

# **PETERS TOWNSHIP SCHOOL DISTRICT**

## **CORE BODY OF KNOWLEDGE (CBK)**

### **PHYSICAL EDUCATION**

#### **GRADE K**

For each of the sections that follow, students may be required to understand, apply, analyze, evaluate or create the particular concepts being taught.

#### **COURSE DESCRIPTION**

Physical Education in Kindergarten in the Peters Township School District is a vital part of the total educational process of each individual student. Through physical activity, the program will help students obtain a balance in all areas of well-being: physical, mental/emotional, intellectual, and social.

#### **STUDENT EXPECTATIONS**

- Through instruction, practice, and assessment the student will be able to develop fundamental skills in each of the units of instruction
- The student may be asked to supplement the learning and practice by completing additional work and practice work at home.
- Good sportsmanship.
- Appropriate dress, effort, participation, positive attitude, cooperation, and respect.

#### **MAJOR UNIT THEMES:**

- **MOVEMENT EXPLORATION**
  - Tumbling and balancing skills
  - Animal walks
  - Individual self-testing stunts
  - Locomotor skills
- **HAND-EYE COORDINATION (such as basketball, soccer, hockey, etc.)**
  - Throwing
  - Catching
  - Dribbling
  - Shooting
  - Kicking
  - Punting
  - Trapping
  - Striking

- **PHYSICAL FITNESS**
  - Physical conditioning activities
    - Station Training
    - Interval Training
    - Daily Warm-up
  - Presidential Youth Fitness Program
    - Aerobic Capacity
    - Body Composition
    - Abdominal Strength & Endurance
    - Trunk Extensor Strength & Flexibility
    - Upper Body Strength & Endurance
    - Flexibility
  
- **GAMES**
  - Rules
  - Game strategies
  - Teamwork
  - Sportsmanship
  - Participation

**MATERIALS (and Supplemental materials used in course):**

- Presidential Youth Fitness Program
- PSAHPERD
- Shape America
- NFL Play 60
- Assessment Strategies for Elementary Physical Education
- No Standing Around in My Gym
- P.E Teacher's Skill by Skill Activities Program

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