

**Department:** Physical Education

**Course Name:** Junior Kindergarten Physical Education

**Course Description:**

Our students will demonstrate an understanding of the important role of physical education, fitness, and healthy play in our personal lives and in society as a whole. They will possess the skills necessary to maintain fitness and body control through various physical activities. A major emphasis will be placed on improving 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 improve skill acquisition and physical fitness in order to develop healthy behaviors to promote lifelong wellness.

**Content:**

Locomotor Skills

Toss and Catch

Spatial Awareness

Dribbling

Non-Locomotor Skills

Striking With and Without Equipment

Soccer

Basketball

Bowling

Tennis

Throwing

Rhythm

Volleying

**Skills:**

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

Toss and catch a variety of shape and size balls

Kick and block soccer balls

Use beanbags, hula hoops, scooters, and scoopers properly

Move throughout areas with a juggling scarf

Pass, dribble, and shoot a soccer ball and basketball

Move with and without music to engage rhythm

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

Develop problem solving skills while learning to collaborate and team build

Move through space while dodging people and objects

**Text and Materials:**

Tennis Shoes are required to participate

Mask

Individual refillable water bottle

**Methods of Instruction:**

Individual and group activities

Teacher directed instruction

**Methods of Evaluation:**  
Teacher Observation

