

Grade Level Kindergarten

All Quarters	Content	Skills
	Directions, Procedures, Routines	1.Learning verbal signals a. freeze, stop, go, and start 2. learning non verbal signals a.hand signals
	Classroom management	b. music c. whistle 1.Learning organization a. squads b. lines c. small groups
	Spatial & Body Awareness	1.Learning personal & general space 2.Learning pathways a. straight, curved, etc. 3. Learning levels a. Low, medium, high 4. Learning directions a. forward, backwards, sideways etc. 5. Learning distance a. Far/near 6. Learning body general body parts a. head, eye, arm etc.
	Movement skills	1.Learning locomotor skills a.run, skip, gallop etc. 2. Learning non-locomotor skills a. bend, twist, stretch etc.
	Manipulative Skills	1. Learning manipulative skills a. dribble, kick, catch etc. b.scooters
	Physical Fitness	1. Moving to develop/improve cardiovascular endurance a. walk, run, jog etc. b. fitness games/activities 2. Developing/improving flexibility 3. Developing/improving muscular strength & endurance a. upper body b.lower body 4.Developing/improving agility skills a.dodging, chasing & changing directions 5.Utilizing Fitness Gram program
	Rhythm	1.Performing rhythm thru movement a.Dances-YMCA, Chicken dance etc. b. Lummi sticks c.Tinikling cords
	Hand/eye coordination	1.Learning to juggle 2.Learning through ball manipulation 3.Stacking cups-Speed Stacks
	Team building activities	1.Learning in small groups a. Nebula tracks etc. 2.Learning in large group

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Tumbling	Positive Behavior/social skills	a.Parachute 1.Developing/improving balancing techniques a.static-stationary & multi-point b.dynamic-through movement c.bridges
Adventure Education	Cross curricular education	1.Learning character traits a.respect, honesty etc. 2.Learning cooperation & teamwork 3.Learning classroom safety procedures 4. Handling equipment properly
		1.Climbing a.traverse wall b.cargo net c.ropes
		1.Understanding word recognition a. word wall 2.Incorporating core subject areas 3.Incorporating art & music