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## Physical Education: Pre-Kindergarten

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To a greater extent than in the core academic subjects, Physical Education teachers must integrate personal and social skill development as part of a student's achievement of the content standards. Consequently, the presentation of the Physical Education Standards is preceded by a list of complementary Personal and Social Development Skills (PESK) standards. Including PESK standards as part of teaching, learning and assessment in Physical Education is critical in promoting lifelong, healthy physical activity and in realizing the wide range of benefits associated with participation in dance, sports, games, and other physical activities.

Strand:

### **PESK Personal and Social Development Skills**

**Essential Understanding: PKPESK:** Physical activity provides opportunities for self expression and social development and interaction.

The student will:

Standards:

- PKPESK1:** participate fully and communicate cooperatively with others;
- PKPESK2:** perform activities safely and follow rules of etiquette and ethical behavior;
- PKPESK3:** display age appropriate self-control and discipline;
- PKPESK4:** display a willingness to receive and use feedback to improve performance;
- PKPESK5:** accept the decisions of and respond positively to teachers/officials in charge of games/activities;
- PKPESK6:** choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction;
- PKPESK7:** display an interest in and assist and encourage others' efforts;
- PKPESK8:** display behaviors that are supportive and inclusive;
- PKPESK9:** self-initiate behaviors that contribute to personal and partner/group effort;
- PKPESK10:** adjust behavior to prevent/reconcile conflicts.

Strand:

### **PE1 Motor Skills and Movement Patterns**

**Essential Understanding: PKPE1** Competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity.

The student will:

Standards:

- PKPE1a:** discover personal and general space;
- PKPE1b:** explore conscious locomotor movements in different ways  
examples are:
  - crawl,
  - walk,
  - run,
  - hop,
  - jump.
- PKPE1c:** explore shapes through movement,  
examples are:
  - wide,
  - narrow,

- round,
  - square
- PKPE1d** explore pathways through movement,  
examples are:
  - straight,
  - curved,
  - zigzag,
- PKPE1e** explore balance through movement,  
examples are:
  - stability when on different body parts,
  - stability when performing locomotor movements
- PKPE1f** explore levels of movement  
examples are:
  - high,
  - middle,
  - low
- PKPE1g** explore speed of movements;  
examples are:
  - quick,
  - slow
- PKPE1h:** manipulate objects from a stationary position;  
examples are:
  - throw
  - catch
  - kick
- PKPE1i:** explore movement through different rhythmic beats;
- PKPE1j:** demonstrate fundamental motor patterns by imitating animal movements;  
examples are:
- PKPE1k:** recognize basic terminology of movement  
examples are:
  - high,
  - low,
  - slow,
  - fast,
  - light,
  - heavy,
  - in,
  - out,
  - under,
  - over,
  - through

Strand:

**PE2 Physical Activity and Fitness**

**Essential Understanding: PKPE2** Balancing daily physical activity and proper nutrition contributes to lifelong fitness.

The student will:

Standards:

**PKPE2a:** participate in moderate physical activities regularly

examples are:

- unstructured play with friends,
- with family,
- organized movement experiences for young children

**PKPE2b:** engage for short periods of time in moderate-to-vigorous physical activities that cause increased heart rate, breathing rate, and perspiration

examples are:

- crawling,
- walking,
- running

**PKPE2c:** lift and support one's own weight in selected activities that develop muscular strength and endurance of arms, shoulders, abdomen, and legs

examples are:

- hanging,
- hopping,
- jumping

**PKPE2d:** demonstrate a stretch that will help increase the range of motion of a joint; example is: perform a sit-and-reach stretch to demonstrate how to stretch the hamstrings and lower back muscles

**PKPE2e:** demonstrate the ability to breathe slowly and deeply to relax;

**PKPE2f:** recognize that physical activity promotes good health;

**PKPE2g:** identify changes in the body during physical activity

examples are:

- breathing changes,
- heart rate changes

**PKPE2h:** recognize importance of replenishing the body with water during physical activity.