

PHYSICAL EDUCATION OUTCOMES

KINDERGARTEN

Abilities Outcome (should be achieved throughout the year).

1. Apply physical education to life.

- A. Demonstrate basic physical fitness (coordination and attitude).
- B. Demonstrate sportsmanship in sports and recreational activities (value of winning and losing, ground rules for team play, basic social and cooperative skills).

Content Outcomes.

2. Demonstrate locomotor skill.

- A. Balance on one foot.
- B. Hop.
- C. Skip.
- D. Standing broad jump.

3. Demonstrate simple rhythm and dance skills.

- A. Know basic line and circle formations.
- B. Demonstrate creative rhythmic response.
- C. Handle manipulatives rhythmically.
- D. Do locomotor movements rhythmically.

4. Demonstrate perceptual motor proficiency.

- A. Know body parts and move them on command.
- B. Move laterally, change directions, moving in space.

5. Demonstrate basic ball skills.

- A. Throw.
- B. Catch.
- C. Kick.
- D. Roll.
- E. Bounce.