

Springfield Public Schools
K-5 PHYSICAL EDUCATION

KINDERGARTEN/1ST GRADE
MAJOR INSTRUCTIONAL GOALS

The intent of the Springfield R-12 Physical Education Program is:

- 1) Students will demonstrate locomotor and non-locomotor movements in a variety of activities. (HPE4; 2.1)
 - Perform the skills of running, hopping, leaping, sliding, skipping, galloping, jumping, and stopping.
 - Perform skills of push, pull, bend, stretch, twist, turn, lift, swing, stop, dodge, fall and balance.

- 2) Students will develop movement patterns utilizing concepts of body awareness, spatial awareness, effort and relationships. (HPE4; 2.1)
 - Demonstrate forward, backward and sideward movement.
 - Identify major body parts such as head, eyes, nose, toes, feet, stomach, arms and back.
 - Respond appropriately to right and left concepts with one's own body.
 - Demonstrate knowledge of body awareness and the body's relationship to space.

- 3) Students will demonstrate manipulative skills in a variety of activities. (HPE4; 2.10)
 - Demonstrate the fundamentals of throwing, catching, striking, jumping, kicking and bouncing.

- 4) Students will apply knowledge of fundamental movement skills progressing toward more complex activities. (HPE4; 1.6, 1.10)
 - Perform basic balance and coordination skills.
 - Demonstrate continuous jumping of a swinging rope turned by self and/or others.
 - Demonstrate movements to music that show an understanding of rhythm.

- 5) Students will demonstrate the basic physiological principles of health-enhancing physical fitness. (HPE2, 4; 1.4, 4.7)
 - Recognize physical activity as a component of healthy living.
 - Perform warm-up and cool-down exercises.
 - Identify physiological changes in the body that occur during physical activity.

- Perform flexibility exercises.
 - Utilize technology to monitor fitness.
- 6) Students will apply the principles of health-enhancing physical fitness to develop a physically active lifestyle. (HPE2, 4; 1.6, 4.7)
- Demonstrate a willingness to participate in movement activities and games.
 - Actively participate in physical fitness exercises and activities.
 - Actively participate in games, sports, rhythms and leisure activities.
- 7) Students will demonstrate safety skills and habits with respect to self and others. (HPE2; 4.7)
- Demonstrate safety and performance skills in locomotor, balance, manipulative and coordination activities.
 - Demonstrate motor skills and knowledge of the rules as they apply to low organized games.
- 8) Students will demonstrate responsible social skills while participating in physical activity settings. (HPE; 1.10, 2.3, 3.1, 4.6)
- Show effective cooperation with partners and small groups to accomplish an assigned task or to achieve a goal.
 - Demonstrate respect for others while participating in physical education activities.
 - Demonstrate desirable social characteristics while participating in physical education activities.