

Course Title:	Physical Education
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Cycle/Division:	Kindergarten
Grade Level:	Kindergarten 2
Credit Unit:	N.A
Duration:	One year / Two semesters
Course Prerequisites:	NA

<u>Department's Vision:</u>	Our vision in kindergarten is to motivate, inspire, encourage and support students by providing a safe and loving environment to educate them socially, emotionally, and cognitively so they can continue to build a foundation for a life- long learning.
<u>Department's Mission:</u>	An Eco-friendly student centric institution of excellence dedicated to creating future citizens equipped with knowledge, moral values, cultural understanding and tolerance who will lead at the national and international arenas.

COURSE DESCRIPTION:

The physical education program in our section aims to develop knowledge and understanding, attitudes and behaviors and skills that will enable each student to develop lifestyle in which regular vigorous physical activity is practiced. The learning is enhanced in the psychomotor, cognitive and effective areas that lead to optimal development of the whole person.

GENERAL COURSE LEARNING OBJECTIVES:

- Students gain insights on the fundamental movement skills that include locomotor, non-loco motor, manipulatives, body management skills through movement concepts and developmental games.
- Students gain knowledge on health and skill-related fitness skills with emphasis on leading a healthy lifestyle.
- Students are exposed to essential elements of rhythm with focus on rhythmic activities.
- Students participate in individual/dual/team sports and specialized activities where they work on their sport skills techniques.
- Students learn about cooperation and team building through various activities.

I.

STANDARDS/BENCHMARKS:

PEKC18

Following directions and playing games.

PEKM11

Demonstrating balancing

PEKM10 AND PEKC11

Exploring manipulative objects and showing and awareness of moving through space.

PEKM18

Following a sequence of movements and performing actions and games.

PEKC15

Showing body awareness through coordinating hand movements and practicing different movements and playing cooperative games.

PEKR11

Moving body parts to practice different movements.

PEKL15 AND PEKC19

Showing body awareness and demonstrating coordination.

PEKM13 AND PEKM10

awareness of body parts.

PEK10 AND PEK21

perform actions in games and showing spatial awareness.

PEK13

Explore manipulatives by showing coordination and balance.

PEKR22

Explore small objects and showing awareness of moving.

II.

RESOURCES:

- ✓ Balls
- ✓ Obstacles
- ✓ Mats
- ✓ Parachute
- ✓ Hoops
- ✓ Ropes
- ✓ Rings
- ✓ Balloons
- ✓ Jumping ropes
- ✓ Blocks
- ✓ Music
- ✓ Cones
- ✓ Bean bags
- ✓ Bouncing balls



III.

COURSE OUTLINE:

Semester 1:

<u>Math Chapters</u>	<u>Objectives</u>	<u>Practices(s)</u>
Chapter 1	Understand the meaning of words and terms associated with movement.	Jumping in and out of the hoop. Location word: In/out
Chapter 1	Assess the importance of healthy food and beverage choices and physical activity in the development of a healthy body.	Breathing Exercises Location word: Inside/outside
Chapter 1	Move freely in different directions & speed.	Awareness of Body and movements Location word: Top, Middle, bottom
Chapter 3	Understand the meaning of words and terms associated with movement.	Introducing loco motor movement Running, Hoping, Jumping Location word: Top, middle, bottom
Chapter 3	Understand the concept of moving the body or an object while staying in one place.	Introducing Non- loco motor movement Bending, Stretching, Curling, Crawling Location word: between

