

DATE	UNIT	KINDERGARTEN OUTCOME
September	Space Awareness General Gym Safety & Rules Simple Tag games	<p>K.1.K.B.3a Recognize the terms "personal space" (i.e., space around own body) and "general space" (i.e., space available to move in) associated with space awareness</p> <p>K.1.K.C.4 Discuss ways to play cooperatively and safely (e.g., share equipment, follow directions, help others, be considerate...)</p> <p>K.3.K.A.3 Distinguish between appropriate and inappropriate footwear for indoor and outdoor activities (e.g., running shoes for indoor physical activities, winter boots for outdoor winter activities...)</p> <p>K.3.K.A.4 Show an understanding of general safety rules in the gymnasium (e.g., safe and unsafe areas and fixtures, entrances and exits, storage of equipment, use of mats...) for active play (e.g., sports/games, rhythmic/gymnastics...)</p>
October	Explore Targets (Roll, Throw) Tag Games	<p>S.1.K.A.2 Explore the basic manipulation skills (i.e., rolling, underhand throwing, catching, striking, bouncing, kicking) in a variety of simple movement experiences (e.g., throw a ball or beanbag underhand to an open space, strike a balloon with the hand...)</p> <p>S.1.K.B.2 Explore basic movement skills (i.e., transport, manipulation, balance) and concepts (i.e., body awareness, space awareness) in simple group activities (e.g., chasing/fleeing-type games...)</p>
November	Explore Balance Intro to Gymnastics Jungle Gym	<p>S.1.K.A.3 Explore static and dynamic balance (i.e., stopping, starting) in response to signals/cues/commands</p> <p>K.1.K.B.3b Recognize names of body parts (i.e., head, neck, shoulders, arms, hands, elbows, wrists, legs, knees, ankles, feet, chest, waist, hips, back) when following instructions for physical activity (e.g., bend your knees, hands on hips, balance on one foot...)</p> <p>K.1.K.B.3d Explore moving in relation to objects (i.e., around, under, over, near, far, in, out, through, on, off)</p> <p>S.1.K.D.2 Explore the gymnastic movement patterns (e.g., landings, statics, springs, rotations, locomotion, swings...) in activities using large and/or small apparatus (e.g., educational gymnastics, rhythmic sportive gymnastics...)</p> <p>K.3.K.B.3 Identify practices (i.e., follow rules and instructions, play in supervised areas, dress appropriately) to prevent injuries related to indoor and outdoor play (e.g., sunburn, frostbite, burns, bruises, bumps, cuts...)</p>
December	Explore Targets (Roll, Throw) Tag Games	<p>K.3.K.A.2 Show an understanding that physical or medical conditions (e.g., injury, illness, asthma, physical disabilities, low fitness levels...) may affect degree and type of participation</p> <p>K.1.K.C.1 Follow the fundamental rules (e.g., boundaries, roles, actions, verbal cues for stop, go, switch...) used in simple games and activities (e.g., cooperative tag games...)</p> <p>S.1.K.A.1 Travel safely using the basic transport skills (i.e., running, hopping, galloping, jumping) in general space (e.g., gallop freely without bumping into others or falling...)</p>

