

Grade: K
Subject area: Physical Education

Insert Category here	Q1	Q2	Q3	Q4
Movement Education				
Skip	I			
Gallop	I			
Run	I			
Hop	I			
Jump	I			
Slide	I			
Leap	I			
Pathways	I			
Levels	I			
Speeds	I			
Directions	I			
Force	I			
Flow	I			
Bend	I			
Twist	I			
Identify body parts	I			
Personal space	I			
General space	I			
Body awareness	I			
Spatial awareness	I			
laterality	I			
Right and left handedness	I			
Scoops				
Catching	I	D		
Overhand throwing	I	D		
Underhand throwing	I	D		
Parachute				
Merry-go-round			I	
Toe touches			I	
Dome activities			I	
Popcorn			I	
Under the chute		I		
Mushroom activities		I		
Ball Skills				
Rolling the ball			I	
Bouncing and catching			I	
Toss and catch			I	
Kicking a ball			I	
Dribbling a ball with hands			I	
Overhand throwing			I	
Underhand throwing			I	
Striking ball with paddle			I	
Hoops	I	D	D	D
Beanbag activities	I	D		
scooters	I	D		
Cooperative games				
Popcorn	I	D	D	D
Tag games	I	D	D	D
Clean up backyard	I	D	D	D

I: Introduced D: Developing P: Proficient

Insert Category here		Q1	Q2	Q3	Q4
	Station game	I	D	D	D
	Turtle tag	I	D	D	D
	Fish Gobbler	I	D	D	D
	Musical hoops	I	D	D	D
	Shoot the hoop	I	D	D	D
	Scooter races	I	D	D	D
	Relays	I	D	D	D
	Tail Tag	I	D	D	D
	Stuck in the mud	I	D	D	D
Tumbling stunts					
	Log rolling				I
	Line walking				I
	Side roll				I
	Leapfrog				I
	Bear walk				I
Jump rope					
	Line jumping			I	
	Rocking			I	
	Long Ropes			I	
	Forward Jumping			I	
Fitness					
	Jumping jacks	I	I	I	I
	Wind Mills	I	I	I	I
	Leg lifts	I	I	I	I
	Shuttle Run	I	I	I	I
	Endurance Run	I	I	I	I
	Right angle push ups	I	I	I	I
	Curl-ups	I	I	I	I

I: Introduced D: Developing P: Proficient