



Kindergarten Physical Education

Physical Education in Kindergarten serves as the foundation for the entire physical education program. Physical Education at MBE is a developmentally appropriate program, taking into consideration children's developmental characteristics. The physical characteristics of children in this age group include growth rate that is slow and steady, large muscles that are better developed than smaller ones, bones that are somewhat soft, muscle strength that is limited, heart and lungs that are small in relation to height and weight, manipulative skills that are unrefined and students who may tire quickly.

At this age children learn better through exploration of their environment. Instruction will include opportunities to explore, integrate, analyze, communicate and apply motor skills and concepts. The primary emphasis is on the introduction of fundamental movement skills and concepts and responsible social behaviors.

A thematic approach is used for the teaching of movement skills and concepts that are basic components of games, sports, gymnastics, dance and other recreational/health-enhancing fitness activities. Motor skills are taught in a developmentally appropriate progression that considers the child's cognitive, physical, and affective growth and development. The Mountain Brook Physical Education Curriculum Framework, based on state and national content standards and benchmarks, is used for curriculum and lesson plan development.

Skill themes are verbs - movements that can be performed. Movement concepts are modifiers that describe the movement - how, when, where, etc. The child learns a basic movement and then learns to specify the movement to the demands of specific sports and/or activities.

Interactive behaviors, specifically those dealing with creating a safe environment, interacting with others during play, and adherence to classroom protocol, are emphasized. Although fitness is an important concept, the emphasis at this age is on participation in a variety of physical activities that help students sustain moderate-to-vigorous physical activity.

Children must wear **athletic shoes** to participate in physical education.

(Sandals, slip-ons, crocs, mary janes, cleats, boots are not appropriate and safe for PE)

If your child is sick or injured and should not participate in PE, please send a note stating his/her limitations. If you are aware of any limitations your child may have that could affect his/her participation, please let us know as soon as possible.

Be Safe, Be Respectful, and Be Responsible.

*Matthew Cain
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