Kindergarten Physical Education Curriculum Guide- Jordan Bank Elementary

Approximate Time Frame: Thirty Six Weeks (1 time per week)
(From August – June)
Developed by: Mollie Steigerwalt

PA Academic Standards for Health, Safety, and Physical Education:

- 10.3.3 A, C, D (Safety and Injury Prevention)
- 10.4.3 A, B, C, D, E, F (Physical Activity)
- 10.5.3. A, B, C, D, E (Concepts, Principals and Strategies of Movement)

PA Academic Standards for Health, Safety, and Physical Education (Revised 2022):

- 10.3.K.A1 (Safety and Injury Prevention)
- 10.4.K.A1, B1 (Physical Activity)
- 10.5.K.A1, B1, C1 (Concepts, Principles and Strategies of Movement)

Course Overview

Course Description	Course Big Ideas	Course Skills
Using a series of progressions and stations, each designed to prepare the brain for input and processing; bilateral movement, coordination of the auditory, visual and kinesthetic senses, vestibular development, visual-motor control, visual tracking and higher level thinking.	Students use activity to link movement and physical activity to enhance academic performance.	 Spatial Awareness Movement in Different Levels Proprioception Jumping and Landing Dynamic Balance Sequencing of Patterns Eye Tracking; Visual-Motor Control Complex Motor Control Problem Solving Directionality Locomotor Skill Development Spatial Concepts Combine Skills for Higher Level Thinking

Physical Education Academic Units:

	Unit Topic	Subtopics	Key-Mastery Objectives	Standards
August- September	Lesson 1: Understanding Routines and Game Learning in PE	Lesson 1: -Developing Classroom Routines -Orientation and Personal Space -Locomotor Skills Practice -Help Me Tag -Turtle Tag	Lesson 1: -Students will demonstrate safety when participating in class activitiesStudents will identify various ways to stay safe when participating in class activitiesStudents will demonstrate various locomotor movement skills.	Lesson 1: 10.3.3 D 10.5.3 A Updated: 10.3.K.A1 10.4.K.A1
	Lesson 2-3: Action Based Learning Lab #1	Lesson 2-3: -Red Light, Green Light -Builders and Bulldozers -Station Activities: 1. Hula Hooping 2. Pencil Roll/Log Roll 3. Jump on Spots 4. Spooner Board Spin 5. Dancing with Ribbon Hoops/Wands -Help Me Tag -Turtle Tag	Lesson 2-3: -Students will demonstrate basic understanding of classroom routinesStudents will demonstrate how to roll their body.	Lesson 2-3: 10.3.3 D 10.4.3. F 10.5.3 A Updated: 10.4.K.A1 10.4.K.B1 10.5.K.A1 10.5.K.B1 10.5.K.C1
	Lesson 4: Tag Games and Activities	Lesson 4: -Infection Tag -Help Me Tag	Lesson 4: -Students will demonstrate safety when participating in class activities.	Lesson 4: 10.3.3 D 10.5.3 A

		-Pacman Tag -Bean Bag Balance Game	-Students will identify various ways to stay safe when participating in class activitiesStudents will demonstrate various locomotor movement skills.	Updated: 10.3.K.A1 10.4.K.A1 10.4.K.B1
	Lesson 5-6: Action Based Learning Lab #2	Lesson 5-6: -Listen and Move -Freeze Dance Song -Station Activities: 1. Bilateral Crawl (Alligator) on Scooter 2. Hopscotch 3. Spooner Board Spin 4. Bean Bag Toss- Underhand Throw Through Shapes 5. Jump over (low) Obstacle -Infection Tag -Pacman Tag	Lesson 5-6: -Students will demonstrate how to jump and hopStudents will demonstrate the alligator crawl on a scooterStudents will demonstrate safety when participating in class activitiesStudents will identify basic shapes.	Lesson 5-6: 10.3.3 D 10.4.3. F 10.5.3 A Updated: 10.3.K.A1 10.4.K.A1 10.4.K.B1 10.5.K.B1 10.5.K.C1
October	*Lesson 5-6 (see last month): Action Based Learning Lab #2	Lesson 5-6: (see last month)	Lesson 5-6: (see last month)	Lesson 5-6: (see last month)
	Lesson 7: Tag Games and Activities	Lesson 7: -Everybody's It Tag -Musical Hula Hoops	Lesson 7: -Students will demonstrate safety when participating in class activities.	Lesson 7: 10.3.3 D 10.5.3 A

