

## Kindergarten Physical Education Recommended Activities

Content Code	MDE Expectation	Unit of Instruction	Associated Activities & Assessments (where possible)
	<b>MOTOR SKILLS AND MOVEMENT PATTERNS</b>		
	<b>Movement Concepts</b>		
	<b>Space Awareness</b> <i>Students will...</i>		
M.MC.00.01	demonstrate limited elements of space awareness movement concepts for location (e.g., self-space) in isolated settings.	<b>Management</b>	<b>Activities: home base, squad spots</b>  <b>Assessment:</b>
M.MC.00.02	demonstrate limited elements of space awareness movement concepts for directions (e.g., up/down and forward/backward) in isolated settings.	<b>Loco-motor</b>	<b>Activities: games, movement concepts</b>  <b>Assessment:</b>
M.MC.00.03	demonstrate limited elements of space awareness movement concepts for levels (e.g., low and high) in isolated settings.	<b>Non loco-motor</b>	<b>Activities: parachute cars and bridges</b>  <b>Assessment:</b>
M.MC.00.04	demonstrate selected elements of space awareness movement concepts for pathways (e.g., straight and curved) in isolated settings.	<b>Loco-motor</b>	<b>Activities: movement concepts, pathway movements</b>  <b>Assessment:</b>
M.MC.00.05	demonstrate selected elements of space awareness movement concepts for extensions (e.g., large/small) in isolated settings.	<b>Loco-motor</b>	<b>Activities: movement concepts, Animal movement, ABC's</b>  <b>Assessment:</b>
	<b>Effort</b> <i>Students will...</i>		
M.MC.00.06	demonstrate selected elements of effort movement concepts for time (e.g., fast/slow) in isolated settings.	<b>Warm-ups</b> <b>Loco-motor</b>	<b>Activities: pathways, warm-ups</b>  <b>Assessment:</b>
	<b>Relationships</b> <i>Students will...</i>		
M.MC.00.09	demonstrate elements of relationship movement concepts of body parts (e.g., round, narrow, wide, and symmetrical) in isolated settings.	<b>Animal movements</b>	<b>Activities: animal movements</b>  <b>Assessment: demonstrate</b>
M.MC.00.10	demonstrate selected elements of relationship movement concepts of objects and/or people (e.g., over/under, on/off, and in front/behind) in isolated settings.	<b>Movement concepts</b>	<b>Activities: bridge, rock , tree game</b>  <b>Assessment:</b>
M.MC.00.11	demonstrate selected elements of relationship movement concepts with people (e.g., leading/following) in isolated settings.	<b>Movement concepts</b>	<b>Activities: follow leader, shadows</b>  <b>Assessment:</b>
	<b>Motor Skills</b>		
	<b>Non-Locomotor</b> <i>Students will...</i>		
M.MS.00.01	demonstrate selected elements of non-locomotor skills of balancing, bending, rocking, rolling, swinging, jumping, and landing in isolated settings.	<b>Movement concepts</b>	<b>Activities: Yoga, gymnastics,</b>  <b>Assessment: (Assessment Strategies for Elem. P.E. pp.54-55,60-61)</b>
	<b>Locomotor</b> <i>Students will...</i>		
M.MS.00.02	demonstrate selected elements of mature form of locomotor skills of walk and run in isolated settings.	<b>Warm-ups</b>	<b>Activities:</b>  <b>Assessment: demonstrate (Assessment Strategies for Elem. P.E.-pp.36-39)</b>



