

P.E. Curriculum Pre-Kindergarten and Kindergarten

Text:	No Text
Supplemental Materials:	
Course Description:	PE is a course designed to offer a varied selection of activities which serve to promote teamwork, cooperation, motor skills development, physical fitness, knowledge of game rules and an appreciation of the importance of being physically fit and active throughout one's life time. The integration of Christian faith is woven into the instruction each day.
Methods of Evaluation:	Students are evaluated through participation, observation, demonstration, and/or any other form of evaluation instrument the instructor finds applicable to the course.
Pace of Instruction:	By the end of Kindergarten, each student should be able to do the following skills:
Course Objectives:	<ol style="list-style-type: none"> 1. Ball Skills <ul style="list-style-type: none"> Catch a thrown ball from 10 feet. Bounce a ball Roll a ball at an object from 10 feet. Throw a ball over a net five feet high 2. Formation Skills <ul style="list-style-type: none"> Form a circle Form a line Form a double line – partners facing each other 3. Related Skills <ul style="list-style-type: none"> Skip, Hop, Gallop, and Slide in rhythm Body awareness; creative movement Walk forward and backward on a balance beam Jump rope 10 times. 4. Group Skills <ul style="list-style-type: none"> Play five circle games Play five line games Play five indoor games