

# PHYSICAL EDUCATION KINDERGARTEN

## STANDARDS

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### ***Nevada Grades K-12 Content Standards***

- 1.0 Students understand and apply movement concepts and principles to the learning and development of motor skills.
- 2.0 Students demonstrate competency in many movement forms and proficiency in a few movement forms.
- 3.0 Students demonstrate an understanding of dance through skills, techniques, choreography, and as a form of communication.
- 4.0 Students achieve and maintain a health-enhancing level of individual fitness for an active lifestyle.
- 5.0 Students demonstrate personal responsibility, positive social interaction, and respect for diversity in physical activity settings.

## ESSENTIAL CONCEPTS, SKILLS, AND EXPERIENCES

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### **OBJECT MOVEMENT SKILLS**

*It is expected that students will:*

- (K)1.1 explore the basic concepts/elements of simple object movement skills [NS 1.2.2]
- (K)1.2 perform a variety of basic level manipulative skills [NS 2.2.2]
  - a. throw an object with two hands simultaneously
  - b. throw an object with one hand, underhand
  - d. trap an object using two hands
  - e. bounce and catch a ball
  - f. roll an object
  - g. strike an object with the hand using underhand and overhand techniques
  - i. develop foot-eye coordination by moving feet in simple patterns (e.g., pathways, around obstacles)
  - j. kick a stationary ball
  - l. jump a stationary rope
- (K)1.5 demonstrate a language vocabulary for object movement activities [NS 1.2.1]

### **LOCOMOTOR AND NONLOCOMOTOR MOVEMENT SKILLS**

*It is expected that students will:*

- (K)2.1 explore the basic concepts/elements of simple locomotor and nonlocomotor movements (i.e., alternating feet) [NS 1.2.2]
- (K)2.2 perform basic locomotor movements: walk, run, hop, jump, gallop [NS 2.2.1]

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- (K)2.3 perform basic nonlocomotor movements: bend, stretch, twist, swing
- (K)2.4 explore personal space safely in relation to others in the general space
- (K)2.5 identify and use body parts
- (K)2.6 demonstrate position in space/relationship qualities through movement (e.g. up/down, over/under, around) [NS 3.2.2 B]
- (K)2.7 explore static and dynamic balances using a variety of large and small body parts
- (K)2.8 explore simple transfer of weight movements [NS 2.2.3]
- (K)2.10 develop a language vocabulary for locomotor and nonlocomotor movement activities [NS 1.2.1]

### EXPRESSIVE MOVEMENT AND DANCE

*It is expected that students will:*

- (K)3.1 explore the basic concepts/elements of simple expressive movement skills (i.e., changing speed) [NS 1.2.2]
- (K)3.2 explore space as an element of movement: shape, size, direction [NS 3.2.1]
- (K)3.3 explore force as an element of movement: heavy/light, strong/weak [NS 3.2.1]
- (K)3.4 explore time as an element of movement: fast/slow
- (K)3.5 explore expressive movement as a form of communication [NS 3.2.3]
- (K)3.7 perform various movement patterns to a steady beat [NS 3.2.4]
- (K)3.11 demonstrate a language vocabulary for expressive movement [NS 1.2.1]

### PHYSICAL FITNESS

*It is expected that students will:*

- (K)4.1 demonstrate safety in performance of various fitness activities and exercises [NS 4.2.4]
- (K)4.2 participate in activities that develop the physical fitness components: aerobic endurance, flexibility, muscular endurance, muscular strength [NS 4.2.2]
- (K)4.4 explore physiological signs of moderate physical activity [NS 1.2.4]
- (K)4.5 explore the implications of physical fitness for health
- (K)4.7 develop a language vocabulary for physical fitness [NS 1.2.1]

### RESPONSIBILITY AND COOPERATION

*It is expected that students will:*

- (K)5.1 apply classroom rules, procedures, and safe practices with teacher reinforcement [NS 5.2.1]
- (K)5.2 share space and equipment with others [NS 5.2.2]
- (K)5.3 interact positively with others regardless of personal differences [NS 5.2.3]
- (K)5.6 respond appropriately to simple movement cues [NS 1.2.3]