score Board</p>	<p>Teacher Observation</p>	<p><b>2 days</b></p>

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<p><b>Sink the ship</b></p>	<p>Defending Bowling Blocking Guarding Team Work</p> <p><b>Essential Knowledge/Skills:</b> Teamwork Cooperative learning Communication skills crew member- must stay on the mat at all times how to perform a burpee with proper technique</p> <p><b>Vocabulary:</b> Defending Crew member Lifeboats (scooters) Boats (mats) protectors Burpees</p>	<p><b>Equipment:</b> Scooters Mats Bowling pins Foam dodge balls</p>	<p>Teacher Observation</p>	<p><b>2 days</b></p>
<p><b>The Perfect pass</b></p>	<p><b>Essential Knowledge/Skills:</b> Proper way to throw Proper way to catch Distance and strategy with teammates Addition skills</p>	<p><b>Equipment:</b> Hula hoops Foam balls Multi- colors cones</p>	<p>Teacher Observation</p>	<p><b>2 days</b></p>

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	<b>Vocabulary:</b> Throwing Catching Take away Addition			
<p><b>PA Academic Standards: Health Safety and Physical Education</b></p> <p>10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).</p> <p>10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.</p> <p>10.4.3.B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.</p> <p>10.5.3.A. Recognize and use basic movement skills and concepts.</p> <p>10.5.3.C. know the function of practice.</p> <p>10.5.3.F. Recognize and describe game strategies using appropriate vocabulary.</p> <ul style="list-style-type: none"> <li>• faking/dodging</li> <li>• passing/receiving</li> <li>• Moving MOVING to be open</li> <li>• Defending space</li> <li>• Following rules of play</li> </ul>				



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**PA Academic Standards: Health Safety and Physical Education**

10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.

10.4.3.D. Identify the likes and dislikes related to participation in physical activities.

10.4.3.B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities

10.4.3.C. Know and recognize changes in body responses during moderate to vigorous physical activity.

- heart rate
- breathing rate

10.4.3.F. Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

10.5.3.A. Recognize and use basic movement skills and concepts.





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<b>Parachute</b>	<p><b>Essential Knowledge/Skills:</b>          Working together          Group cooperation          Following directions          improve basic motor skills          improve endurance and stamina</p> <p><b>Vocabulary:</b>          Resting position          Ripples- fast/small          Waves- slow/big          Umbrella and Colour Call          Popcorn Machine          Hot Air Balloon          Mountain          Bedtime          Tick Tock          Around the Rim          Umbrella          Octopus</p>	<p><b>Equipment:</b>          Parachute          Foam balls</p>	Teacher Observation	<b>2 days</b>
<p><b>PA Academic Standards: Health Safety and Physical Education</b>          10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).          10.4.3. A. Identify and engage in physical activities that promote physical fitness and health.          10.4.3. F. Recognize positive and negative interactions of small group activities.          10.5.3. A. Recognize and use basic movement skills and concepts.          10.5.3. B. Recognize and describe the concepts of motor skill development using appropriate vocabulary.          10.5.3. E. Know and describe scientific principles that affect movement and skills using appropriate vocabulary.</p>				