Chapter 3	Identify maintain and use space adequately.	Differentiate between loco motor & non-loco motor Create shapes using loco motor movements Location word: closest
Chapter 4	Demonstrate an understanding of paths of motion.	Direction orientation Moving backwards & forward Location word: across
Chapter 8	Demonstrate the mechanics of various non-loco motor skills	Body dimension orientation Count in 10s and run Stretching & bending Location word: across
Chapter 8	Project a small object in a variety of ways.	Introduce right and left Toss and catch from right to left Location word: first, next, last
Chapter 8	Discuss body position in relation to projecting and receiving objects.	Manipulative activity with object Collecting blocks/balls in groups Location word: first, next, last
Chapter 8	Introduce the mechanics of throwing: body position, arm action and weight	Games to refine coordination. Making groups and

	transfer.	passing balls to each other Location word: behind
Chapter 4	Identify non-loco motor skills that contribute to improved health and an active lifestyle.	Breathing Exercises Through mouth
Chapter 4	Identify non-loco motor skills that contribute to improved health and an active lifestyle.	Breathing Exercises Through nose

Semester 2:

<u>Math Chapters #</u>	<u>Objectives</u>	<u>Practices(s)</u>
Chapter 11	Demonstrate jumps, landings and turn with various rolls and balances.	Body dimension orientation Stretch and make tall, squat for short, pick heavy/light Location word: beside
Chapter 11	Participating in various creative activities.	Body dimension orientation Stretch and make tall, squat for short, pick heavy/light Location word: beside
Chapter 8	Manipulate various apparatus individually and in large groups.	Manipulative ball handling techniques Throwing ball using overhand technique

		Location word: below
Chapter 7	Demonstrate an understanding of the mechanics of using an apparatus.	Manipulative ball handling techniques Aim and hit the ball Location word: above
Chapter 5	Explore the performance of previously learned loco motor and non-loco motor skills and their variations to beats and music.	Rhythmic activities Clap & walk Stamp & walk Snap & walk In time to the beat Location word: middle
Chapter 5	Perform non-loco motor and loco motor skills to music.	Rhythmic activities Whistle and run Location word: First, second, third
Chapter 5	Project a variety of objects using various implements.	Hurdles Running practice Location word: over

Chapter 12	Demonstrate an understanding of the effectiveness of group cooperation.	Rope activities Play tug of war in groups Location word: right/left
Chapter 6	Demonstrate the ability to cooperate and work with others while respecting individual differences and instructions from the teacher.	Orders/commands Following instructions Sit/stand/march/hop Right/left
Chapter 6	Exhibit understanding of Loco motor, non-loco motor, manipulative, body management, movement concepts and developmental games	Revision
Chapter 6	Demonstrate Sport Skills and Lifetime Activities, Skill techniques, individual/dual/team sports and specialized activities as well as Health and skill-related fitness.	Revision
Chapter 6	Project and receive a large object in a variety of ways.	Weight and supporting activities Lifting heavy and light weight objects.
Chapter 8	To increase self-confidence when using manipulative, such as large objects, slowly progress from light soft equipment to heavier, harder and various shaped equipment.	Weight and supporting activities Lifting heavy and light weight objects.



Chapter 6	Explore a variety of creative movements in individual and group activities.	Weight and supporting activities Perform animal movements, Crawl, dog run, frog jump
Chapter 6	Explore a variety of creative movements in individual and group activities.	Weight/supporting activities Rolling on the floor, crawling on the floor
Chapter 8	Getting ready for graduation	Practicing for the dance
Chapter 10	Getting ready for graduation	Practicing for the dance
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IV.

GRADING:

- Grading Policy/ Assessment Tools:**
- Observations
 - Standard-based check-list.



Grade Rubrics: *KG does not follow a grade distribution but rather evaluation rubrics without assigning any weight for any of the criteria*

<u>Assessment</u>	<u>Rubrics & evaluation</u>
Pre assessment: Skills	- Gross motor skills
Summative	- End of semester report cards – based on rubrics (below level, on level, above level).
Ongoing	- Monthly Checklist

Cross-Curricular Project(s):

- Sports Day: The day where everyone takes part of a competitive sports activity.
- Healthy Breakfast Day: A way to encourage children to lead a healthy life and eat healthy food by being able to design their own food.
- Brain Gym: a system that uses small body movements to stimulate the brain function.