

Kindergarten Physical Education Active Living

| Curricular Outcome | Outcome in “I Can” Statements | Possible Evidence of Learning -Proficiency- |
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| <p>PEK.1 Participate in a variety of moderate to vigorous movement activities for short periods of time to increase heart and respiration rate, flexibility, muscular endurance, and muscular strength.</p> | <p>I can participate in many different movement activities to increase:</p> <ul style="list-style-type: none"> • heart and respiration rate, • flexibility, • muscular endurance, and • muscular strength. | <p>I participate in moderate to vigorous locomotor and movement activities for four consecutive minutes.</p> <p>I can describe several changes in my body when I participate in movement.</p> <p>I participate in teacher-led movement to stretch and strengthen my muscles.</p> |

Kindergarten Physical Education Skillful Movement

| Curricular Outcome | Outcome in “I Can” Statements | Possible Evidence of Learning -Proficiency- |
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| <p>PEK.2 Explore and practise ways to move the body through space, including at: a progressing-toward-control level of skill when: walking running jumping forward and sideways an exploration level when: hopping (body moves on one foot as in right foot to right foot) skipping (combines a step and a hop) leaping (body ‘takes off’ from one foot, propels through air for distance, then lands on the opposite foot) sliding (one foot steps and the other moves to meet the first foot, “step-close”) galloping (one foot steps, body propels upward, other foot moves to meet the first foot).</p> | <p>I can explore and practise ways to move my body, including:</p> <ul style="list-style-type: none"> • walking, • running, • jumping forward and sideways, • hopping, • skipping, • leaping, • sliding, and • galloping. | <p>I can move my body through space while progressing toward control.</p> <p>I can explore moving my body through space.</p> |
| <p>PEK.3 Explore and practise ways to move the body in personal space at a progressing-towards-control level of skill when:</p> <ul style="list-style-type: none"> ○ balancing ○ jumping and landing (on the spot). | <p>I can explore and practice ways to move my body in my own space, through:</p> <ul style="list-style-type: none"> • balancing, and • jumping and landing on the spot. | <p>I can explore and practice moving my body through space progressing towards control.</p> |
| <p>PEK.4 Explore and practise ways to send and receive objects at an exploration level when:</p> <ul style="list-style-type: none"> ○ throwing (rolling) ○ catching (trapping, gathering) ○ kicking. | <p>I can explore and practice ways to send and receive objects, when:</p> <ul style="list-style-type: none"> • throwing, • catching, and • kicking. | <p>I can explore and practice sending objects.</p> <p>I can explore and practice receiving objects.</p> |

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| <p>PEK.5 Vary, with guidance, the movement of the body through changes in:</p> <ul style="list-style-type: none"> ○ space (personal space, general space, levels, directions, and pathways) ○ effort (time and speed) ○ relationships (body parts and shapes). | <p>I can vary the movement of my body through changes in:</p> <ul style="list-style-type: none"> ● space, ● effort, and ● relationships. | <p>With teacher help, I can respond physically to all movement vocabulary.</p> <p>I can create and perform movements in a sequence of two phases to represent images.</p> <p>I can move in my own space.</p> |
| <p>PEK.6 Explore and perform rhythmical movement to different auditory (e.g., beat of a drum, clapping, music) rhythms (e.g., quick, slow) using a variety of locomotor movements including walking, running, balancing, jumping, galloping, hopping, and skipping skills.</p> | <p>I can explore and perform movement to different rhythms using many movements, including:</p> <ul style="list-style-type: none"> ● walking, ● running, ● balancing, ● jumping, ● galloping, ● hopping, and ● skipping. | <p>I can move in time to a rhythm using a variety of movement skills, movement efforts, and movement relationships.</p> |

Kindergarten Physical Education Relationships

| Curricular Outcome | Outcome in “I Can” Statements | Possible Evidence of Learning -Proficiency- |
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| <p>PEK.7 Use respectful behaviours and safe practices while participating in cooperative games and physical movement activities.</p> | <p>I use respectful behaviours and safe practices while participating in physical education class.</p> | <p>I show respect for my peers, my teacher, equipment, and the environment while participating in co-operative games and physical movement.</p> <p>I follow the rules of play and safety while participating in co-operative games and physical movement.</p> |