



PRE-KINDERGARTEN Learning Objectives for **Physical Education**



FITNESS

The learner will

- strengthen and stretch major muscle groups (leg, arm, shoulder, abdominal muscles, upper body, mid-body, lower body, lower back).
- increase flexibility.
- increase cardiovascular endurance.

MOVEMENT

The learner will

- explore personal and general space.
- explore space awareness with equipment.
- identify boundaries.
- explore directions, pathways, patterns.
- explore levels.
- explore body shape.
- develop control over speed (agility) and direction.
- use movements in inventive and expressive way.
- explore effort awareness (time, weight, space, flow).
- increase body awareness (left/right, body parts, making shapes, transferring weight).
- Identify and perform running, hopping, jumping, galloping, crawling, rolling, skipping, sliding and leaping.
- develop competence in bending, pushing, pulling twisting, falling lifting and rocking.

PLAY GYMNASTICS

The learner will identify and perform

- climbing.
- hanging.
- swinging.
- balancing.
- balancing while moving.
- springing and landing.
- falling and landing.

RHYTHM AND DANCE (TO MUSIC OR BEAT)

The learner will

- develop whole body movements.
- travel and stop.
- develop regular rhythm (walking, jumping).
- develop patterns.

GAME SKILLS

The learner will demonstrate competence in

- developing spatial awareness, listening skills, agility, manipulation and body awareness.
- jumping/landing.
- Hula hooping.
- develop visual tracking, manual dexterity, accuracy and manipulation.
- throwing, tossing and catching to self and to partner.
- tossing and catching 1 scarf.



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BALL SKILLS

The learner will

- development manipulation skills, hand and foot control, visual tracking, dexterity, agility, accuracy, cooperation, alertness and timing through rolling and fielding, two-handed toss and catch with utility balls, two-handed target tossing, bouncing.
- practice skills for playing soccer.
- develop skills in kicking, dribbling and trapping.
- practice skills for playing baseball.
- throw and pass one-handed underhand.
- throw and pass one-handed overhand at a moving target.
- catch.
- field grounders.
- run bases.
- tee-ball bat.
- practice skills for playing basketball.
- develop skills in two-handed bounce, bounce to partner
- begin one-handed dribbling, underhand and overhand shooting.

ROPE SKILLS

The learner will demonstrate competence in

- coordination, rhythm, timing, agility, aerobic endurance and leg strength.
- jumping and hopping over rope on floor.
- long and short rope jumping.
- starting in middle.

PARACHUTE

The learner will demonstrate competence in

- cooperation.
- arm and leg strength.
- safety guidelines.
- listening.
- alertness.
- rhythm.
- sequence building through inflation techniques plus movement.

HOCKEY

The learner will demonstrate competence in

- control, manipulation, alertness, accuracy, visual tracking and hand-eye coordination.
- stick handling, carrying, dribbling, shooting.

TEAM SPORTS

The learner will demonstrate competence in

- low organized games.
- relays.
- sportsmanship.
- teamwork.
- rules and strategies for basketball, soccer, hockey and tee-ball.