		-Zookeepers -Pacman Tag	-Students will identify various ways to stay safe when participating in class activitiesStudents will demonstrate various locomotor movement skills.	Updated: 10.3.K.A1 10.4.K.A1
	Lesson 8-9: Action Based Learning Lab #3	Lesson 8-9: -Dead Bugs -Everybody's It Tag - Station Activities: 1. Overhand Throw Ball to Target 2. Hopscotch with Bean Bag	Lesson 8-9: -Students will demonstrate a criss cross walkStudents will demonstrate the pattern jump of hopscotch.	Lesson 8-9: 10.3.3 D 10.4.3. F 10.5.3 A Updated: 10.4.K.A1 10.4.K.B1
		3. Scooter Spin 4. Bowling 5. Criss Cross Walk -Zookeepers -Pacman Tag		10.5.K.A1 10.5.K.B1 10.5.K.C1
November	Lesson 10: Tag Games and Activities	Lesson 10: -Infection Tag -Zookeepers -Rock, Paper, Scissors Tag -Roadblock Tag	Lesson 10: -Students will demonstrate safety when participating in class activitiesStudents will identify various ways to stay safe when participating in class activitiesStudents will demonstrate various locomotor movement skills.	Lesson 10: 10.3.3 D 10.5.3 A Updated: 10.3.K.A1 10.4.K.A1 10.5.K.B1
	Lesson 11-12: Action Based Learning Lab #4	Lesson 11-12: -Red Light, Green Light -Tunnel Tag -Station Activities: 1. Walking on Balance Beam	Lesson 11-12: -Students will demonstrate a hop on one footStudents will identify how to safely perform each stationStudents will demonstrate safety when performing at each station.	Lesson 11-12: 10.3.3 D 10.4.3. F 10.5.3 A Updated:

		2. Toss and Catch Foxtails 3. Over and Under Obstacles 4. Ride on Roller Racers 5. Cup Stacking -Rock, Paper, Scissors Tag -Pacman Tag	-Students will demonstrate balance when walking on the balance beamStudents will demonstrate how to go over and under obstacles.	10.3.K.A1 10.4.K.A1 10.4.K.B1 10.5.K.A1 10.5.K.B1 10.5.K.C1
	Lesson 13: Tag Games and Activities	Lesson 13: -Help Me Tag -Parachute Activities -Roadblock Tag	Lesson 13: -Students will demonstrate how to safely use the parachuteStudents will use cooperation when working with classmates during class activities.	Lesson 13: 10.4.3 F 10.5.3 A Updated: 10.3.K.A1 10.4.K.A1 10.4.K.B1 10.5.K.A1 10.5.K.A1 10.5.K.C1
December	Lesson 14-15: Action Based Learning Lab #5	Lesson 14-15: -Reindeer Tag -Snowball Fight (Infection Tag) -Station Activities: 1. Bounce and Catch Ball/Dribble with Hand	Lesson 14-15: -Students will demonstrate how to bounce and catch, or dribble a ball with their handsStudents will demonstrate safety when participating in class activitiesStudents will demonstrate various ways to stack cups.	Lesson 14-15: 10.3.3 D 10.4.3. F 10.5.3 A Updated: 10.3.K.A1 10.4.K.A1 10.4.K.B1

	Lesson 16: Tag Games and Activities	2. Roll Ball Around Self 3. Trampoline Ball 4. Dancing with Ribbon Hoops/Wands 5. Organizing Oversized Map of United States -Secret Santa Tag Lesson 16: -Reindeer Tag -Present Delivery Relay -Reindeer Training -Snowman Knockdown	Lesson 16: -Students will demonstrate safety when participating in class activitiesStudents will identify various ways to stay safe when participating in class activitiesStudents will demonstrate various locomotor movement skills.	10.5.K.A1 10.5.K.B1 10.5.K.C1 Lesson 16: 10.3.3 D 10.5.3 A Updated: 10.3.K.A1 10.4.K.A1 10.4.K.B1 10.5.K.B1 10.5.K.C1
January	Lesson 17-18: Action Based Learning Lab #6	Lesson 17-18: -Builders and Bulldozers -Red Light, Green Light - Station Activities: 1. Kick Letter Dice and Come Up with a Word that Matches the Letter 2. Walking on/Between Ladder Rungs	Lesson 17-18: -Students will demonstrate how to bounce and catch, or dribble a ball with their handsStudents will identify various basic shapesStudents will demonstrate safety when participating in class activitiesStudents will demonstrate how to throw a small foam football.	Lesson 17-18: 10.3.3 D 10.4.3. F 10.5.3 A Updated: 10.3.K.A1 10.4.K.A1 10.4.K.B1 10.5.K.A1 10.5.K.B1

