

# Health and Physical Education

## KINDERGARTEN

### STANDARD 1

*The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness, and nutrition.*

To meet this standard, the student will:

**Benchmark K.1.1:** Develop fundamental physical skills and progress to complex movement activities as physically able

**Indicators:**

- K.1.1.1 Hop on either foot using a mature pattern
- K.1.1.2 Jump using a two-foot take off and landing
- K.1.1.3 Roll body in a sideways direction
- K.1.1.4 Travel forward and sideways directions using a variety of locomotion patterns
- K.1.1.5 Change direction quickly in response to a signal
- K.1.1.6 Demonstrate clear contrast between slow and fast movement while traveling
- K.1.1.7 Walk and run using mature form
- K.1.1.8 Move in a personal and general space under control without bumping and falling down
- K.1.1.9 Identify and use a variety of relationships with objects (e.g., over, under, behind, along side, through)
- K.1.1.10 Toss a ball and catch it before it bounces twice
- K.1.1.11 Kick a stationary ball using a smooth continuous running step
- K.1.1.12 Demonstrate clear contrasts between slow and fast movement while traveling

*Available Assessments:*

*Locomotor Assessments (pgs. 43-46, 49)*

**Benchmark K.1.2:** Incorporate rules and safety procedures into physical activities

**Indicators:**

- K.1.2.1 Identify personal space and empty space
- K.1.2.2 Identify and begin to utilize the technique employed (leg flexion) to soften the landing in jumping
- K.1.2.3 Know the rules for participating in the gymnasium and on the playground
- K.1.2.4 Respond to rule infractions when reminded
- K.1.2.5 Transfer rules of the gym to rules of the “playground”
- K.1.2.6 Respond to teacher signals for attention
- K.1.2.7 Follow directions given to the class for an all-class activity
- K.1.2.8 Begin to work in a group setting without interfering with others
- K.1.2.9 Take turns using a piece of equipment
- K.1.2.10 Cooperate with classmates without regard to personal differences

*Available Assessments:*

*Personal Space (pg. 61)*

*Jumping (pg. 49)*

*Cooperation (pg. 39)*

*Personal Behavior (pg. 34)*

**\*\*Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!!\*\***

Key: 1. Grade 1.1 Standard 1.1.1 Benchmark 1.1.1.1 Indicator

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**Benchmark K.1.3: Understand the concepts of physical fitness and develop and monitor progress on personal fitness goals**

**Indicators:**

- K.1.3.1 Describe a healthy person
- K.1.3.2 Be aware of his or her heart beating quickly during physical activity
- K.1.3.3 Participate regularly in physical activity
- K.1.3.4 Identify the physiological signs of moderate physical activity (e.g., fast heart rate, heavy breathing)
- K.1.3.5 Practice picking up and lifting objects at any level using correct postural position
- K.1.3.6 Practice healthy posture for sitting and standing

*Available Assessments:*

*Heart Beat (effort) (pg. 64)*

**Benchmark K.1.4: Understand nutrition and food nutrients and how they affect physical performance and the body**

**Indicators:**

- K.1.4.1 Recognize the importance of movement, fitness and nutrition
- K.1.4.2 Recognize food and food groups (healthy foods)

***\*\*Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!\*\****

*Key: 1. Grade 1.1 Standard 1.1.1 Benchmark 1.1.1.1 Indicator*

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## KINDERGARTEN

### STANDARD 2

*The student acquires the knowledge and skills necessary to maintain a healthy life: recognize patterns of growth and development, reduce health risks, and live safely.*

To meet this standard, the student will:

#### **Benchmarks K.2.1: Recognize patterns of growth and development**

##### **Indicators:**

- K.2.1.1 Identify body parts
- K.2.1.2 Begin to identify basic appropriate and inappropriate personal health habits

#### **Benchmark K.2.2: Understand the transmission and control of communicable and non-communicable diseases**

##### **Indicator:**

- K.2.2.1 Begin to identify safe and healthy activities (such as rest and sleep, keeping alert, hand washing, and clean water and food)

#### **Benchmark K.2.3: Acquire skills to live safely**

##### **Indicators:**

- K.2.3.1 Develop safe and healthy behaviors at home, in the car, at school, at play, and with strangers
- K.2.3.2 Identify emergency situations, helpers, and who you can ask for help at home, at school, at play, and with strangers
- K.2.3.3 Recognize a harmful substance
- K.2.3.4 Identify healthy products and services used by adults and children

*\*\*Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!\*\**

*Key: 1 Grade 1.1 Standard 1.1.1 Benchmark 1.1.1.1 Indicator*

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## KINDERGARTEN

### STANDARD 3

*The student analyzes and evaluates the impact of real-life influences on health.*

To meet this standard, the student will:

**Benchmarks K.3.1: Understand how environmental factors affect one's health**

**Indicator:**

K.3.1.1 Begin to recognize the importance of respecting our environment (such as recycling)

**Benchmark K.3.2: Gather and analyze health information**

**Indicator:**

K.3.2.1 Identify healthy food in media (e.g., television and magazines)

**Benchmark K.3.3: Use social skills to protect health and safety in a variety of situations**

**Indicators:**

K.3.3.1 Identify appropriate situations in which to say no to peers

**Benchmark K.3.4: Understand how emotions influence decision-making**

**Indicator:**

K.3.4.1 Identify and label basic feelings

*\*\*Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!\*\**

*Key: 1, Grade 1.1 Standard 1.1.1 Benchmark 1.1.1.1 Indicator*

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## KINDERGARTEN

### STANDARD 4

The student *effectively analyzes health and safety information to develop health and fitness plans based on life goals.*

To meet this standard, the student will:

**Benchmarks K.4.1:** Assess needs and resources

**Indicators:**

N/A

**Benchmark K.4.2:** Develop a health and fitness plan and a monitoring system

**Indicators:**

- K.4.2.1 Recognize that physical activity is good for personal well-being
- K.4.2.2 Sustain moderate to vigorous physical activity

*Available Assessments:*

*My Favorite Physical Activity (pg. 32)*

*Heart Beat (effort) (pg. 64)*

**\*\*Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!\*\***

Key: 1. Grade 1.1 Standard 1.1.1 Benchmark 1.1.1.1 Indicator

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