

Physical Education, Kindergarten

First Nine Weeks :: The student is expected to...

- follow rules, procedures, and safe practices.[7.A]
- work in a group setting in cooperation with others.[7.B]
- share space and equipment with others.[7.C]
- respond appropriately to starting and stopping signals.[6.A]
- demonstrate the ability to play within boundaries during games and activities.[6.B]
- travel in different ways in a large group without bumping into others or falling.[1.A]
- demonstrate clear contrasts between slow and fast movement when traveling.[1.B]
- know and apply safety practices associated with physical activity such as not pushing in line and drinking water during activity.[5.B]
- explain how proper shoes and clothing promotes safe play and prevent injury.[5.C]
- identify selected body parts such as head, back, chest, waist, hips, arms, elbows, wrists, hands, fingers, legs, knees, ankles, feet, and toes.[2.A]

Second Nine Weeks :: The student is expected to...

- demonstrate movement forms of various body parts such as head flexion, extension, and rotation.[2.B]
- demonstrate non-locomotor (axial) movements such as bend and stretch.[1.C]
- maintain balance while bearing weight on a variety of body parts.[1.D]
- walk forward and sideways the length of a beam without falling.[1.E]
- demonstrate a variety of relationships such as under, over, behind, next to, through, right, left, up, down, forward, backward, and in front of.[1.F]
- roll sideways (right or left) without hesitating.[1.G]
- toss a ball and catch it before it bounces twice.[1.H]

Third Nine Weeks :: The student is expected to...

- toss a ball and catch it before it bounces twice.[1.H]
- describe and select physical activities that provide opportunities for enjoyment and challenge.[3.A]
- participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.[3.B]
- participate in appropriate exercises for flexibility in shoulders, legs, and trunk.[3.C]
- lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.[3.D]
- describe the benefits from involvement in daily physical activity such as feel better and sleep better.[3.E]

Fourth Nine Weeks :: The student is expected to...

- observe and describe the immediate effect of physical activity on the heart and breathing rate and perspiration.[4.A]
- locate the lungs and explain their purpose.[4.B]
- state that rest and sleep are important in caring for the body.[4.C]
- use equipment and space properly.[5.A]
- explain appropriate water safety rules such as never swim alone, never run around pools, look before you jump, enter feet first, and know the role of the lifeguard.[5.D]
- explain appropriate reactions during emergencies in physical activities.[5.E]

Physical Education, Kindergarten Imported Teks :: The student is expected to...

- travel in different ways in a large group without bumping into others or falling.[1.A]
- demonstrate clear contrasts between slow and fast movement when traveling.[1.B]
- demonstrate non-locomotor (axial) movements such as bend and stretch.[1.C]
- maintain balance while bearing weight on a variety of body parts.[1.D]
- walk forward and sideways the length of a beam without falling.[1.E]

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- demonstrate a variety of relationships such as under, over, behind, next to, through, right, left, up, down, forward, backward, and in front of.[1.F]
- roll sideways (right or left) without hesitating.[1.G]
- toss a ball and catch it before it bounces twice.[1.H]
- identify selected body parts such as head, back, chest, waist, hips, arms, elbows, wrists, hands, fingers, legs, knees, ankles, feet, and toes.[2.A]
- demonstrate movement forms of various body parts such as head flexion, extension, and rotation.[2.B]
- describe and select physical activities that provide opportunities for enjoyment and challenge.[3.A]
- participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.[3.B]
- participate in appropriate exercises for flexibility in shoulders, legs, and trunk.[3.C]
- lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.[3.D]
- describe the benefits from involvement in daily physical activity such as feel better and sleep better.[3.E]
- observe and describe the immediate effect of physical activity on the heart and breathing rate and perspiration.[4.A]
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- state that rest and sleep are important in caring for the body.[4.C]
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- know and apply safety practices associated with physical activity such as not pushing in line and drinking water during activity.[5.B]
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- explain appropriate water safety rules such as never swim alone, never run around pools, look before you jump, enter feet first, and know the role of the lifeguard.[5.D]
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- work in a group setting in cooperation with others.[7.B]
- share space and equipment with others.[7.C]