

Richmond Public Schools
Department of Curriculum and Instruction
Curriculum Pacing And Resource Guide



Course Title/ Course #: Physical Education/Kindergarten
Start day:1
Meetings:180 days

Course Description

Physical Education for Kindergarten will focus on motor skills, anatomic movement, fitness planning, social development, and energy balance. Standards are outlined in the Virginia Standards of Learning and ensure students in experiences to help them develop a positive attitude for leading a healthy, active, lifestyle.

Pacing Resources Assessments MP1

Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	<u>K.1 a, b, d, g, i, j</u>	Locomotor Skills (walk, run, hop, gallop, jump) and Jump roping	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	<u>K.1 c, d, f, g, i</u>	Stationary manipulative skills (toss and throw, bounce and catch, toss and catch)	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/	Dialogue Modeling Games Feedback Non-verbal Skill Assessment

			http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Checklists
3 weeks	K.1 d-i	Dance to rhythm and pattern	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
9 weeks	K.2 a	Muscles, bones	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/Healthier-Kids_UCM_304156_SubHomePage.jsp http://organwiseguys.com/	Dialogue Tests/quizzes Ticket out of the door
ongoing	K.4 a, b, c	Cooperation and Safety	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways

			http://kidshealth.org/kid/stay_healthy/	
ongoing	<u>K.2 d</u>	Personal Space	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways
ongoing	<u>K.1 a-j</u> <u>K.3 a, b, c</u>	Participate in regular physical activity	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/	Dialogue Awards Thumbs Up/Down/Sideways

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<u>Pacing Resources Assessments MP2</u>				
Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	<u>K.1 a, b, d, g, i</u>	Locomotor Manipulative Skills (toss and throw to targets, bounce and catch, dribble, roll underhand) Non-locomotor (bend, push, pull, turn, balance)	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	<u>K.1 d, f- i</u> <u>K.2 a-d</u>	Movement Concepts while performing locomotor skills	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	<u>K.1 e- i</u>	Dance to rhythm and pattern	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/	Dialogue Modeling Feedback Non-verbal Skill Assessment Checklists

			http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/	
9 weeks	K.5 a, b, c	Fruits/Vegetables and Heart	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/Healthier-Kids_UCM_304156_SubHomePage.jsp http://www.choosemyplate.gov/ http://organwiseguys.com/	Dialogue Tests/quizzes Ticket out of the door
ongoing	K.4 a, b, c	Cooperation and Safety	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways
ongoing	K.2 d	Personal Space	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways

			http://kidshealth.org/kid/stay_healthy/	
ongoing	K.1 a-j , K.3 a,b,c	Participate in regular moderate to vigorous physical activity	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/	Dialogue Awards Thumbs Up/Down/Sideways

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Pacing Resources Assessments MP3

Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	<u>K.1 a, c, d, g, i</u>	Stationary Manipulative Skills (strike with paddle, volley with hand) while moving	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://www.usta.com/Youth-Tennis/?intloc=headernav http://www.thefirsttee.org/Club/Scripts/Home/home.asp http://www.usta.com/Youth-Tennis/?intloc=homepage	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	<u>K.1 b, k</u>	Non-Locomotor Movements (bend, push, pull, turn, balance) roll	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	<u>K.1 e- i</u>	Dance to a rhythm and beat	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx	Dialogue Modeling Feedback Non-verbal Skill Assessment Checklists

			http://www.perocks.com/	
9 weeks	K.2 a-c K.5 a, b, c	Fruits/vegetables Muscles, bones, and heart	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp http://www.choosemyplate.gov/ http://organwiseguys.com/	Dialogue Tests/quizzes Ticket out of the door
ongoing	K.4 a, b, c	Cooperation and Safety	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways
ongoing	K.2 d	Personal Space	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways
ongoing	K.1 a-j K.3 a, b, c	Participate in regular physical activity	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/	Dialogue Awards Thumbs Up/Down/Sideways

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<u>Pacing Resources Assessments MP4</u>				
Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	<u>K.1 c, d, f, g-i</u>	Stationary Manipulative Skills(kick to target, dribble, trap) while moving and Non-locomotor (bend, push, pull, turn, balance)	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://volleyfutbol.wix.com/futbol	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	<u>K.1 g, i, j</u>	Jump rope	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
ongoing	<u>K.4 a, b, c</u>	Cooperation and Safety	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInst	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways

			http://www.doe.virginia.gov/testing/ http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	
ongoing	K.2 d	Personal Space	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways
ongoing	K.1 a-j K.3 a, b, c	Participate in regular physical activity	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/	Dialogue Awards Thumbs Up/Down/Sideways
3 weeks	Review K.1-K.5	Review	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists Awards Thumbs Up/Down/Sideways

Physical Education Standards of Learning

for
Virginia
Public Schools



Board of Education - Commonwealth of Virginia - January 2015

Kindergarten

Participating in a variety of movement experiences to develop fundamental movement patterns is the primary focus of the kindergarten physical education curriculum. While children at this level vary in maturity across all movement skills, they should demonstrate continuous improvement in movement under very simple conditions. While developing fundamental skill patterns, students begin to learn key movement concepts that help them perform in a variety of educational games, dances, and gymnastics. They learn how their bodies react to vigorous physical activity. Students learn to use safe practices, cooperate with and respect others, and follow classroom rules. Experiences in physical education help them develop a positive attitude for leading a healthy, active lifestyle.

Motor Skill Development

- K.1 The student will demonstrate progress toward the mature form of selected locomotor, non-locomotor, and manipulative skills to understand the various ways the body can move.
- Demonstrate and differentiate between walking, running, hopping, galloping, and jumping.
 - Demonstrate bending, pushing, pulling, turning, and balancing on one foot.
 - Demonstrate approaching-mature form (at least two critical elements: which are small, isolated parts of the whole skill or movement) used in stationary manipulative skills for tossing and throwing underhand to targets, bounce and catch, toss and catch, kicking stationary ball to target, striking stationary object with paddle, dribbling, rolling ball underhand to target, trapping and volleying with hand.
 - Demonstrate a minimum of two critical elements used in manipulative skills while moving, to include dribbling with continuous kick (taps) of ball while walking.
 - Demonstrate moving to a beat and to rhythmic patterns using basic locomotor and non-locomotor rhythmic patterns.-
 - Demonstrate moving forward, sideways, and in side-to-side directions.
 - Demonstrate moving at low, medium, and high levels.
 - Demonstrate traveling in straight, curving, and zigzagging pathways.
 - Demonstrate fast, slow, and moderate speeds.
 - Demonstrate jumping over a stationary rope and a self-turn single jump.
 - Demonstrate one roll (narrow or curled).

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Anatomical Basis of Movement

- K.2 The student will identify basic structures of the body and basic spatial awareness concepts.
- Explain that the body has muscles and bones that help the body move.
 - Identify that the heart as a special muscle that helps the body move.
 - Explain that moving faster makes the heart beat faster.
 - Demonstrate the concept of personal space.

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Fitness Planning

- K.3 The student will identify basic fitness concepts.
- Explain that physical activity helps the body grow.
 - Identify activities that can be done at home to keep the body healthy.

- c) Identify physical activities that are done with family and with friends for fun.

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Social Development

K.4 The student will use appropriate behaviors and safe practices in physical activity settings.

- a) Demonstrate cooperative and safe play.
- b) Demonstrate general and personal space.
- c) Identify three classroom (procedural) rules.

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Energy Balance

K.5 The student will identify basic concepts of energy balance.

- a) Explain that food provides energy for movement.
- b) Identify one fruit and one vegetable.
- c) Explain that fruits and vegetables help the body keep moving.

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