



Diocese of Greensburg Curriculum Physical Education K

Unit	Standards	Content	Skills
<p>Physical Fitness</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade K</p> <hr/> <p>10.4 Physical Activity 10.4 Physical Activity</p> <p>A. Recognize and demonstrate appropriate physical activities that promote fitness and health</p> <p>B. Recognize the physiological effects of moderate to vigorous physical activity on the body (e.g., fast heart rate, heavy or increased breathing, sweating)</p> <p>C. Identify physical activities that are liked and disliked</p> <p>D. Know that appropriate practice and regular participation positively impacts motor skills</p> <p>E. Recognize positive and negative interactions of small group activities</p> <p>10.5 Movement 10.5 Concepts, Strategies and the Principles of Movement</p> <p>A. Recognize and use fundamental motor skills and movement concepts</p> <p>D. Understand that people may differ even though they are the same age</p> <p>I. Understand that feedback lets us know how we are doing on a task and is helpful in improving a skill</p>	<ul style="list-style-type: none"> • Movement • Physically fit • Aerobic activity 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Strive to participate daily in some form of physical activity • Engage in sustained physical activity that causes an increased heart rate • Participate in exercises to increase strength • Move various joints through a full range of motion

Unit	Standards	Content	Skills
	<p>J. Know and demonstrate that appropriate practice helps to improve skills</p> <p>L. Know that how often we exercise affects how we improve</p> <p>N. Know that how hard we exercise affects how we improve</p> <p>O. Know that length of time we exercise affects how we improve</p> <p>P. Know that type of exercise used affects how we improve</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p>Movement</p>	<p>PA: Health, Safety & Physical Education (2002)</p> <p>PA: Grade K</p> <hr/> <p>10.5 Movement</p> <p>10.5 Concepts, Strategies and the Principles of Movement</p> <p>A. Recognize and use fundamental motor skills and movement concepts</p> <p>C. Know, recognize and demonstrate relationship movement concepts (e.g., narrow, wide, over, under, leading, following)</p> <p>Q. Know and demonstrate that gravity affects movement and skills</p> <p>R. Know and demonstrate that force affects movement and skills</p> <p>T. Know and demonstrate that balance affects movement and skills</p> <p>U. Know how to maintain balance</p> <p>V. Know and demonstrate what it means to move to an open space</p>	<ul style="list-style-type: none"> • Directions(forward, backward, up , down, sideways, diagonal) • Basic movement skills 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Move using locomotors movement ex. (walking, galloping, skipping, running, hopping, and jumping) in different pathways

Unit	Standards	Content	Skills
	Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved		
Locomotor	<p>PA: Health, Safety & Physical Education (2002) PA: Grade K</p> <hr/> <p>10.5 Movement 10.5 Concepts, Strategies and the Principles of Movement</p> <p>A. Recognize and use fundamental motor skills and movement concepts</p> <p>B. Know that relationships refer to the ways the individual, while moving, relates with other people and the environment</p> <p>C. Know, recognize and demonstrate relationship movement concepts (e.g., narrow, wide, over, under, leading, following)</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Basic locomotor moves 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Walk, run, skip, gallop, hop, and jump while participating in activities • Demonstrate body control • Demonstrate balance • Demonstrate arm and leg coordination

Unit	Standards	Content	Skills
<p>Non-locomotor</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade K</p> <hr/> <p>10.4 Physical Activity 10.4 Physical Activity</p> <p>A. Recognize and demonstrate appropriate physical activities that promote fitness and health</p> <p>B. Recognize the physiological effects of moderate to vigorous physical activity on the body (e.g., fast heart rate, heavy or increased breathing, sweating)</p> <p>10.5 Movement 10.5 Concepts, Strategies and the Principles of Movement</p> <p>A. Recognize and use fundamental motor skills and movement concepts</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Movement Skills • Non-Locomotor movements • Manipulative movements 	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate non-locomotor skills while utilizing the concept of space awareness (direction/ranges) <ul style="list-style-type: none"> ○ Bend/stretch ○ Twist/turn ○ Swing/ sway ○ Push/ pull
<p>Skills</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade K</p> <hr/> <p>10.4 Physical Activity 10.4 Physical Activity</p> <p>A. Recognize and demonstrate appropriate physical activities that promote fitness and health</p> <p>D. Know that appropriate practice and regular participation positively impacts motor skills</p> <p>E. Recognize positive and negative interactions of small group activities</p> <p>10.5 Movement</p>	<ul style="list-style-type: none"> • Basic movement skills • Hand-eye coordination • Foot-eye coordination 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Follow the rules of the game • Travel safely around the gym • Follow directions • Demonstrate being a good sport • Throw and kick balls • Throw and catch to self • Throw at a target with accuracy • Throw and catch with a partner • Dribble basketball balls and soccer balls • Juggle scarves • Strike objects using a bat, hockey stick, or hand

