

Focus: Students will demonstrate balance in locomotor, and non-locomotor skills and begin to execute developmentally appropriate manipulative skills. Students will explore skill techniques and performance of skills while incorporating fitness, body awareness and movement concepts. Students will begin to identify and demonstrate body and spatial awareness as well as cooperate with peers during physical activity.

Manipulative:	Understanding: Students will execute a variety of motor patterns and skills needed to participate in physical activities and become competent movers.	District/IL Standard/SHAPE/SEL	Pacing	Key Vocabulary
K.PE.1	Students who demonstrate understanding will be able to:			
K.PE.1.1	Throw underhand with opposite foot forward.	IL19.A.1a,S1.E13.		
K.PE.1.2	Drop a ball and catches it before it bounces twice.	S1.E16.Ka, IL19.A.1a		
K.PE.1.3	Catch a large ball tossed by a skilled thrower.	IL19A.1a, S1.E16.Kb		
K.PE.1.4	Dribble a ball with one hand, attempting the second contact.	IL19.A.1a, S1.E17.K		
K.PE.1.5	Tap a ball using the inside of the foot, sending it forward.	IL19.A.1a, S1.E18.K		
K.PE.1.6	Kick a stationary ball from a stationary position, demonstrating 2 of the 5 elements of a mature kicking pattern.	IL19.A.1a, S1.E21.K		
K.PE.1.7	Volley a lightweight object, sending it upward.	IL19.A.1a, S1.E22.K		
K.PE.1.8	Strike a lightweight object with a paddle or short-handled racket.	IL19.A.1a, S1.E24.K		
K.PE.1.9	Execute a single jump with self-turned rope.	S1.E27.Ka, IL19.A.1.a		
K.PE.1.10	Jump a long rope with teacher-assisted turning.	IL19.A.1a, S1.E27.Kb		
K.PE.1.11	Roll a ball with opposite foot forward towards a stationary target.	IL19.A.1a		
Locomotor	Understanding: Students will demonstrate selected locomotor patterns with balance.	District/IL Standard/SHAPE/SEL	Pacing	Key Vocabulary
K.PE.2	Students who demonstrate understanding will be able to:			
K.PE.2.1	Perform the locomotor skills of hopping, galloping, running, sliding, skipping while maintaining balance	IL19.A.1a,IL19.B.1b, S1.E1.K		
K.PE.2.2	Perform vertical jumping and landing actions with balance.	IL19.A.1a,IL19.B.1b, S1.E3.K		
K.PE.2.3	Perform horizontal jumping & landing actions with balance.	IL19.A.1a,IL19.B.1b, S1.E3.K		
K.PE.2.4	Perform locomotor skills in response to teacher-led creative dance.	IL19.A.1a,IL19.B.1b, S1.E5.K		
Balance and Weight Transfer	Understanding: Students will explore body position, balance and weight transfer.	District/IL Standard/SHAPE/SEL	Pacing	Key Vocabulary
K.PE.3	Students who demonstrate understanding will be able to:			
K.PE.3.1	Maintain momentary stillness on different bases of support.	S1.E7.Ka, IL19.B.1a		
K.PE.3.2	Form wide, narrow, curled & twisted body shapes.	S1.E7.Kb, IL19.B.1b		
K.PE.3.3	Roll sideways in a narrow body shape.	S1.E9.K, IL19.B.1a		
K.PE.3.4	Demonstrate spatial awareness and motor planning in relation to objects and students	IL19.B.1a		
K.PE.3.5	Demonstrate a safe landing from a height	IL19.C.1a		
Cooperative	Understanding: Students will demonstrate cooperative behaviors with others in the physical education learning environment.	District/IL Standard/SHAPE/SEL		
K.PE.4	Students who demonstrate understanding will be able to:			
K.PE.4.1	Identify ways to work and play well with others	IL21.B.1a,ILSEL.2c.1a		
K.PE.4.2	Work cooperatively with a partner and independently during physical activity	IL 21A.1b, IL 21.A.1c		
K.PE.4.3	Completes parts of a task when participating in physical activity.	IL21.A.1c		
K.PE.4.4	Demonstrate control of impulsive behavior	IL24.A.1a,ILSEL1A.1b		
K.PE.4.5	Share equipment and space with others.	IL21.A.1b,S4.E4.K		
K.PE.4.6	Make positive choices when interacting with classmates	ILSEL3b.1b, IL21B.1a		

Fitness	Understanding: Students will be able to recognize the skills needed to engage in health and skill-related fitness components.		District/IL Standard/SHAPE/SEL	Pacing	Key Vocabulary
K.PE.5	Students who demonstrate understanding will be able to:				
K.PE.5.1	Identify active play opportunities outside physical education class.		S3.E1.K, IL20A.1b		
K.PE.5.2	Identify personal preferences related to physical activity		IL20B.1a		
K.PE.5.3	Actively participate in health-related and skill-related activities in physical education class.		S3.E2.K, IL20A.1b, IL19A.1b		
K.PE.5.4	Recognize that when you move fast, your heart beats faster and you breathe faster.		S3.E3.K, IL 20B.1A		
K.PE.5.5	Recognize that it is important to exercise every day.		IL20C.1a		
K.PE.5.6	Support own body weight off of the ground		IL20B.1b		
Personal Responsibility	Understanding: Students will exhibit responsible personal and social behavior that respects self and others with support		District/IL Standard/SHAPE/SEL	Pacing	Key Vocabulary
K.PE.6	Students who demonstrate understanding will be able to :				
K.PE.6.1	Follow directions		S4.E3.K, S4.E1.K, S4.E6.K, IL19C.1a		
K.PE.6.2	Acknowledge responsibility for behavior when prompted		S4.E2.K, IL21A.1b		
K.PE.6.3	Participate safely in physical activity		S4.E6.K, IL19C.1a		
K.PE.6.4	Recognizes the established protocols for class and activities		S4.E5.K, IL21A.1b		
Analyze various movement concepts	Understanding: Students will demonstrate movement concepts in relation to self and others within the learning environment with teacher prompts.		District/IL Standard/SHAPE/SEL	Pacing	Key Vocabulary
K.PE.7	Students who demonstrate understanding will be able to :				
K.PE.7.1	Respond to teacher prompts to improve all movement skills		IL19B.2A, IL19B.1b		
K.PE.7.2	Demonstrate spatial awareness in personal and general space by adjusting directional, levels, and/or pathways.		19B.1a		
K.PE.7.3	Identify personal space.		19B.1a		
Neuroscience/Health Enhancing Concepts	Understanding: Students will be able to locate their brain.		District/IL Standard/SHAPE/SEL	Pacing	Key Vocabulary
K.PE.8.	Students will be able to:				
K.PE.8.1	Identify the skull.		IL23D.1a		
K.PE.8.2	Locate the brain		IL23D.1a		