

ASD Academic Plan

Physical Education: Kindergarten

Grade Level: Kindergarten	Course Description: This course provides a positive learning environment in which all children can experience a sequentially based and developmentally appropriate physical education program. The concepts of lifelong movement skills and wellness are organized thematically by “strands” and “skill/concepts” within each strand. At each grade level, students build upon skills learned at previous levels.
Length: Year	
Prerequisites: None	
Repeatable for additional credits: N/A	

Year At a Glance

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
Establish Routines/Learning Environment	Rolling/Weight Transfer	Outdoor Winter Activities	Throw/Catch
Spatial Awareness	Jumping/Landing/Balance	Dribbling	Kicking & Punting
Traveling	Throwing & Catching	Rhythms with Implements	Dribbling
Relationships: Bodies/Objects	Striking	Volleying	Relationships
Chasing & Fleeing	Dance	Striking	Striking
Kicking	Native Youth Olympics	Creative & Sequenced Dance	Jump/Land/Travel
Effort	Fitness Concept: Flexibility/Coordination/Agility	Fitness Concept: Strength	Fitness Concepts
Fitness Concept: Cardiovascular	Optional – to be determined at each site, as appropriate	Optional – to be determined at each site, as appropriate	Optional – to be determined at each site, as appropriate
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**Quarterly Essential Concepts are required to be completed by the end of the term indicated. Weekly pacing may vary due to the equipment, facilities, and/or available community resources.