ABSTRACT

Students in Physical Education in kindergarten through grade two are introduced to a variety of skills and activities designed to increase their understanding of their bodies and the need to maintain a healthy lifestyle. Physical fitness, basic movement skills, individual and team activities, and the application of rhythm and dance are included. Basic locomotor skills begin in kindergarten and continue through the first grade, increasing in complexity by the end of the second grade. The application of team-building practices provides students with experiences that foster communication, decision-making, goal-setting, and leadership skills.
### Somerville Public Schools

**Physical Education**  
**Kindergarten – Grade 2**

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<tr>
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**Essential Question:**
- How can movement skills aid in the development of a healthy lifestyle?
- In what ways can we adapt physically to our environment?
- What skills assist us in playing games?
- What makes an effective team?
- In what ways is our coordination challenged during physical activity?

**Content:**
- **Movement Skills**
- **Body and Spatial Awareness**
- **Application of Movement Skills**
- **Team Building and Games**
- **Gross Motor and Ball Skills**

**Skills and Topics:**

- **Movement Skills**:
  - identify basic movement skills (e.g., running, skipping, hopping)
  - assess the role of gross motor movement in maintaining healthy bodies
  - apply basic movement skills in isolation
  - determine the personal skills necessary to perform daily physical tasks
  - extend the use of basic movement skills in the performance of everyday tasks
  - differentiate among physical levels (e.g., high, medium, low) used in the performance of everyday tasks
  - compare and contrast individual versus group space
  - assimilate knowledge of force in physical movement (e.g., marching, running, tiptoeing)
  - incorporate patterns and directions (e.g., straight, zigzag, curve) in basic movement

- **Body and Spatial Awareness**:

- **Application of Movement Skills**:
  - determine appropriate safety measures in chasing, dodging, and fleeing movement exercises
  - apply knowledge of force appropriately in practice movement
  - determine the rules of play for specific games (e.g., tag, circle, line)
  - practice movement skills in game play

- **Team Building and Games**:
  - evaluate the social skills necessary to play in teams
  - reinforce basic movement skills needed to play team activities
  - integrate basic movement skills in the performance of team activities
  - assess personal and group performance in team activities

- **Gross Motor and Ball Skills**:
  - compare and contrast throwing, tossing, and catching skills
  - discriminate between left and right sides of the body
  - discuss individual throwing skills (e.g., step and throw, target throwing, judging depth)
  - demonstrate throwing, tossing, and catching skills

*Project Adventure Skills (e.g., team building, motor skill development) are included in all activities throughout the year in the kindergarten through grade two curriculum.*
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### Kindergarten – Grade 2

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<td>☐Financial, Economic, Business, and Entrepreneurial Literacy ☑Health Literacy</td>
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**Essential Question:**
- What factors affect game playing?
- In what non-athletic activities can we apply movement skills?
- What challenges an athlete?
- How can all movement skills be applied in diverse settings and activities?

**Content:**
- Hand-Eye-Foot Coordination
- Rhythmic Activities
- Striking Skills
- Outdoor Activities

**Skills and Topics:**
- Practice throwing, tossing, and catching skills
- Demonstrate the progression of kicking skills (e.g., from stationary position, rolling position, moving position)
- Assimilate hand-eye-foot movement skills in game situations
- Employ props (e.g., jump ropes, scarves) in basic movement activities
- Establish the role of rhythm in all physical activity
- Perform basic movement skills to musical accompaniment
- Apply basic movement skills in dance activities (e.g., square, line, circle)
- Apply hand-eye-foot coordination to strike objects (e.g., balloons, sponge balls)
- Utilize striking instruments (e.g., paddles, bats) in isolated drills
- Incorporate striking skills in game situations
- Recall all basic movement skills
- Assess the personal basic movement skills in need of improvement
- Practice basic movement skills necessary to perform as a successful team member
- Apply basic movement skills in individual drills and team activities

**Integration of Technology:**
- Internet, SMART Boards, stereo sound system, multimedia resources, video streaming, podcasting

**Writing:**
- Student self-assessment, lesson closure activities

**Formative Assessments:**
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**Summative Assessments:**
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**Performance Assessments:**
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## Interdisciplinary Connections:

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