

Queen of Angels Catholic School  
Physical Education Grade K Curriculum

Student Name \_\_\_\_\_

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

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

<b>Physical Education Curriculum for Grade K</b>	
<b>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.</b>	
<ul style="list-style-type: none"> <li><b>Terminology for space awareness: Levels-Low (below hips): Medium (between the shoulders and hips); High (above shoulder)</b></li> </ul>	
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"> <li><b>Locomotor movements</b> (walking, running, jumping, hopping, galloping, skipping, sliding)</li> </ul>	
<ul style="list-style-type: none"> <li><b>Nonlocomotor movements</b> (bending, stretching, twisting, turning, pushing, pulling, swing, swaying, shaking, straining)</li> </ul>	
<ul style="list-style-type: none"> <li><b>Manipulative movements</b> (rolling, kicking a ball, throwing, bouncing, catching a ball, striking a ball using a short or long handle implement)</li> </ul>	
<ul style="list-style-type: none"> <li>Roll a ball with balance and body control utilizing the concept of space awareness of various levels</li> </ul>	
<ul style="list-style-type: none"> <li>When rolling a ball with one or two hands in the standing position emphasize the “rule of the opposites”</li> </ul>	