

Walton Academy
Kindergarten Physical Education
Goals and Objectives

Motor Skills: Apply competent motor skills and movement patterns needed to perform a variety of physical activities.

- Execute recognizable forms of the basic locomotor skills.
- Use recognizable forms of the basic manipulative skills.
- Create transitions between sequential locomotor skills.
- Use non-locomotor and locomotor skills in response to even and uneven rhythms to integrate beat awareness.

Movement Concepts: Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.

- Understand the meaning of words and terms associated with movement.
- Identify one or more of the essential elements of correct form for the five fundamental manipulative skills.
- Use teacher feedback to improve basic motor performance.
- Illustrate activities that increase heart rate.

Health Related Fitness: Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

- Recognize one or more of the five health-related fitness assessments and the associated exercises.
- Identify opportunities for increased physical activity.
- Select moderate-to-vigorous physical activity (MVPA) and sustain for periods of accumulated time.

Personal and Social Responsibility: Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

- Use basic strategies and concepts for working cooperatively in group settings.
- Understand how social interaction can make activities more enjoyable.
- Use safe practices when engaging in physical education activities.