

# *Kindergarten*

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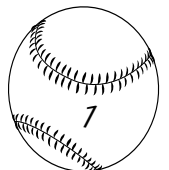
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## *Movement Skills and Movement Knowledge*

Perform basic movement skills; understand when, why, and how to move in their own personal space; demonstrate responsible behavior.

### *Quality Indicators:*

- Perform skills such as walking, running, and hopping.
- Identify body parts (arms, legs, head, etc.) and how they move.
- Build a healthy lifestyle which includes physical fitness activities.
- Apply nonlocomotor skills such as bending, twisting, stretching, and curling.
- Manipulate objects such as: lightweight balls, soft objects, bean bags, ribbons, and hoops.
- Identify internal body parts such as heart and lungs.
- Recognize changes in their heart rate.
- Learn the importance of nutrition.
- Strike a stationary ball with any part of the body.
- Perform free exploratory movement to rhythmic or musical accompaniment that is prerecorded or provided by the teacher.
- Be willing to participate in aerobic-type activities.
- Learn that the body is in a stable, balanced position when the center of gravity is directly over the base of support.



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## ***Self Image***

Develop self-worth, self-confidence, and achievement by demonstrating responsible behavior.

### ***Quality Indicators:***

- Perform movement related to physical education and recreation.
- Travel in different ways in a large group without bumping into others or falling.
- Interact with others.
- Experience personal feelings of success through movement.

## ***Social Development***

Recognize the concept of self and others in the space they share.

### ***Quality Indicators:***

- Begin to learn to take turns and share with others.
- Participate in a variety of fitness activities leading to experiences of personal feelings of success and movement.
- Follow adult delivered rules.

