

Queen of Angels Catholic School

Physical Education PK 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

Develop gross motor skills:	
<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) 	
<ul style="list-style-type: none"> • Travel in different ways in a large group safely 	
<ul style="list-style-type: none"> • Participate daily in vigorous physical activity 	