

Bethlehem Lutheran School
Physical Education: Kindergarten

The physical education program is designed to be an integral important part of the educational system of Bethlehem Lutheran School. Through physical education a child learns to think correctly about his body realizing that it is the *“temple of the Holy Spirit”* to be known, appreciated, and properly treated. The student should display positive attitudes toward God, himself, and others as he participates in physical activity. As a part of the total school curriculum, physical education offers an organized, sequential progression of activities which provide for the social, physical, intellectual, emotional, and spiritual development of children and youth, teaching values and attitudes that will be of benefit for a lifetime.

State Standard 1

Student demonstrates competent skills in a variety of physical activities and sports.

Classroom objectives

- 1.1 Throw and catch beanbags and balls.
- 1.2 Pass, kick and trap a ball successfully.
- 1.3 Walk, run, jump, skip, gallop, hop and leap individually with control.
- 1.4 Move to music.
- 1.5 Walk and run rhythmically in various activities.
- 1.6 Participate in various games to enhance movement skills and eye-hand coordination.

State Standard 2

Students demonstrate competency in physical fitness.

Classroom objectives

- 2.1 Move each joint through a full range of motion.
- 2.2 Perform warm-up exercises and jumping jacks.
- 2.3 Stretch with different arm-leg combinations in several directions.
- 2.4 Demonstrate various arm support activities by successfully completing a variety of animal walks and skills (wheelbarrow, crab walk).

- 2.5 Run in place and for different 'distances' for a designated period of time.

State Standard 3

Students demonstrate the knowledge of factors important to participation in physical activity.

Classroom objectives

- 3.1 Define and grasp the concept of personal space.
- 3.2 Make different shapes by bending two, three, and four parts of the body.
- 3.3 Twist two or more parts of the body at the same time.
- 3.4 Use free arm movements to form circle patterns.
- 3.5 Participate in directed parachute activities.
- 3.6 Experience special apparatus and equipment activities (ropes, scooters, and hula hoops).

State Standard 4

Students develop an understanding of self and others as created and loved by God, and demonstrate good sportsmanship through appropriate social and emotional behavior.

Classroom objectives

- 4.1 Appreciate individual differences and show concern for the welfare of others.
- 4.2 Demonstrate cooperation while working with others.