

Kindergarten Physical Education & Health Pacing Guide

Overarching

	PEL 1.K.5	Move appropriately in general space within boundaries without falling down and bumping into others
	PEL 1.K.16	Participate in low-organized games that utilize basic motor skills
	PEL 2.K.9	Recognize that the body is capable of wide range of movement (bending, stretching, twisting)
	PEL 2.K.10	Practice stretching techniques to improve range of motion (reverse hurdle stretch, shoulder stretch)
	PEL 2.K.11	Explore strength building activities (eg, animal walk, scooter activities, push up ans hold)
	PEL 2.K.13	Participate in moderate to vigorous physical activity
	PEL 4.K.1	Participate continuously when not successful on the first try
	HW 8.K.1	Identify positive and negative ways to get attention
	HW 8.K.2	Recognize personal and shared space
	PEL 4.K.2	Use equipment within personal space safely and properly
PEL 4.K.3	Understand enjoyment associated with cooperative play	

1st Nine Weeks

Health: Body Systems	PEL 1.K.1	Identify body parts, including, head, shoulders, knees, toes, elbows, back	
	PEL 2.K.6	Understand that the body is composed of muscles and bones	
	HW 5.K.2	Name and describe the 5 sense	
	HW 5.K.3	Understand and recognize different physical characteristics of an individual (eg, height, weight, eye color)	
	PEL 2.K.4	Recognize change in breathing during moderate to vigerous activity	
	HW 5.K.1	Name and locate the following body parts:	
* heart			
* lungs			
* brain			
* stomach			
Health: Personal Hygiene	HW 7.K.1	Identify community health services:	
		* doctor	
		* dentist	
	HW 10.K.4	* community health department	
		Understand the concept of grooming and cleanliness	
	HW 6.K.1	Define germ using a picture or a diagram	
	HW 6.K.2	Identify methods of protection from illness:	
		* wash hands	
* cover sneeze/cough			
		* immunization (shots)	

Health: Handling Emergencies	HW 10.K.13	Demonstrate Stop, Drop, and Roll when clothing is on fire
	HW 10.K.10	Discuss the following rules for safety:
		* playground
		* bus
		* classroom
		* tornado drills
		* earthquake drills
		* fire drills
		*dangerous objects and weapons (eg. broken glass, needles, blood, spit)
	*food consumption	
	HW 10.K.9	Recognize traffic safety rules for the following:
		* crossing street
		* seat belts
		* helmets
* riding bikes		
* signs and signals		
HW 10.K.12	Identify warning signs, sounds and labels	
HW 10.K.14	Practice safety rules pertaining to threatening strangers	
	* shout, kick	
	* tell adult	
	* avoid strangers vehicles	
HW 10.K.11	Demonstrate how to get help in an emergency	

PE: Novice Skills	PEL 1.K.3	Move forward, side-to-side, high/medium/low, stop/go, under, over, behind and through
	PEL 1.K.2	Demonstrates dynamic (moving) static (stationary) movement using various body positions (eg, animal movements)
	PEL 1.K.4	Move body limbs (high, low, and medium)
	PEL 1.K.6	Perform locomotor movements:
		*crawl
		* run
		* hop
		* jump
		* gallop
		* slide
		* skip
	PEL 1.K.7	Perform the following non-locomotor movements:
		* bend
		* stretch
* turn		
* twist		
* shake		
* cross-lateral (crossing the mid-line of the body)		
* push		
* pull		
* sway		
PE: Striking	PEL 1.K.11	Move a ball with feet
	PEL 1.K.13	Use limited body movement when kicking with the dominant leg
	PEL 1.K.14	Use limited body movement when striking an object using the dominant arm
Health: Communication	HW 7.K.3	Define community using a picture or diagram
	HW 10.K.1	Recognize and verbalize emotions and feelings (eg, happy, sad, excited, embarrassed, afraid, surprised, proud)
	HW 8.K.3	Identify characteristics that make a good friend
	HW 8.K.4	Recognize ways to communicate (speaking, body language, writing)
Second Nine Weeks		
Health: Tobacco, Drugs, and Alcohol	HW 9.K.4	Recognize types of tobacco products
	HW 9.K.5	Tell the effects of tobacco products on the body (eg, bad breathe, yellow teeth)
	HW 9.K.6	Recognize that alcohol is a drug
	HW 9.K.8	Discuss what refusal skills are
	HW 9.K.7	Recognize that some drugs are illegal
PE: Throw and Catch	PEL 1.K.9	Use limited body movement when throwing with dominant arm
	PEL 1.K.10	Extend arms towards thrower when catching an object
Health: Violence	HW 10.K.3	Name trusted adults to notify for help
	HW 10.K.15	Identify sources to report abuse, harassment, violence, and injury (teacher, nurse, counselor, minister, parent, coaches)
PE: Fitness	PEL.2.K.5	Participate in an age appropriate activity, exercise, or game that encourages pacing to develop cardio respiratory endurance
	PEL.2.K.11	Explore strength building activities (e.g., animal walk, scooter activities, push up and hold)
	PEL.2.K.12	Practice specific strength building activities (e.g., pull-ups, pushups, modified push-ups)

	PE.2.K.14	Practice appropriate activities to improve muscular endurance (e.g., curl-ups, partial curl-ups)
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Third Nine Weeks		
PE: Rhythm	PEL 1.K.8	Travel to a beat by marching, clapping, and stomping with a fast and slow pace, using even and uneven rhythms
Health: Medication	HW 9.K.1	Identify common medications
	HW 9.K.2	Name basic rules for taking medication
	HW 9.K.3	Identify reliable adults to dispense medication
PE: Bouncing	PEL 1.K.12	Bounce a ball using one or two hands in self space and general space
PE: Heart	PEL 2.K.1	Locate the heart and understand that it is the size of a fist
	PEL 2.K.3	Recognize change in the heart beat while participating in a moderate to vigorous activity
	PEL 2.K.2	Know that the heart functions as a pump for blood
	PEL 3.K.1	Understand that exercise takes place during active play to build a healthy heart and lungs
PE: Integration	PEL 3.K.2	Know that the body and brain need activity for optimal function: oxygen to the brain; ability to focus
Health: Oral Health	HW 10.K.7	Know the difference between primary teeth and permanent teeth
	HW 10.K.8	Discuss the role of the dentist and dental hygienist
	HW 10.K.6	describe ways to clean teeth: Brushing; flossing
	HW 10.K.5	Explain why teeth are important: eating, chewing, smiling talking
Unit: Health: Nutrition	HW 11.K.3	Tell the sources of different foods:
		* plant
		* animal
	HW 11.K.2	Tell the importance of choosing healthy foods
	HW 11.K.1	Identify healthy snacks
	PEL 2.K.7	Understand that the body needs fuel to function proper nutrition and water
PEL 11.K.4	Explore MyPyramid by recognizing that foods are categorized into groups	
Fourth Nine Weeks		
PE: Volley	PEL 1.K.15	Volley a balloon with hands
Health: Environment	HW 7.K.2	Define pollution using a picture or a diagram
Track & Field		