

Kindergarten Alignment  
The Kindergarten Report Card  
The Scope and Sequence:  
**All skills are “introduced” in Kindergarten**  
The Kindergarten Standards: *In Italics*

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**Report card:**

Demonstrates appropriate locomotor skills  
Demonstrates appropriate object control skills  
Demonstrates appropriate Fitness activities  
Listens, follows directions, works safely, independently, and cooperatively

**Scope and Sequence/Curriculum**

**Movement Skills**

Traveling in general space: All locomotors: i.e. Stuck in the mud, Mush pot, Duck Duck  
goose.

Traveling in personal space

*Develop responsibility for safe movement practices*

*Understand the difference between moving in personal space and general space*

*Demonstrate locomotor, non-locomotor, and manipulative skills*

Run -**TGMD assessment**

Gallop

Slide-**Common core assessment**

Jump

Hop: Hopscotch

Skip

Bend and stretch: i.e. warm-ups

Push and Pull: i.e. sit-ups, high fives, push-ups

Twist and Turn: i.e. windmills, hot potato

Swing and Sway

Traveling at different speeds: i.e. red light/green light, army/navy

Traveling in different directions: i.e. PAC-MAN, obstacle course, Four corners

Traveling in different pathways: Straight and Curved, obstacle courses, 5 noses

Travel to flee, dodge, and quick change direction: i.e. Clean up your messy backyard,

Color tag, Panthers and Leopards, Zookeeper, Fox and Chickens.

Traveling in games and sports

Dodging and chasing as part of the large game

### **Throwing and Catching:**

- Roll a ball
- Catch a rolling ball
- Throw at a large target
- Catch from a skilled thrower
- Toss to self and catch: Scarves, balls, deck rings
- Bounce a ball to self and catch
- Throw ball against wall and catch on rebound
- Catch with a scoop
- Toss underhand: i.e. Bean bag bonanza, Bozo buckets
- Throwing and catching at various levels
- Throwing and catching while moving

### **Kicking:**

- Kicking a stationary ball from a stationary position
- Kicking a rolling ball from a stationary position
- Dribbling the ball
- Trapping a ball in Soccer while dribbling
- Dribbling a ball in Soccer
- Dribble in various pathways

### **High Jump/ Jump rope**

- Vertical jump: i.e. Hurdles
- Horizontal Jump: i.e. Jump rope, potato sacks, springboard, scissor kick, Mr. Snake
- Jumping over low obstacles like hoops and hurdles
- Jumping over a turned rope
- Jumping over a self turned rope
- Jumping to form a body shape during flight
- Performing jumping sequences
- Jumping to catch

**Gymnastics:**

Animal walks  
Jumping over, and on and off equipment  
Balancing on bases of support: i.e. Balance beam  
Traveling and stopping in balanced positions  
Balancing on wide/narrow bases of support  
Moving off balance  
Balancing objects on body parts  
Balance in different body shapes and levels  
Balance on boards  
Performing stationary balances on equipment  
Performing sequences combining stationary and traveling moves  
Traveling on body parts: Crab walk, wheel barrow  
Balancing with a partner  
Transferring weight from feet to other body parts without traveling  
Transferring weight from feet to other body parts while traveling: Animal walks?  
Transferring weight onto bars: i.e. Front support, crab walk, ladder  
Rocking  
Log roll  
Egg roll  
Forward roll  
Traveling on low gymnastics equipment-beam

**Volleying and Dribbling Striking Skills:**

Striking balloons using various body parts and arm patterns  
Striking a variety of balls to the floor

**Striking with Implements (Pillo-Polo and Rackets):**

Balancing objects on paddles  
Striking a balloon with a paddle  
Striking a stationary ball on the floor-Pillo Polo  
Striking a ball on the floor and traveling  
Traveling, stopping and controlling the ball-Pillo Polo  
Traveling and striking to dodge stationary objects  
Traveling and striking to hit a target

### **Rhythms and Dance:**

Moving to rhythmical movements-regular dance, freeze dance, Lummi sticks

Traveling to rhythms creatively

Square dance

Folk Dance: i.e. Head, shoulders knees and toes, Happy and you know it

Aerobic dance

Parachute

### **Fitness**

Identify the immediate effects of exercise on the body

Identify the benefits of physical fitness

Explain how stretching improves flexibility

Identify the correct body alignment while sitting, standing, and walking

Know the movement principles involved in producing and absorbing force, maintaining stability, opposition, and follow-through

*Introduce ways to improve physical fitness through warm-ups*

*Understand the importance of physical fitness and exercise for health habits and lifestyles*

*Engage in physical activities that will increase heart rate; i.e. running*

*Recognize changes that take place in the body during exercise*

*Name some exercises that give your body exercise*

### **Spring Review**

Stations

Bowling-roll a ball

Hockey or Golf-Striking with stick/club

Hurdles outside

Kickball outside

Throwing and Catching outside with a scoop

Jump roping outside on black top

Scooters

Base running

Cooperative games

### **Cooperation and Safety**

Wear appropriate clothing and footwear while performing activities

Perform with appropriate safety equipment in safe environments

Ability to safeguard self and others

Demonstrate proper behavior classroom procedures

Identify the nature, location, and proper use of facilities and equipment

*Participate safely in the day's physical activity*

*Demonstrate the ability to work independently and cooperatively with a partner or group  
for a structured physical activity*

*Understand that rules help me to be safe and make good decisions*

*Develop good social skills and relationships*

*Be able to keep myself safe*

*Respond to simple cues and follow simple directions*