



Recommended Kindergarten and P1/Grade 1 Curriculum Framework

Content: Physical Education – Kindergarten and P1/Grade 1						
Topic: Body Awareness (Weeks 1-3)						
Content (What do your students need to KNOW?)	Demonstrators (What do your students need to be able to DO?)	Assessment (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	Activities (HOW will you teach it?)	Resources (What MATERIALS will you need?)	Differentiation (How will you reach the DIVERSITY of learners?)	Literacy Connection (How will you use READING and WRITING with this material?)
<p>PL-E-2.1.3 There are fundamental movement concepts:</p> <ul style="list-style-type: none"> • body awareness • space awareness • time • effort • relationship 	<p>Psychomotor Skills AE 2.34 Students perform physical movement skills in a variety of settings.</p> <p>DEMONSTRATORS</p> <ul style="list-style-type: none"> • Experiment with basic motor skill movement. • Exhibit self-control in motor activities. <p>POS-PE-P-17 Students will define personal and general space concepts.</p> <p>POS-PE-P-18 Students will balance in different positions (e.g., feet, hands, knees, head).</p> <p>POS-PE-P-19 Students apply the concept of time to movement and task completion.</p> <p>POS-PE-P-20 Students will experience body control.</p> <p>POS-PE-P-21 Students will demonstrate the effort concepts of fast, slow, hard, and soft.</p>					



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	<p>POS-PE-P-22 Students will exhibit directionality concepts (e.g., left, right, forward, backward) while moving.</p> <p>POS-PE-P-23 Students will use movements expressing shapes and/or sizes.</p> <p>POS-PE-P-24 Students will identify intensity levels (e.g., low, moderate, high) of movement.</p> <p>POS-PE-P-25 Students will determine pathways of movements (e.g., curved, zig zag, straight).</p> <p>POS-PE-P-26 Students will demonstrate relationships (e.g., over, under, front, and back, side-by-side, leading, following) with other people and objects.</p> <p>POS-PE-P-27 Students will develop balance skills.</p>					



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	<p>POS-PE-P-28 Students will perform a variety of balance activities.</p> <p>POS-PE-P-29 Students will engage in body extension activities (e.g., near, far).</p>					