

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	