		3. Spooner Board		10.5.K.C1
		Spin 4. Bounce/Dribble Ball on Shape and Say Shape Name 5. Football Throw -Help Me Tag -Turtle Tag		
Le	esson 19: Tag	<u>Lesson 19:</u> -Roadblock Tag	<u>Lesson 19:</u> -Students will demonstrate how to safely use the	Lesson 19:
	ames and ctivities	-Parachute Activities	parachuteStudents will use cooperation when working with classmates during class activities.	10.4.3 F 10.5.3 A
			classifiates during class activities.	Updated: 10.3.K.A1
				10.4.K.A1 10.4.K.B1
				10.5.K.A1 10.5.K.B1
		1 20 21	v 20 21	10.5.K.C1
Ad	esson 20-21: ction Based	Lesson 20-21: -Freeze Dance Song -Rock, Paper, Scissors	Lesson 20-21: -Students will demonstrate how to toss and catch with a scarf.	<u>Lesson 20-21:</u> 10.3.3 D 10.4.3. F
#7	earning Lab 7	Tag -Station Activities:	-Students will demonstrate safety when participating in class activities.	10.4.3. F 10.5.3 A
		1. Jumping with Ball Hoppers	-Students will demonstrate balance when walking on the balance beam.	Updated:
		2. Walking on Balance Beam		10.3.K.A1 10.4.K.A1
		with Obstacles		10.4.K.B1
				10.5.K.A1

		3. Tossing and Catching Scarves (Basic Scarf Juggling- 1 Scarf) 4. Hula Hooping 5. Ride on Scooters/Roller Racers -Olly Olly Octopus -Skunk Tag		10.5.K.B1 10.5.K.C1
February	*Lesson 20-21 (see last month): Action Based Learning Lab #7	Lesson 20-21: (see last month)	Lesson 20-21: (see last month)	Lesson 20-21: (see last month)
	Lesson 22: Tag Games and Activities	Lesson 22: -Skunk Tag -Locomotor Skills Practice (Run, Jump, Hop, Gallop, Skip, Side Slide, Leap) -Bean Bag Balance Game -Olly Olly Octopus	Lesson 22: -Students will demonstrate safety when participating in class activitiesStudents will identify various ways to stay safe when participating in class activitiesStudents will demonstrate various locomotor movement skills.	Lesson 22: 10.3.3 D 10.5.3 A Updated: 10.3.K.A1 10.4.K.A1 10.4.K.B1
	Lesson 23-24: Action Based Learning Lab #8	Lesson 23-24: -Listen and Move -Infection Tag -Station Activities: 1. Walking on Stepping Stones	Lesson 23-24: -Students will demonstrate how to jump with a hula hoopStudents will demonstrate safety when participating in class activities.	Lesson 23-24: 10.3.3 D 10.4.3. F 10.5.3 A Updated:

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		2. Bowling	-Students will demonstrate balance when walking on the	10.3.K.A1
		3. Jumping with a	stepping stones.	10.4.K.A1
		Hula Hoop		10.4.K.B1
		4. Shooting into a		10.5.K.A1
		Basketball Net		10.5.K.B1
		5. Scooters		10.5.K.C1
		-Help Me Tag		
		-Tunnel Tag		
March	Lesson 25: Tag	Lesson 25:	Lesson 25:	Lesson 25:
	Games and	-Builders and Bulldozers	-Students will demonstrate safety when participating in	10.3.3 D
	Activities	-Dead Bugs	class activities.	10.5.3 A
		-Pacman Tag	-Students will identify various ways to stay safe when	
		-Balance Tag	participating in class activities.	Updated:
		-Zookeepers	-Students will demonstrate various locomotor movement	10.3.K.A1
		_	skills.	10.4.K.A1
				10.4.K.B1
	<u>Lesson 26-27:</u>	Lesson 26-27:	<u>Lesson 26-27:</u>	<u>Lesson 26-27:</u>
	Action Based	-Dead Bugs	-Students will demonstrate how to roll on a mat using	10.3.3 D
	Learning Lab	-Tunnel Tag	either a forward roll, or log roll.	10.4.3. F
	#9	-Station Activities:	Students will demonstrate how to tap a balloon using a	10.5.3 A
	,	1. Forward Roll/Log	racquet.	10.0.0
		Roll on a Mat	-Students will demonstrate safety when participating in	Updated:
		2. Dribbling Ball	class activities.	10.3.K.A1
		with Hand	-Students will demonstrate throwing and catching skills	10.4.K.A1
		3. Balloon Tap using	using a foxtail.	10.4.K.B1
		a Racquet	using a roami.	10.4.K.B1 10.5.K.A1
		4. Spooner Board		10.5.K.A1 10.5.K.B1
		Spin		10.5.K.C1
		5. Toss and Catch		10.3.13.01
		Foxtails		
		-Red Light, Green Light		
		-Pacman Tag		
		i -racillali tag		

