

Diocese of Jefferson City Curriculum Guide

Content Area: Physical Education
 Grade Range: Kindergarten
 Section/Heading: KA

Strand: Personal Physical Activity

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Physical Activity	Understand the social and personal responsibility associated with participation in physical activity.

Performance Indicators		
<ol style="list-style-type: none"> 1. Play safely and by the rules. 2. Display good sportsmanship and Christian values. 3. Improve and refine physical skills. 4. Understand and relate how the importance of better coordination, endurance, and good attitude contribute to a healthy life style. 5. Understand the physical challenges faced by people with disabilities. 		
Suggested Activities	Assessment	Resources

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Content Area: Physical Education
 Grade Range: Kindergarten
 Section/Heading: KB.1

Strand: Motor Skills

Diocesan Standard Terra Nova Objective	Benchmark Statement
Motor Skills	Use movement concepts and principles in the development of motor skills.

Performance Indicators		
1. Perform locomotor skills <ul style="list-style-type: none"> a. balance b. hop c. leap d. skip e. gallop f. run g. animal walks h. jump 2. Demonstrate skills in an organized game (tag, circle games).		
Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Physical Education
 Grade Range: Kindergarten
 Section/Heading: KB.2

Strand: Motor Skills

Diocesan Standard Terra Nova Objective	Benchmark Statement
Motor Skills	Use movement concepts and principles in the development of motor skills.

Performance Indicators		
<ol style="list-style-type: none"> 1. Travel, demonstrating a variety of relationships with objects (over, under, behind, alongside, through). 2. Distinguish between straight, curved, and zigzag paths while traveling in various ways. 3. Recognize ball skills with self and partner (throwing, catching, kicking, bouncing). 4. Demonstrate introductory jump rope skills (e.g., rope on floor and jump over it). 		
Suggested Activities	Assessment	Resources

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Content Area: Physical Education
 Grade Range: Kindergarten
 Section/Heading: KC.1

Strand: Movement Skills

Diocesan Standard Terra Nova Objective	Benchmark Statement
Movement Skills	Use a variety of basic and advanced movement forms.

Performance Indicators		
<ol style="list-style-type: none"> 1. Perform nonlocomotor skills (bending, twisting, stretching, turning, lifting). 2. Perform perceptual motor proficiency (identification and movement of body parts). 3. Move to a tempo. 4. Move balls, scarves, hoops, sticks and other manipulatives to a rhythm. 		
Suggested Activities	Assessment	Resources