

Department: Physical Education

Course Name: Pre-Kindergarten Physical Education

Course Description:

Pre-Kindergarten physical education focuses on developing body control, listening skills, following directions, and enthusiasm for physical activity. A major emphasis will be placed on developing the locomotor skills (running, skipping, galloping, sliding, jumping, hopping, walking) and the non-locomotor skills (twisting, turning, pushing, pulling, swinging, dodging, bending, stretching). Our program is to develop and improve skill acquisition and to encourage physical activity and play in their personal lives.

Content:

Locomotor Skills

Non-Locomotor Skills

Striking With and Without Equipment

Toss and Catch

Kicking

Throwing

Rolling

Spatial Awareness

Listening

Following Directions

Chasing

Fleeing

Dodging

Tagging

Skills:

Develop locomotor skills (running, skipping, galloping, sliding, jumping, hopping, walking, leaping)

Develop non-locomotor skills (twisting, turning, pushing, pulling, swinging, swaying, dodging, bending, stretching)

Toss and catch a variety of shape and size balls and objects

Kick, strike, throw and roll a variety of shape and size balls

Use beanbags, hula hoops, scooters, and scoopers properly

Develop problem solving skills while learning to collaborate and team build

Move through space while dodging people and objects

Listen with attention

Follow teacher models, prompts, and oral directions

Text and Materials:

Tennis Shoes are required to participate

Individual refillable water bottle

Methods of Instruction:

Individual and group activities

Teacher directed instruction

Methods of Evaluation:
Teacher Observation

