PHYSICAL EDUCATION – KINDERGARTEN

PHYSICAL FITNESS – WARM-UP EXERCISES
1. Participate in warm-ups that provide conditioning for physical activities
2. Flexibility
3. Cardio respiratory endurance
4. Muscular strength and endurance

LOCOMOTOR SKILLS
1. Walk, hop, jump, skip and gallop
2. Jog for 15 minutes
3. Movement and dance
4. Low-impact aerobic routines

GROSS MOTOR SKILLS
1. Spatial orientation - personal space
2. Balance on one foot for ten seconds
3. Do a log roll and a somersault

MANIPULATIVE SKILLS
1. Jumping a 16’ rope turned by others
2. Begin to jump an 8’ rope
3. Roll a ball to a partner with accuracy
4. Throw and catch a ball underhand
5. Kick a stationary ball
6. Dribble a ball while standing still with one hand
7. Jump in and out of a hoop with two feet
8. Toss a hoop over a cone
9. Catch a beanbag
10. Toss and catch a beanbag with a partner
11. Throw a beanbag into a bucket with accuracy

MOVEMENT
1. Master the following patterns with a streamer: backstroke, overhead whip, arc & pull, lasso, flame, tornado, and circles
2. Perform a beginning ribbon routine
3. Perform a beginning rhythm stick routine

LOW ORGANIZED GAMES
1. Soccer
2. Dodge ball