

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, Principles 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.	<ul style="list-style-type: none">● 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	<u>Lesson 1:</u> Understanding Routines and Game Learning in PE	<u>Lesson 1:</u> -Developing Classroom Routines -Orientation and Personal Space -Locomotor Skills Practice -Help Me Tag -Turtle Tag	<u>Lesson 1:</u> -Students will demonstrate safety when participating in class activities. -Students will identify various ways to stay safe when participating in class activities. -Students will demonstrate various locomotor movement skills.	<u>Lesson 1:</u> 10.3.3 D 10.5.3 A Updated: 10.3.K.A1 10.4.K.A1
	<u>Lesson 2-3:</u> Action Based Learning Lab #1	<u>Lesson 2-3:</u> -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	<u>Lesson 2-3:</u> -Students will demonstrate basic understanding of classroom routines. -Students will demonstrate how to roll their body.	<u>Lesson 2-3:</u> 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
	<u>Lesson 4:</u> Tag Games and Activities	<u>Lesson 4:</u> -Infection Tag -Help Me Tag	<u>Lesson 4:</u> -Students will demonstrate safety when participating in class activities.	<u>Lesson 4:</u> 10.3.3 D 10.5.3 A

	<p><u>Lesson 5-6:</u> Action Based Learning Lab #2</p>	<p>-Pacman Tag -Bean Bag Balance Game</p> <p><u>Lesson 5-6:</u> -Listen and Move -Freeze Dance Song -Station Activities:</p> <ol style="list-style-type: none"> 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 <p>-Infection Tag -Pacman Tag</p>	<p>-Students will identify various ways to stay safe when participating in class activities. -Students will demonstrate various locomotor movement skills.</p> <p><u>Lesson 5-6:</u> -Students will demonstrate how to jump and hop. -Students will demonstrate the alligator crawl on a scooter. -Students will demonstrate safety when participating in class activities. -Students will identify basic shapes.</p>	<p>Updated: 10.3.K.A1 10.4.K.A1 10.4.K.B1</p> <p><u>Lesson 5-6:</u> 10.3.3 D 10.4.3. F 10.5.3 A</p> <p>Updated: 10.3.K.A1 10.4.K.A1 10.4.K.B1 10.5.K.B1 10.5.K.C1</p>
October	<p><u>*Lesson 5-6 (see last month):</u> Action Based Learning Lab #2</p> <p><u>Lesson 7:</u> Tag Games and Activities</p>	<p><u>Lesson 5-6:</u> (see last month)</p> <p><u>Lesson 7:</u> -Everybody's It Tag -Musical Hula Hoops</p>	<p><u>Lesson 5-6:</u> (see last month)</p> <p><u>Lesson 7:</u> -Students will demonstrate safety when participating in class activities.</p>	<p><u>Lesson 5-6:</u> (see last month)</p> <p><u>Lesson 7:</u> 10.3.3 D 10.5.3 A</p>

	<p>2. Toss and Catch Foxytails</p> <p>3. Over and Under Obstacles</p> <p>4. Ride on Roller Racers</p> <p>5. Cup Stacking</p> <p>-Rock, Paper, Scissors</p> <p>Tag</p> <p>-Pacman Tag</p> <p><u>Lesson 13:</u> Tag Games and Activities</p>	<p>2. Toss and Catch Foxytails</p> <p>3. Over and Under Obstacles</p> <p>4. Ride on Roller Racers</p> <p>5. Cup Stacking</p> <p>-Rock, Paper, Scissors</p> <p>Tag</p> <p>-Pacman Tag</p> <p><u>Lesson 13:</u> -Help Me Tag -Parachute Activities -Roadblock Tag</p>	<p>-Students will demonstrate balance when walking on the balance beam.</p> <p>-Students will demonstrate how to go over and under obstacles.</p> <p><u>Lesson 13:</u> -Students will demonstrate how to safely use the parachute.</p> <p>-Students will use cooperation when working with classmates during class activities.</p>	<p>10.3.K.A1</p> <p>10.4.K.A1</p> <p>10.4.K.B1</p> <p>10.5.K.A1</p> <p>10.5.K.B1</p> <p>10.5.K.C1</p> <p><u>Lesson 13:</u> 10.4.3 F 10.5.3 A</p> <p>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</p>
December	<p><u>Lesson 14-15:</u> Action Based Learning Lab #5</p>	<p><u>Lesson 14-15:</u> -Reindeer Tag -Snowball Fight (Infection Tag) -Station Activities:</p> <ol style="list-style-type: none"> 1. Bounce and Catch Ball/Dribble with Hand 	<p><u>Lesson 14-15:</u> -Students will demonstrate how to bounce and catch, or dribble a ball with their hands.</p> <p>-Students will demonstrate safety when participating in class activities.</p> <p>-Students will demonstrate various ways to stack cups.</p>	<p><u>Lesson 14-15:</u> 10.3.3 D 10.4.3. F 10.5.3 A</p> <p>Updated: 10.3.K.A1 10.4.K.A1 10.4.K.B1</p>