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<b>Manipulative Students will...</b>			
M.MS.00.03	demonstrate selected elements of mature form of manipulative skills of roll and underhand throw in isolated settings.	<b>throwing</b>	<b>Activities: bowling skills, target practice</b>  <b>Assessment: demonstrate (Assessment Strategies for Elem. P.E.-92-93)</b>
<b>*Aquatics Students will...</b>			
M.AQ.00.01	demonstrate selected elements of basic aquatic skills of front float and back float with flotation and instructor support in isolated settings.		
M.AQ.00.02	demonstrate selected elements of safe water entry and exit with flotation and instructor support in isolated settings. <i>*The Michigan Department of Education acknowledges that some schools do not have the facilities or community resources to meet all of the aquatics grade level content expectations, however, all water safety grade level content expectations should be met within all physical education programs whether or not pool facilities are available.</i>		
<b>Rhythmic Activities Students will...</b>			
M.RA.00.01	demonstrate basic even and uneven rhythmic patterns.	<b>Dance</b>	<b>Activities: Stomp and clap activity</b>  <b>Assessment:</b>
<b>CONTENT KNOWLEDGE</b>			
<b>Feedback Students will...</b>			
K.FB.00.01	use cues from teachers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.	<b>everyday</b>	<b>Activities:</b>  <b>Assessment: teacher interactions</b>
<b>Movement Concepts</b>			
<b>Space Awareness Students will...</b>			
K.MC.00.01	identify limited space awareness movement concepts for location (e.g., self-space and general space).	<b>Movement concepts</b>	<b>Activities: home base, squad spots</b>  <b>Assessment:</b>
K.MC.00.02	identify limited space awareness movement concepts for directions (e.g., up/down and forward/backward).	<b>Movement concepts</b>	<b>Activities: cars and bridges, Animal movements, rock tree bridge</b>  <b>Assessment:</b>
K.MC.00.03	identify limited space awareness movement concepts for levels (e.g., low and high).	<b>Movement concepts</b>	<b>Activities: cars and bridges, Animal movements, rock tree bridge</b>  <b>Assessment: (Assessment Strategies for Elem. P.E.-pp.52-53)</b>
K.MC.00.04	identify selected space awareness movement concepts for	<b>Movement concepts</b>	<b>Activities: pathways</b>



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	pathways (e.g., straight and curved).		<b>Assessment:</b>
K.MC.00.05	identify selected space awareness movement concepts for extensions (e.g., large/small).	<b>Movement concepts</b>	<b>Activities: Animals, ABC's</b> <b>Assessment:</b>
	<b>Effort Students will...</b>		
K.MC.00.06	identify selected effort movement concepts for time (e.g., fast/slow).		
	<b>Relationship Students will...</b>		
K.MC.00.09	identify relationship movement concepts of body parts (e.g., round, narrow, wide, and symmetrical).	<b>Movement concepts</b>	<b>Activities: Animals, ABC's</b> <b>Assessment: (Elementary Physical Education Teaching and Assessment-pp.105-110)</b>
K.MC.00.10	identify selected relationship movement concepts of objects and/or people (e.g., over/under, on/off, and in front/behind).	<b>Movement concepts</b>	<b>Activities: cars and bridges, Animal movements, rock tree bridge, simple games, poly spots</b> <b>Assessment:</b>
K.MC.00.11	identify selected relationship movement concepts with people (e.g., leading/following).	<b>Movement concepts</b>	<b>Activities: follow the leader, shadows,</b> <b>Assessment:</b>
	<b>Motor Skills</b>		
	<b>Non-Locomotor Students will...</b>		
K.MS.00.01	identify selected critical elements of the following non-locomotor skills: balancing, bending, rocking, rolling, and swinging.	<b>Yoga, gymnastics</b>	<b>Activities: Yoga, gymnastics</b> <b>Assessment: demonstration (Assessment Strategies for Elem. P.E.-54-50, 60-61)</b>
	<b>Locomotor Students will...</b>		
K.MS.00.02	identify selected critical elements of the following locomotor skills: walk and jump.	<b>Loco-motor</b>	<b>Activities: games, movement concepts</b> <b>Assessment:</b>
	<b>Manipulative Students will...</b>		
K.MS.00.03	identify selected elements of the following manipulative skills: roll and underhand throw.	<b>Loco-motor, Throwing</b>	<b>Activities: movement concepts, pathway movements</b> <b>Assessment: Demonstration (Assessment Strategies for Elem. P.E.- 92-93)</b>
	<b>Rhythmic Activities Students will...</b>	<b>Loco-motor</b>	<b>Activities: movement concepts, Animal movement, ABC's</b> <b>Assessment:</b>
K.RA.00.01	identify basic rhythmic patterns (e.g., even and uneven).		
	<b>Participation Inside/Outside of Physical Education Students will...</b>	<b>Loco-motor</b>	<b>Activities: pathways, warm-ups</b> <b>Assessment:</b>
K.PA.00.01	recognize varying types of physical activities.		



