

Power Standards and Benchmarks Kindergarten

Physical Education Standard:

Kindergarten

Power Benchmark 1: Students will identify and model a health-enhancing level of physical fitness.

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. Participates regularly in vigorous physical activity	Active Physical Activity Participates Inactive	Aerobic activities, Fitness Activities, Cooperative Games, Lead-up Games,	Manipulative
b. Identifies feelings that result from participation in physical activities	Happy Energetic Sad Tired	Recognize feeling symbols	Feeling charts
c. Is aware of his/her heart beating fast during physical activity.	Pulse Heart Blood Muscle	Identify pulse points Recognize picture of heart	Book, Model, Chart of Heart Media Specialist

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Power Benchmark 2: Students will demonstrate movement forms at appropriate developmental level.

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. Uses a variety of locomotor skills.	locomotor skill	walk, jog, run, skip, gallop, hop, jump	music jump ropes
b. Identifies and manipulates a variety of objects.	manipulate hand-eye eye-foot	toss and catch kicking striking	balls scarves bats, bean bags
c. Maintains balance while bearing weight on a variety of body parts.	balance	base of support static balance balance of different levels squat	mats balance beam tape, rope, poly spots hoops
d. Rolls sideways without hesitating	roll tuck arch	variety of rolls bridging	mats wedge

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Power Benchmark 3: Students will apply concepts and principles of movement to the learning and development of physical skills.

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. Demonstrate the ability to change directions in response to a signal	dodge sideways left/right flee	dodge, flee, slide sideways, duck, different pathways	music lines on floor cones, rope
b. travels in various forward and sideways directions using a variety of locomotor skills	locomotor skills	walk, jog, run, skip, gallop, hop, jump, slide	music jump ropes

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Power Benchmark 4: Students will demonstrate cooperative skills in a physical setting.

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. Knows and applies rules and procedures in the gym and on the playground.	procedures	develop procedures life skills	life skill resources
b. Interacts positively with students in class regardless of personal differences	same different	life skills	life skill resources
c. Demonstrates cooperation with others in group tasks.	cooperation sportsmanship	strategies for choosing groups (non-discrimatory)	life skill resources