



## Physical Education

### Expectations for Kindergarten Students:

- **Movement Competence and Understanding:** Demonstrate body and spatial awareness through movement; locate and move major parts of the body.
- **Physical and Personal Wellness:** Understand that physical activity increases the heart rate, making the heart stronger.
- **Social and Emotional Wellness:** Demonstrate respect for self, others, and equipment; demonstrate the ability to follow directions.
- **Prevention and Risk Management:** Apply safe practices, rules, and procedures.

### Throughout Kindergarten You May Find Students:

- Demonstrating contrasts between slow and fast speeds while using locomotor skills.
- Traveling in straight, curved, and zigzag pathways.
- Creating shapes at high, medium, and low levels by using hands, arms, torso, feet, and legs in a variety of combinations.
- Moving specific body parts in response to a variety of sensory cues such as auditory or visual.
- Identifying activities that will increase the heart rate.
- Sustaining physical activity for short periods of time.
- Demonstrating the characteristics of sharing and playing without interfering with others.
- Following a simple series of instructions for an activity.
- Participating in activity without colliding into other students, objects, and surroundings.