

Physical Development, Pre-kindergarten

(1) Movement is at the center of young children's lives. Pre-kindergarten children participate in experiences that foster fundamental motor and movement skills, such as walking and running, which are necessary for participation in games and sports throughout life. They begin to develop gross motor skills that involve throwing, catching, and kicking, and fine motor skills that involve greater precision and accuracy of movement.

(PK.1) Movement. Children explore their physical space and understand how their bodies function in space through active movement experiences. They become more skillful and expressive.

The child:

(A) explores moving in space

(B) shows an awareness of name, location, and relationship of body parts

(C) begins to learn and use body management skills to control movements (eg., coordination, directionality, balance)

(D) becomes more able to move from one space to another in different ways (eg., running, hopping, skipping)

(E) becomes more able to move in place (eg., reaching, twisting, turning and bending)

(F) begins to move in rhythm

(G) begins to throw or kick an object in a particular direction

(H) begins to play catch with a bean bag or a large ball

(I) bounces a large ball and catches it

(PK.2) Movement. Children become aware of movement concepts and how they apply to the development of motor skills

The child:

(A) begins to move in general and personal space

(B) begins to understand and move in different directions, levels and pathways

(C) learns about time, speed and force of movement

(D) demonstrate a variety of relationships such as under, over, behind, next to, through, up, down, forward, backward, and in front of

(PK.3) Physical activity and health. The students learn about exercise, activity, and healthy choices

The child:

(A) begins to participate in daily exercise and activity

(B) participates in appropriate exercises for flexibility in shoulders, legs, and trunk.

(C) describes benefits of active lifestyle such as feel better and sleep better

(PK.4) Physical activity and health. The student understands safety practices associated with physical activity and space.

The child:

(A) learns to use equipment and space properly

(B) knows and apply safety practices associated with physical activity such as not pushing in line and drinking water during activity

(C) explain how proper shoes and clothing promotes safe play and prevent injury

(D) begins to understand appropriate reactions during emergencies in physical education

(PK.5) Social Development. The students understand that playing games together takes following rules, sharing space and equipment and taking turns.

The child:

(A) begins to respond to starting and stopping signals and can freeze on command

(B) begins to participate in group games with others

(C) begins to work in a group setting in cooperation with others

(D) can play within boundaries during games and activities