

HEALTHFUL LIVING – Kindergarten

COMPETENCY GOAL 6: The learner will demonstrate competency in a variety of movement forms and proficiency in a few to gain competence towards lifetime physical activities (NASPE Standard 1).

Objectives

- 6.01 Demonstrate non-locomotor movements using different parts of the body.
- 6.02 Demonstrate a variety of beginner locomotor and combination skills in a movement pattern.
- 6.03 Develop movement control for safe participation in games and sports.
- 6.04 Demonstrate rolling movements.

COMPETENCY GOAL 7: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities (NASPE Standard 2).

Objectives

- 7.01 Identify fundamental movement patterns.
- 7.02 Establish a beginning movement vocabulary.
- 7.03 Apply age appropriate concepts to performance.

COMPETENCY GOAL 8: The learner will exhibit a physically active lifestyle (NASPE Standard 3).

Objectives

- 8.01 Identify likes and dislikes connected with participation in physical activity.
- 8.02 Begin to identify opportunities for increased physical activity (e.g., taking the stairs).

COMPETENCY GOAL 9: The learner will show evidence of an acceptable level of health related fitness and be familiar with factors that benefit performance (NASPE Standard 4).

Objectives

- 9.01 Identify physiological signs of moderate physical activity.
- 9.02 Recognize two appropriate sites on the body to monitor the heart rate.
- 9.03 Sustain moderate to vigorous physical activity for short periods of time.
- 9.04 Demonstrate knowledge of flexibility through warm up activities and perform exercises that enhance proper flexibility in a variety of muscle groups.

COMPETENCY GOAL 10: Exhibits responsible personal and social behavior that respects self and others at the same time as values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction (NASPE Standard 5 & 6).

Objectives

- 10.01 Identify 1-2 reasons why participation in physical activity is important and enjoyable.
- 10.02 Identify 1-2 ways physical activity improves health.
- 10.03 Demonstrate respect for self, others, and equipment.