

PreK Physical Education

2019-2020

This course is designed for PreK students and intended to be 40 weeks in length. The purpose of this course is to provide students with the knowledge, skills, confidence, and attitude to participate and be physically fit and active using a wide variety of experiences to develop skills for success.

Semester One						Physical Education Orientation Expectations					
M	T	W	R	F		Teamwork; Cooperation; Sportsmanship; Etiquette; Safety					
AUGUST						Unit 1: Building Blocks					
			1	2		Florida Early Learning and Developmental Standards			Objectives and Vocabulary		
12	13	14	15	16		Shows beginning understanding of spatial relationships and position words; Uses directions to move through space and find places in space; Shows characteristics of appropriate health and development; Demonstrates awareness of the environment around them.			Behavioral Expectations; Spatial Relationships; Color Recognition; Locomotor and Non-locomotor Movements; Creative Expression; Imaginary Play; Walk; Run; Skip; Gallop; Side-Slide; Jump; Hop; Leap; Skip; Levels; Pathways; Tempos; Directions; Relationships		
19	20	21	22	23							
26	27	28	29	30							
SEPTEMBER						Unit 2 & 11: Super Stunts					
2	3	4	5	6		Florida Early Learning and Developmental Standards			Objectives and Vocabulary		
9	10	11	12	13		Demonstrates increasing control of large muscles; Demonstrates increasing control of small muscles; Demonstrates the ability to combine movements for gross motor skills; Shows awareness of some social roles and jobs that people do; Engages in creative movement and dramatic play			Body and Spatial Awareness; Motor Planning; Muscular Strength; Animal Movements; Role Play; Creative Imagery; Creative Expression; Locomotor Skills; Balance; Coordination; Flexibility; Agility; Muscular Strength		
16	17	18	19	20							
23	24	25	26	27							
30											
OCTOBER						Unit 3 & 12: Parachute Play					
	1	2	3	4		Florida Early Learning and Developmental Standards			Objectives and Vocabulary		
7	8	9	10	11		Demonstrates increasing coordination of large muscles; Participates in physical fitness activities; Joins in group activities and experiences within early learning environments; Demonstrates awareness of group rules			Group Cooperation; Color Recognition; Upper Body Strength; Cardiovascular Fitness; Locomotor Skills; Flexibility		
14	15	16	17	18							
21	22	23	24	25							
28	29	30	31								
NOVEMBER						Unit 4 & 13: Hoop It Up					
				1		Florida Early Learning and Developmental Standards			Objectives and Vocabulary		
4	5	6	7	8		Demonstrates increasing motor control and balance; Uses directions to move through space and find places in space; Sorts objects into groups by one characteristic			Behavioral Expectations; Spatial Relationships; Large Object Manipulation; Auditory Discrimination; Problem Solving; Alphabet and Shape Recognition; Imaginary Play		
11	12	13	14	15							
18	19	20	21	22							
25	26	27	28	29							
DECEMBER 2019						Unit 5 & 14: R, S, B For Me					
2	3	4	5	6		Florida Early Learning and Developmental Standards			Objectives and Vocabulary		
9	10	11	12	13		Shows improving hand-eye coordination; Demonstrates increasing control of small motor muscles to perform simple tasks; Engages in creative movement and dramatic play; Recognizes some geometric shapes			Object Manipulation; Pathway and Shape Recognition; Hand-Eye Coordination; Lateral/Bilateral Movement; Crossing the Midline; Visual Tracking; Rhythm; Timing; Tossing; Catching; Ribbons; Scarves; Balloons; Paddles		
16	17	18	19	20							
23	24	25	26	27							
30	31										

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Semester Two					Unit 6 & 15: Fluffball Fun									
M	T	W	R	F	Florida Early Learning and Developmental Standards					Objectives and Vocabulary				
JANUARY					Shows improving hand-eye coordination; Shows increasing confidence in their own abilities; Demonstrates increasing control of small motor muscles to perform simple tasks; Engages in creative movement and dramatic play					Small Object Manipulation; Visual Tracking; Hand-Eye Coordination; Motor Planning; Number and Letter Recognition; Tossing; Catching; Rolling; Underhand and Overhand Throwing; Striking; Cooperation				
		1	2	3										
6	7	8	9	10										
13	14	15	16	17										
20	21	22	23	24										
FEBRUARY					Shows improving hand-eye coordination; Demonstrates increasing control of small motor muscles to perform simple tasks; Engages in creative movement and dramatic play; Demonstrates the ability to combine movements for gross motor skills					Small Object Manipulation; Visual Tracking; Hand-Eye Coordination; Motor Planning; Body Part and Color Recognition; Tossing; Catching; Underhand Throwing				
27	28	29	30	31										
3	4	5	6	7										
10	11	12	13	14										
17	18	19	20	21										
24	25	26	27	28										
MARCH					Demonstrates increasing control of large muscles; Demonstrates increasing motor control and balance; Demonstrates the ability to combine movements for gross motor skills; Recognizes some geometric shapes					Balance; Rhythm and Timing; Flexibility; Agility; Motor Planning; Visual Discrimination; Muscular Strength; Cardiovascular Endurance; Letter, Number, and Shape Creation and Recognition; Locomotor skills				
2	3	4	5	6										
9	10	11	12	13										
16	17	18	19	20										
23	24	25	26	27										
30	31													
APRIL					Demonstrates increasing control of large muscles; Demonstrates increasing motor control and balance; Demonstrates the ability to combine movements for gross motor skills					Locomotor and Non-locomotor Skills; Bilateral Coordination; Visual Tracking; Hand-Eye Coordination; Motor Planning; Tossing; Catching; Rolling; Bouncing; Dribbling; Underhand and Overhand Throwing				
		1	2	3										
6	7	8	9	10										
13	14	15	16	17										
20	21	22	23	24										
27	28	29	30											
MAY					Demonstrates increasing control of large muscles; Demonstrates increasing motor control and balance; Demonstrates the ability to combine movements for gross motor skills					Foot-Eye Coordination; Object Manipulation; Bilateral Coordination; Visual Tracking; Kicking; Balance; Lower Body Strength; Auditory Discrimination; Cooperation				
				1										
4	5	6	7	8										
11	12	13	14	15										
18	19	20	21	22										
DWT DAY														
END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES														
NO CLASSES														