Unit	Standards	Content	Skills
	<p>10.5 Concepts, Strategies and the Principles of Movement</p> <p>E. Know that practice and experience make you better at motor skills</p> <p>F. Know that when you first begin to learn a motor skill, you will not be good at it</p> <p>G. Know, recognize, and demonstrate that some skills are used in many different activities</p> <p>M. Know and demonstrate that frequency, intensity, and duration of exercise affects the rate at which we improve</p> <p>W. Model and understand the purpose of rules</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p>Throwing and Catching</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade K</p> <hr/> <p>10.4 Physical Activity 10.4 Physical Activity</p> <p>A. Recognize and demonstrate appropriate physical activities that promote fitness and health</p> <p>E. Recognize positive and negative interactions of small group activities</p> <p>10.5 Movement 10.5 Concepts, Strategies and the Principles of Movement</p> <p>A. Recognize and use fundamental motor skills and movement concepts</p>	<ul style="list-style-type: none"> • Eye /hand coordination • Balance and body control • Transferring weight/ opposite rule 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Throw overhand (ball near ear) or underhand (ball near waist) to their partners • Demonstrate proper posture and stance for throwing

Unit	Standards	Content	Skills
	<p>C. Know, recognize and demonstrate relationship movement concepts (e.g., narrow, wide, over, under, leading, following)</p> <p>E. Know that practice and experience make you better at motor skills</p> <p>F. Know that when you first begin to learn a motor skill, you will not be good at it</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p>Kicking</p>	<p>PA: Health, Safety & Physical Education (2002)</p> <p>PA: Grade K</p> <hr/> <p>10.5 Movement</p> <p>10.5 Concepts, Strategies and the Principles of Movement</p> <p>A. Recognize and use fundamental motor skills and movement concepts</p> <p>B. Know that relationships refer to the ways the individual, while moving, relates with other people and the environment</p> <p>C. Know, recognize and demonstrate relationship movement concepts (e.g., narrow, wide, over, under, leading, following)</p> <p>E. Know that practice and experience make you better at motor skills</p> <p>F. Know that when you first begin to learn a motor skill, you will not be good at it</p> <p>G. Know, recognize, and demonstrate that some skills are used in many different activities</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Eye/ foot coordination • Balance and body control 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Kick a ball using all parts of their foot(heel, toes, inside, outside, laces) • Kick the ball in different directions • Kick a ball while moving in different directions and speeds • Run and kick a ball

Unit	Standards	Content	Skills
<p>Striking</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade K</p> <hr/> <p>10.4 Physical Activity 10.4 Physical Activity</p> <p>A. Recognize and demonstrate appropriate physical activities that promote fitness and health</p> <p>E. Recognize positive and negative interactions of small group activities</p> <p>10.5 Movement 10.5 Concepts, Strategies and the Principles of Movement</p> <p>A. Recognize and use fundamental motor skills and movement concepts</p> <p>C. Know, recognize and demonstrate relationship movement concepts (e.g., narrow, wide, over, under, leading, following)</p> <p>E. Know that practice and experience make you better at motor skills</p> <p>F. Know that when you first begin to learn a motor skill, you will not be good at it</p> <p>G. Know, recognize, and demonstrate that some skills are used in many different activities</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Hand /eye coordination • Transferring weight • Balance and body control 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Strike a ball using their hands • Strike a ball using a short handle implement • Strike a ball using a long handle implement

