

**Helena Public Schools
Kindergarten
Physical Education Specialist
Health and Wellness**

Health Maintenance & Enhancement

- Identify behaviors that keep a person healthy
- Demonstrate a willingness to try new activities & identify those that are enjoyable
- Distinguish between activities that are healthy & unhealthy
- Sustain moderate physical activity
- Participates in class activities
- Recognize that active play makes people strong & healthy
- Locomotor walk, skip, run, gallop, hop, jump, jog, slide sideways
- Throwing overhand, underhand
- Catching one hand, two hands
- Dribbling with hands
- Dribbling with feet
- Kick a stationary object
- Volley an object using hands
- Volley an object with a paddle
- Repeat a basic rhythm led by teacher
- Balances travel & stop in a balance, balance on different body parts as a base of support, travel on a combination of body parts, perform a rocking motion, log roll & egg roll
- Jump rope
- Jump for height, jump for distance, jump rhythmically, fall with control
- Listen & respond appropriately to feedback in regard to motor skills
- Develop a basic movement vocabulary (e.g. spatial awareness, effort, relationships, locomotor skills, non-manipulative, manipulative)
- Identify safety rules & procedures and demonstrate self-control

Functions & Interrelationships of Systems

Support the following competencies:

- Tell why people have muscles
- Explain why people have bones
- Show the location of the heart and lungs
- Respect the rights & feelings of others

Risk Assessment & Reduction

- Recognize that safety equipment is necessary to protect the body during participation in sports & recreational activities (e.g., helmet, mouth piece, shin guards, eye protection)
- Identify bus biking & walking safety expectations
- Recognize the importance of safety rules in & around water
- Identify specific safe practices in & around water (e.g., life jackets, buddy system, inclement weather)