

Queen of Angels Catholic School
Physical Education Grade K Curriculum

Student Name _____

Big Ideas are indicated in bold. Related *Essential Learnings* are indicated in regular type. *PA Standards for Health, Safety, and Physical Education* are indicated with numbers.

Learning of Goals Assessed with Rubric Indicators- An “S” indicates skill Secured.
- A “D” indicates a skill is Developing

Physical Education Curriculum for Grade K	
Demonstrate an understanding of self space and general space by performing the locomotor and nonlocomotor movements with control utilizing the concept of space awareness of various levels.	
<ul style="list-style-type: none"> • Terminology for space awareness: Levels-Low (below hips): Medium (between the shoulders and hips); High (above shoulder) 	
10.3.3D - Identify and use safe practices in physical activity setting	
10.5.3A –Recognize and use basic movement skills and concepts	
<ul style="list-style-type: none"> • Locomotor movements (walking, running, jumping, hopping, galloping, skipping, sliding) 	
<ul style="list-style-type: none"> • Nonlocomotor movements (bending, stretching, twisting, turning, pushing, pulling, swing, swaying, shaking, straining) 	
<ul style="list-style-type: none"> • Manipulative movements (rolling, kicking a ball, throwing, bouncing, catching a ball, striking a ball using a short or long handle implement) 	
<ul style="list-style-type: none"> • Roll a ball with balance and body control utilizing the concept of space awareness of various levels 	
<ul style="list-style-type: none"> • When rolling a ball with one or two hands in the standing position emphasize the “rule of the opposites” 	