Unit	Standards	Content	Skills
<p>Bounce and Catch</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade K</p> <hr/> <p>10.4 Physical Activity 10.4 Physical Activity</p> <p>A. Recognize and demonstrate appropriate physical activities that promote fitness and health</p> <p>10.5 Movement 10.5 Concepts, Strategies and the Principles of Movement</p> <p>A. Recognize and use fundamental motor skills and movement concepts</p> <p>E. Know that practice and experience make you better at motor skills</p> <p>F. Know that when you first begin to learn a motor skill, you will not be good at it</p> <p>G. Know, recognize, and demonstrate that some skills are used in many different activities</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Eye / hand coordination • Transferring weight/ opposite rule • Balance and body control 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Bounce and catch a ball while moving in different directions, and pathways • When catching, know to "give" with their arm • Practice catching with a partner
<p>Ball Skills (Rolling)</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade K</p> <hr/> <p>10.4 Physical Activity 10.4 Physical Activity</p> <p>A. Recognize and demonstrate appropriate physical activities that promote fitness and health</p> <p>D. Know that appropriate practice and regular participation positively impacts motor skills</p>	<ul style="list-style-type: none"> • Transferring weight/ opposite rule • Balance • Body control • Bowling 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Roll a ball on a flat surface(the ball needs to make contact with the floor at all times) • Roll a ball with knees bent • Demonstrate the 4 step approach.(the step, push away, back swing, and release)

Unit	Standards	Content	Skills
	<p>E. Recognize positive and negative interactions of small group activities</p> <p>10.5 Movement 10.5 Concepts, Strategies and the Principles of Movement</p> <p>A. Recognize and use fundamental motor skills and movement concepts</p> <p>E. Know that practice and experience make you better at motor skills</p> <p>F. Know that when you first begin to learn a motor skill, you will not be good at it</p> <p>G. Know, recognize, and demonstrate that some skills are used in many different activities</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p>Dance</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade K</p> <hr/> <p>10.4 Physical Activity 10.4 Physical Activity</p> <p>A. Recognize and demonstrate appropriate physical activities that promote fitness and health</p> <p>D. Know that appropriate practice and regular participation positively impacts motor skills</p> <p>10.5 Movement 10.5 Concepts, Strategies and the Principles of Movement</p> <p>A. Recognize and use fundamental motor skills and movement concepts</p>	<ul style="list-style-type: none"> • Types of dances • Balance and body control • Coordination 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate the formation of the dances • Demonstrate the directions of the dances • Perform a dance step

Unit	Standards	Content	Skills
	<p>B. Know that relationships refer to the ways the individual, while moving, relates with other people and the environment</p> <p>E. Know that practice and experience make you better at motor skills</p> <p>F. Know that when you first begin to learn a motor skill, you will not be good at it</p> <p>G. Know, recognize, and demonstrate that some skills are used in many different activities</p> <p>K. Know that the amount of time a person practices affects the ability to perform the skill</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p>Spatial Awareness</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade K</p> <hr/> <p>10.4 Physical Activity 10.4 Physical Activity</p> <p>A. Recognize and demonstrate appropriate physical activities that promote fitness and health</p> <p>B. Recognize the physiological effects of moderate to vigorous physical activity on the body (e.g., fast heart rate, heavy or increased breathing, sweating)</p> <p>10.5 Movement 10.5 Concepts, Strategies and the Principles of Movement</p> <p>A. Recognize and use fundamental motor skills and movement concepts</p>	<p>Spatial awareness</p>	<p>The students will be able to</p> <ul style="list-style-type: none"> • Move in different pathways (straight, curved, and zigzag) • Demonstrate body control while moving

Unit	Standards	Content	Skills
	<p>B. Know that relationships refer to the ways the individual, while moving, relates with other people and the environment</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p>Directions</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade K</p> <hr/> <p>10.5 Movement 10.5 Concepts, Strategies and the Principles of Movement</p> <p>A. Recognize and use fundamental motor skills and movement concepts</p> <p>B. Know that relationships refer to the ways the individual, while moving, relates with other people and the environment</p> <p>H. Understand that critical elements are cues that help students to learn a skill or to perform better</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Basic Directions • Locomotor movements 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate locomotor movement(walking, running, galloping, skipping, jumping, and hopping) using different directions
<p>Transferring Weight</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade K</p> <hr/> <p>10.5 Movement 10.5 Concepts, Strategies and the Principles of Movement</p> <p>C. Know, recognize and demonstrate relationship movement concepts (e.g., narrow, wide, over, under, leading, following)</p> <p>E. Know that practice and experience make you better at motor skills</p>	<p>Transferring of body weight</p>	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Perform log rolls, egg rolls • Demonstrate weight transfer • Demonstrate forward rolls through a series of progressions (leap frog, rocky horse) • Demonstrate safety procedures when working on a mat.(only one person on a mat, if group member is near edge of mat to say stop)

Unit	Standards	Content	Skills
	U. Know how to maintain balance V. Know and demonstrate what it means to move to an open space Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved		



Atlas Version 9.5

© 2019 [Faria Education Group Ltd.](#) All rights reserved. [Privacy Policy](#)