
Coal City Unit District #1
Kindergarten
Physical Education Curriculum

PE.K:1 Student will be able to perform various movement concepts using developmentally appropriate form. (IL 19A, IL 19C)

- PE.K:1-1 Demonstrate the difference between personal and general space.
- PE.K:1-2 Demonstrate spatial awareness of behind, over, ahead, under, on, and through.
- PE.K:1-3 Perform the skill of jumping.
- PE.K:1-4 Perform the skill of hopping.
- PE.K:1-5 Perform the skill of galloping.
- PE.K:1-6 Demonstrate how to move fast or slow and high or low.
- PE.K:1-7 Show responsibility for safe locomotor movements.

PE.K:2 Student will be able to demonstrate underhand tossing using a variety of objects with developmentally appropriate form. (IL 19A)

- PE.K:2-1 Demonstrate the correct arm swing in an underhand toss.
- PE.K:2-2 Bring the arm back and then forward on the toss.
- PE.K:2-3 Demonstrate proper stance by facing their target before tossing.
- PE.K:2-4 Track ball with eyes as object is in flight.
- PE.K:2-5 Demonstrate proper hand positioning.

PE.K:3 Student will be able to manipulate a long-handled implement with developmentally appropriate form. (IL 19A, IL 19C)

- PE.K:3-1 Hold the long-handled implement using proper hand positioning.
- PE.K:3-2 Show safety to others while swinging the implement.
- PE.K:3-3 Perform the skill of swinging.
- PE.K:3-4 Perform the skill of twisting.

PE.K:4 Student will be able to dribble a variety of objects with developmentally appropriate form. (IL 19A, IL 19C)

- PE.K:4-1 Uses correct form when dribbling with feet in an area.
- PE.K:4-2 Uses correct hand positioning when dribbling.
- PE.K:4-3 Demonstrate spacing by not bumping into others while in an area.
- PE.K:4-4 Show control and safety for others by not kicking and chasing object.

PE.K:5 Student will be able to demonstrate individual responsibility during group activity and daily routines. (IL 20A, IL 20C, IL 21A, 21B)

- PE.1:5-1 Follow daily class procedures.
- PE.1:5-2 Participate willingly in daily physical fitness activities.
- PE.1:5-3 Follow proper dress code daily.
- PE.1:5-4 Cooperate daily with teachers and others.
- PE.1:5-5 Respect others and equipment.