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Content Code	MDE Expectation	Unit of Instruction	Associated Activities & Assessments (where possible)
<b>Health-Related Fitness</b> <i>Students will...</i>			
K.HR.00.01	identify one of the five components of health-related fitness.	<b>Fitness</b>	<b>Activities: Heart rate- had feeling chest</b>  <b>Assessment: (Assessment Strategies for Elem. P.E.-p.119-120)</b>
<b>Physical Activity and Nutrition</b> <i>Students will...</i>			
K.AN.00.01	identify that physical activity can lead to increased heart rate, breathing rate, perspiration, etc. (e.g., running, galloping).	<b>fitness</b>	<b>Activities: feeling heart</b>  <b>Assessment: (Assessment Strategies for Elem. P.E.-p.119-120)</b>
K.AN.00.02	identify that supporting body weight develops muscular strength and endurance (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts) in selected activities.	<b>fitness</b>	<b>Activities: gymnastics, animal walks</b>  <b>Assessment:</b>
<b>FITNESS AND PHYSICAL ACTIVITY</b>			
<b>Participation During Physical Education</b> <i>Students will...</i>			
A.PE.00.01	participate, at a moderate intensity level, in limited physical activities that focus on skill building rather than on formal game structure, including a variety of locomotor and developmentally appropriate manipulative skills.	<b>Floor hockey (pillow polo), foam paddles</b>	<b>Activities: stick handling, paddles and balloons</b>  <b>Assessment:</b>
<b>Participation Outside of Physical Education</b> <i>Students will...</i>			
A.PA.00.01	choose to participate, at a moderate intensity level, in limited physical activities that focus on skill building rather than on formal game structure, including a variety of locomotor activities and developmentally appropriate manipulative skills on a daily basis.	<b>floor hockey, foam paddles</b>	<b>Activities:</b>  <b>Assessment: (Elementary Physical Education Teaching and Assessment-p. 226)</b>
<b>Health-Related Fitness</b> <i>Students will...</i>			
A.HR.00.01	recognize one of the five components of health-related fitness.	<b>Heart rate</b>	<b>Activities: putting hand over heart</b>  <b>Assessment: (Assessment Strategies for Elem. P.E.-p.119-120)</b>
<b>Physical Activity and Nutrition</b> <i>Students will...</i>			
A.AN.00.01	identify that physical activity can lead to increased heart rate, breathing rate, perspiration, etc. (e.g., running, galloping).	<b>fitness</b>	<b>Activities: putting hand over heart</b>  <b>Assessment: (Assessment Strategies for Elem. P.E.-p.119-120)</b>
A.AN.00.02	support body weight, briefly, in selected activities (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts) to develop muscular strength and endurance.	<b>Animal walks and stunts</b>	<b>Activities: animal walks, locomotor skills</b>  <b>Assessment:</b>



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	<b>PERSONAL/SOCIAL BEHAVIORS AND VALUES</b>		
	<b>Feedback</b> <i>Students will...</i>		
<b>B.FB.00.01</b>	use limited cues from teachers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.	<b>Warm-ups</b>	<b>Activities: using feedback</b> <b>Assessment:</b>
	<b>Personal/Social Behaviors</b> <i>Students will...</i>		
<b>B.PS.00.01</b>	exhibit behaviors which exemplify best effort, cooperation, and compassion with teacher prompting in isolated settings.	<b>everyday</b>	<b>Activities:</b> <b>Assessment: demonstration</b>



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