



Kindergarten Essential Skills for Physical Education (PE)

September

- I can follow classroom rules and procedures using safe practices
- I can understand beginning movement vocabulary (ex. start/stop, fast/slow, high/low)

October

- I can demonstrate beginning progress towards control of balance by doing different animal walks and balancing by using different body parts.
- I can participate in physical activity showing positive social interactions.

November

- I can participate in physical activities with appropriate behavior.
- I can demonstrate emerging skills of catching, kicking, and throwing.

December

- I can participate in activities that require some physical exertion (jogging)
- I can perform different loco-motor movements of hopping, jumping and galloping.

January

- I can engage in continuous loco-motor movements for a short period of time to increase my heart rate.
- I can participate in a variety of physical activities including lead up and relay activities.

February

- I can demonstrate non-locomotor skills of bending, stretching, and balancing.
- I can sustain moderate to vigorous physical activity for short amounts of time during tag activities.

March

- I can participate in activities without hesitating depending on who I am paired with.

- I can move and change directions quickly during tag, stopping and starting when appropriately.

April

- I can identify changes in how their body feels during exercise, such as breathing and sweating.
- I can jog and stretch before vigorous activity.

May

- I can demonstrate progress towards functional form of loco-motor skills (jog, run, skip, and gallop) and non-loco-motor skills (bending, stretching, and balancing).
- I can understand concepts of moving above, below and behind.