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

		3. Spooner Board Spin 4. Bounce/Dribble Ball on Shape and Say Shape Name 5. Football Throw -Help Me Tag -Turtle Tag		10.5.K.C1
	<u>Lesson 19:</u> Tag Games and Activities	<u>Lesson 19:</u> -Roadblock Tag -Parachute Activities	<u>Lesson 19:</u> -Students will demonstrate how to safely use the parachute. -Students will use cooperation when working with classmates during class activities.	<u>Lesson 19:</u> 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
	<u>Lesson 20-21:</u> Action Based Learning Lab #7	<u>Lesson 20-21:</u> -Freeze Dance Song -Rock, Paper, Scissors Tag -Station Activities: 1. Jumping with Ball Hoppers 2. Walking on Balance Beam with Obstacles	<u>Lesson 20-21:</u> -Students will demonstrate how to toss and catch with a scarf. -Students will demonstrate safety when participating in class activities. -Students will demonstrate balance when walking on the balance beam.	<u>Lesson 20-21:</u> 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

		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	<p><u>*Lesson 20-21 (see last month):</u> Action Based Learning Lab #7</p> <p><u>Lesson 22:</u> Tag Games and Activities</p> <p><u>Lesson 23-24:</u> Action Based Learning Lab #8</p>	<p><u>Lesson 20-21:</u> (see last month)</p> <p><u>Lesson 22:</u> -Skunk Tag -Locomotor Skills Practice (Run, Jump, Hop, Gallop, Skip, Side Slide, Leap) -Bean Bag Balance Game -Olly Olly Octopus</p> <p><u>Lesson 23-24:</u> -Listen and Move -Infection Tag -Station Activities: 1. Walking on Stepping Stones</p>	<p><u>Lesson 20-21:</u> (see last month)</p> <p><u>Lesson 22:</u> -Students will demonstrate safety when participating in class activities. -Students will identify various ways to stay safe when participating in class activities. -Students will demonstrate various locomotor movement skills.</p> <p><u>Lesson 23-24:</u> -Students will demonstrate how to jump with a hula hoop. -Students will demonstrate safety when participating in class activities.</p>	<p><u>Lesson 20-21:</u> (see last month)</p> <p><u>Lesson 22:</u> 10.3.3 D 10.5.3 A Updated: 10.3.K.A1 10.4.K.A1 10.4.K.B1</p> <p><u>Lesson 23-24:</u> 10.3.3 D 10.4.3. F 10.5.3 A Updated:</p>

	<p><u>Lesson 28:</u> Tag Games and Activities</p> <p><u>Lesson 29-30:</u> Action Based Learning Lab #10</p>	<p><u>Lesson 28:</u> -Help Me Tag -Parachute Activities</p> <p><u>Lesson 29-30:</u> -Turtle Tag -YMCA Tag -Station Activities: <ol style="list-style-type: none"> 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</p>	<p><u>Lesson 28:</u> -Students will demonstrate how to safely use the parachute. -Students will use cooperation when working with classmates during class activities.</p> <p><u>Lesson 29-30:</u> -Students will demonstrate how to toss and catch using a trampoline (ogosport disc). -Students will demonstrate safety when participating in class activities. -Students will demonstrate various locomotor movements. -Students will demonstrate jumping with a hula hoop/jump rope.</p>	<p><u>Lesson 28:</u> 10.4.3 F 10.5.3 A</p> <p>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</p> <p><u>Lesson 29-30:</u> 10.3.3 D 10.4.3. F 10.5.3 A</p> <p>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</p>
April	<u>*Lesson 29-30</u> (see last	<u>Lesson 29-30:</u> (see last month)	<u>Lesson 29-30:</u> (see last month)	<u>Lesson 29-30:</u> (see last month)

	<p><u>month</u>): Action Based Learning Lab #10</p> <p><u>Lesson 31</u>: Tag Games and Activities</p> <p><u>Lesson 32-33</u>: Action Based Learning Lab #11</p>	<p><u>Lesson 31</u>:</p> <ul style="list-style-type: none"> -Help Me Tag -Musical Hula Hoops -Zookeepers -Roadblock Tag <p><u>Lesson 32-33</u>:</p> <ul style="list-style-type: none"> -Red Light, Green Light -Tunnel Tag -Station Activities: <ol style="list-style-type: none"> 1. Frisbee Throw 2. Mini Football Throw 3. Kicking a Ball 4. Ring Toss 5. Cup Stacking - Rock, Paper, Scissors Tag -Pacman Tag 	<p><u>Lesson 31</u>:</p> <ul style="list-style-type: none"> -Students will demonstrate safety when participating in class activities. -Students will identify various ways to stay safe when participating in class activities. -Students will demonstrate various locomotor movement skills. <p><u>Lesson 32-33</u>:</p> <ul style="list-style-type: none"> -Students will demonstrate how to throw a frisbee. -Students will demonstrate how to throw a football. -Students will demonstrate safety when participating in class activities. -Students will demonstrate various locomotor movements. -Students will demonstrate how to kick a stationary ball. 	<p><u>Lesson 31</u>:</p> <p>10.3.3 D 10.5.3 A</p> <p>Updated: 10.3.K.A1 10.4.K.A1</p> <p><u>Lesson 32-33</u>:</p> <p>10.3.3 D 10.4.3. F 10.5.3 A</p> <p>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</p>
May	<p>*<u>Lesson 32-33</u> (see last month): Action Based Learning Lab #11</p>	<p><u>Lesson 32-33</u>: (see last month)</p>	<p><u>Lesson 32-33</u>: (see last month)</p>	<p><u>Lesson 32-33</u>: (see last month)</p>

