



St. Mel's Catholic School

Physical Education Guidelines

Kindergarten

Kindergarten students learn through their environment and through themselves. They are

“solo” or “individual” learners. Their focus is on the general space around them and their own personal space. It is important at this stage to teach non-loco motor skills and loco motor skills to teach the student to move within a general space. They should also be introduced to equipment and how to manipulate objects at this stage. Students should be

introduced to how their body moves in a variety of situations. Health and hygiene should be introduced at this stage.

Movement Skills and Movement Knowledge

1. Students should be competent in many movement activities.

- Travel in different ways in a large group without bumping into others or falling.
- Balance while bending, twisting and stretching.
- Know and demonstrate what personal space is and understand its importance.
- Strike a stationary ball with any part of the body.
- Walk and run using proper form.
- Roll with control, without hesitating or stopping.
- Toss a ball to self and catch it before it bounces twice.

2. Students will understand how and why one moves in a variety of situations and will use this information to enhance his or her skills.

- Identify various parts of the body and their location; for example arms, legs, and hands.
- Identify fundamental movement patterns.
- Identify and begin to use the technique employed to soften landing in jumping.

3. Students will achieve and maintain a health-enhancing level of physical fitness.

- Recognize that one's body is a gift from God and exercise is good for one's health.
- Sustain moderate to vigorous physical activity.
- Identify nutritious foods.

Self-image and Personal Development

Kindergartners discover their own body image through various movement activities. It is important to provide an environment where kindergartners can feel success and achievement through physical activities.

1. The student will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, and self-expression.

- Participate regularly in vigorous physical activity.



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- Try new movement activities and skills.
 - Identify feelings that result from participation in physical activities.
2. Students will learn to be responsible for personal behavior while participating in movement activities.
- Follow adult-delivered rules.
 - Respond respectfully to rule infractions when reminded.
 - Handle and care for equipment safely and appropriately.

Social Development

Kindergartners are egocentric learners. They tend to play in their own space by themselves. Kindergartners tend to be focused on themselves in the present. They do begin at this stage recognize the concept of self and others. They begin to understand that others may occupy their space; learn to move about their space without interfering with others; and begin to learn to take turns and share interaction with others. (p.26, 27).

1. Students will learn responsible social behavior while participating in movement activities. Students will understand the importance of love and respect for all others.

- Participate in activities without interfering with others.
- Take turns using a piece of equipment with teacher prompting.
- Transfer rules of physical education to rules on the playground.
- Interact with playmates without regard to personal differences (i.e. race, gender, disability).

2. Students will learn to understand the interrelationship between history and culture and game, sports, play, and dance.

- Describe what is done in physical education.
- Identify games they have played with family and with friends.
- Describe time and location of physical activity.
- Move creatively to culturally diverse music.