Grade K P.E. *(Master)*

	Essential Questions	Content	Skills
Fall	What does locomotor mean? What does non-locomotor mean? How does moving affect me? Why is safety important?	A. Locomotor -Move within personal space -Spatial awareness -Cardiovascular fitness B. Non-locomotor -Move within personal space -Spatial awareness C. Locomotor/Non- locomotor games -Directions -Rules -Safety D. Safety	A. **Develop** -walk forward and backwards -run -skip -gallop B. **Develop** -twist -turn -swing -sway -bend -stretch B. **Develop** directions: -up -down -left -right -forward -backward -sideways C. **Practice** following directions, rules and safe play **D. Follow** directions, rules, and safe play
	How does your body move in space? Why is safety important?	A. Body Control -Body parts -Pathways -Directions -Start and stop -Safety B. Safety	A. **Identify and name** body parts A. **Demonstrate** various pathways, directions, stop and start A. **Practice** following directions, rules and safe play B. **Follow** directions, rules, and safe play
	How do objects move while on the ground? Why is safety important?	A. Object Handling (roll and slide) -Proper form -Safety B. Safety	A. **Develop** proper form in order to roll and slide various objects A. **Practice** following directions, rules and safe play B. **Follow** directions, rules, and safe play
Winter	What are the benefits of the parachute?	A. Parachute	A. **Develop** cooperative play

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	Why is safety important?	-Cooperative skills -Body control and strength -Locomotor & non-locomotor skills -Safety B. Safety	A. **Develop** -upper arm strength -walk -run -gallop -skip -start and stop A. **Practice** following directions, rules and safe play B. **Follow** directions, rules, and safe play
	What are the benefits of the parachute? How can you make your body move? Why is safety important?	A. Parachute -Cooperative skills -Body control and strength -Locomotor & non-locomotor skills -Safety B. Rhythmic & Creative Activity -Movement -Imitation -Safety C. Safety	A. **Develop** cooperative play A. **Develop** -upper arm strength -walk -run -gallop -skip -start and stop A. **Practice** following directions, rules and safe play B. **Perform** directed and creative movements B. **Imitate** movement of others B. **Increase** spatial awareness B. **Demonstrate** movement concepts: fast and slow B. **Practice** following directions, rules and safe play C. **Follow** directions, rules, and safe play
	How can you make your body move? Why is safety important?	A. Rhythmic & Creative Activity -Movement -Imitation -Safety B. Safety	A. **Perform** directed and creative movements A. **Imitate** movement of others A. **Increase** spatial awareness A. **Demonstrate** movement concepts: fast and slow A. **Practice** following directions, rules and safe play B. **Follow** directions, rules, and safe play
Spring	How do objects move in space? Why is safety important?	A. Manipulative Skills -Overhand Throw -Under Hand Toss -Catch -Eye-Hand Coordination -Safety B. Safety	A. **Develop** ability to throw a variety of objects A. **Develop** overhand and underhand throw A. **Improve** eye-hand coordination A. **Develop** catching skills A. **Practice** following directions, rules and safe play B. **Follow** directions, rules, and safe play

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	How do you kick a stationary and rolling ball? Why is safety important?	A. Kicking Activities -Form -Coordination -Control -Safety B. Safety	A. **Develop** kick a stationary or moving ball and stop a moving ball A. **Practice** following directions, rules and safe play B. **Follow** directions, rules, and safe play
	Why do we play games? Why is safety important?	A. Low Organized Games (combination of previous learned skills) -Cooperation -Body Control -Manipulate objects -Rules -Safety B. Safety	A. **Demonstrate** a variety of skills in order to actively participate in games and activities A. **Practice** following directions, rules and safe play B. **Follow** directions, rules, and safe play
	Why do we play games? Why is safety important?	A. Low Organized Games (combination of previous learned skills) -Cooperation -Body Control -Manipulate objects -Rules -Safety B. Safety	A. **Demonstrate** a variety of skills in order to actively participate in games and activities A. **Practice** following directions, rules and safe play B. **Follow** directions, rules, and safe play