		<p>S.1.K.B.1 Explore basic movement skills (i.e., transport, manipulation, balance) and concepts (i.e., body awareness, space awareness) in simple individual/dual activities (e.g., use transport skills while moving in relation with another student as in "follow the leader"...) </p>
January	<p>Transport Skills (hop, jump, skip, gallop, slide) Bouncing</p>	<p>K.1.K.B.3c Explore, through movement, the difference between slow and fast speeds (e.g., walking and running...)</p> <p>S.1.K.A.2 Explore the basic manipulation skills (i.e., rolling, underhand throwing, catching, striking, bouncing, kicking) in a variety of simple movement experiences (e.g., throw a ball or beanbag underhand to an open space, strike a balloon with the hand...)</p> <p>S.1.K.D.1 Experience moving to different rhythms (e.g., quick, slow...), applying movement concepts (e.g., body awareness, space awareness...) in simple rhythmic activities (e.g., creative movement, action songs/games...)</p> <p>K.3.K.A.1 Recognize safe and controlled movement while participating in physical activity (e.g., stop and start on signal, move without interfering with others, enter and exit in a safe manner, land softly...)</p>
February	<p>Body Parts/Heart/Fitness Jump Rope</p>	<p>K.1.K.B.1 Discuss movement skill development as requiring good practice and patience in learning (e.g., to make and correct mistakes is part of the learning process; try, try again...)</p> <p>K.2.K.B.1 Discuss the fact that daily physical activity makes muscles strong, including the heart</p> <p>K.1.K.B.3b Recognize names of body parts (i.e., head, neck, shoulders, arms, hands, elbows, wrists, legs, knees, ankles, feet, chest, waist, hips, back) when following instructions for physical activity (e.g., bend your knees, hands on hips, balance on one foot...)</p>
March	<p>Hand Striking Catching Tag Games</p>	<p>K.1.K.C.1 Follow the fundamental rules (e.g., boundaries, roles, actions, verbal cues for stop, go, switch...) used in simple games and activities (e.g., cooperative tag games...)</p> <p>S.1.K.A.2 Explore the basic manipulation skills (i.e., rolling, underhand throwing, catching, striking, bouncing, kicking) in a variety of simple movement experiences (e.g., throw a ball or beanbag underhand to an open space, strike a balloon with the hand...)</p> <p>S.1.K.B.2 Explore basic movement skills (i.e., transport, manipulation, balance) and concepts (i.e., body awareness, space awareness) in simple group activities (e.g., chasing/fleeing-type games...)</p>
April	<p>Team Games Cooperative Games</p>	<p>K.1.K.C.3 Recognize the fundamental strategies of simple games/station activities (e.g., aiming at a target, fleeing in a tag game, hitting an object with an implement, staying in boundaries...)</p> <p>K.1.K.C.4 Discuss ways to play cooperatively and safely (e.g., share equipment, follow directions, help others, be considerate...)</p>

		<p>S.1.K.A.1 Travel safely using the basic transport skills (i.e., running, hopping, galloping, jumping) in general space (e.g., gallop freely without bumping into others or falling...)</p> <p>S.1.K.A.2 Explore the basic manipulation skills (i.e., rolling, underhand throwing, catching, striking, bouncing, kicking) in a variety of simple movement experiences (e.g., throw a ball or beanbag underhand to an open space, strike a balloon with the hand...)</p>
May	<p>Playground Games Dance Parachute/Scoops/Scooters</p>	<p>K.3.K.B.3 Identify practices (i.e., follow rules and instructions, play in supervised areas, dress appropriately) to prevent injuries related to indoor and outdoor play (e.g., sunburn, frostbite, burns, bruises, bumps, cuts...)</p> <p>S.1.K.C.1 Experience different ways of moving (e.g., climbing, running, hopping...) in a variety of play areas on the school grounds (e.g., on playground equipment, hardtop area, grassy fields...)</p> <p>K.3.K.A.5a Discuss common safety rules for physical activity on the playground and school play areas (e.g., climbing equipment, play fields, baseball backstops, fences, hard surfaces, sandpits...)</p> <p>K.1.K.B.3d Explore moving in relation to objects (i.e., around, under, over, near, far, in, out, through, on, off)</p> <p>S.1.K.D.1 Experience moving to different rhythms (e.g., quick, slow...), applying movement concepts (e.g., body awareness, space awareness...) in simple rhythmic activities (e.g., creative movement, action songs/games...)</p>
June	<p>Foot Dribble Tag Games</p>	<p>S.1.K.A.1 Travel safely using the basic transport skills (i.e., running, hopping, galloping, jumping) in general space (e.g., gallop freely without bumping into others or falling...)</p> <p>S.1.K.A.2 Explore the basic manipulation skills (i.e., rolling, underhand throwing, catching, striking, bouncing, kicking) in a variety of simple movement experiences (e.g., throw a ball or beanbag underhand to an open space, strike a balloon with the hand...)</p> <p>K.1.K.C.3 Recognize the fundamental strategies of simple games/station activities (e.g., aiming at a target, fleeing in a tag game, hitting an object with an implement, staying in boundaries...)</p>

Continual

S.2.K.A.1a

Participate in a wide variety of physical activities that contribute to skill/ fitness development and enjoyment

S.2.K.A.1b

Sustain participation in moderate to vigorous activity for short periods of time, based on functional capacity

K.3.K.A.4

Show an understanding of general safety rules in the gymnasium (e.g., safe and unsafe areas and fixtures, entrances and exits, storage of equipment, use of mats...) **for active play** (e.g., sports/games, rhythmic/gymnastics...)

S.3.K.A.1

Follow simple rules and routines for safe, active participation and use of equipment (e.g., follow instructions, stop on signal, cooperate with others, care for and share equipment, tag lightly...) **in selected activities**

S.4.K.A.3

Demonstrate behaviours that show social responsibility in class activities (e.g., listen attentively, speak kindly, share...)