	Lesson 28: Tag Games and Activities	Lesson 28: -Help Me Tag -Parachute Activities	Lesson 28: -Students will demonstrate how to safely use the parachuteStudents will use cooperation when working with classmates during class activities.	Lesson 28: 10.4.3 F 10.5.3 A Updated: 10.3.K.A1 10.4.K.A1 10.4.K.B1 10.5.K.A1 10.5.K.B1 10.5.K.C1
	Lesson 29-30: Action Based Learning Lab #10	Lesson 29-30: -Turtle Tag -YMCA Tag -Station Activities: 1. Trampoline Ball 2. Roller Racers 3. Toss and Catch with 2 Scarves 4. Dancing with Ribbon Hoops/Wands 5. Jumping with a Hula Hoop/Jump Rope -Dead Bugs -Tunnel Tag	Lesson 29-30: -Students will demonstrate how to toss and catch using a trampoline (ogosport disc)Students will demonstrate safety when participating in class activitiesStudents will demonstrate various locomotor movementsStudents will demonstrate jumping with a hula hoop/jump rope.	Lesson 29-30: 10.3.3 D 10.4.3. F 10.5.3 A Updated: 10.3.K.A1 10.4.K.A1 10.4.K.B1 10.5.K.A1 10.5.K.A1 10.5.K.C1
April	*Lesson 29-30 (see last	Lesson 29-30: (see last month)	Lesson 29-30: (see last month)	Lesson 29-30: (see last month)

	month): Action Based Learning Lab #10 Lesson 31: Tag Games and Activities	Lesson 31: -Help Me Tag -Musical Hula Hoops -Zookeepers -Roadblock Tag	Lesson 31: -Students will demonstrate safety when participating in class activitiesStudents will identify various ways to stay safe when participating in class activitiesStudents will demonstrate various locomotor movement skills.	Lesson 31: 10.3.3 D 10.5.3 A Updated: 10.3.K.A1 10.4.K.A1
	Lesson 32-33: Action Based Learning Lab #11	Lesson 32-33: -Red Light, Green Light -Tunnel Tag -Station Activities: 1. Frisbee Throw 2. Mini Football Throw 3. Kicking a Ball 4. Ring Toss 5. Cup Stacking - Rock, Paper, Scissors Tag -Pacman Tag	Lesson 32-33: -Students will demonstrate how to throw a frisbeeStudents will demonstrate how to throw a footballStudents will demonstrate safety when participating in class activitiesStudents will demonstrate various locomotor movementsStudents will demonstrate how to kick a stationary ball.	Lesson 32-33: 10.3.3 D 10.4.3. F 10.5.3 A Updated: 10.3.K.A1 10.4.K.A1 10.4.K.B1 10.5.K.A1 10.5.K.A1 10.5.K.C1
May	*Lesson 32-33 (see last month): Action Based Learning Lab #11	Lesson 32-33: (see last month)	Lesson 32-33: (see last month)	Lesson 32-33: (see last month)

	Lesson 34: Tag Games and Activities	Lesson 34: -Skunk Tag -Infection Tag -Locomotor Skills Practice -Zookeepers	Lesson 34: -Students will demonstrate safety when participating in class activitiesStudents will identify various ways to stay safe when participating in class activitiesStudents will demonstrate various locomotor movement skills.	Lesson 34: 10.3.3 D 10.5.3 A Updated: 10.3.K.A1 10.4.K.A1 10.5.K.B1
	Lesson 35-36: Action Based Learning Lab #12	Lesson 35-36: -Listen and Move -Infection Tag -Station Activities: 1. Walking on Stepping Stones 2. Hula Hooping 3. Over/Under Obstacles 4. Shooting into a Basketball Net 5. Spooner Board Spin -Tunnel Tag -Pacman Tag	Lesson 35-36: -Students will demonstrate how to throw a frisbeeStudents will demonstrate safety when participating in class activitiesStudents will demonstrate how to toss and catch a scarfStudents will demonstrate how to balance while walking on the stepping stones.	Lesson 35-36: 10.3.3 D 10.4.3. F 10.5.3 A Updated: 10.3.K.A1 10.4.K.A1 10.4.K.B1 10.5.K.A1 10.5.K.C1
June	Lesson 37: Review Games and Activities	Lesson 37: (Student/Class Choice) -Help Me Tag -Turtle Tag -Olly Olly Octopus -Tunnel Tag	Lesson 37: -Students will demonstrate safety when participating in class activitiesStudents will identify various ways to stay safe when participating in class activitiesStudents will demonstrate various locomotor movement skills.	Lesson 37: 10.3.3 D 10.5.3 A Updated: 10.3.K.A1 10.4.K.A1