

KINDERGARTEN PHYSICAL EDUCATION

Physical education helps to teach us how to move our bodies. It supports fitness development and encourages the beginning of lifelong physical activity. In physical education we develop motor skills which can be practiced during physical education (gym), outdoor play (recess), indoor play (drama, blocks, art, literacy), and music.

It is important to practice and use these movements in early childhood as it sets the path for a child's healthy body growth and development. Not only does physical education improve fitness and support healthy bones and muscles, it also helps with improved concentration and thinking skills. Canada Public Health recommends that children have 60 minutes of physical activity every day.

The Manitoba Education Kindergarten Curriculum focuses on 5 clusters of learning outcomes: movement, fitness, safety, personal and social management and health.

What is Movement?

Movement refers to all the physical patterns your body creates everyday. It includes developing skills of control, coordination, balance, locomotion, manipulation and space awareness. Active movement helps with long term health and physical development.

What is Fitness?

Fitness looks at our overall state of well-being. In Kindergarten, the focus is on finding enjoyment in physical activity and understanding how that leads to healthy bodies and muscles. It can be achieved through nutrition, physical exercise and rest.

What is Safety?

Safety is being aware and alert in all activities we do. Identifying rules and routines will help to build children's understanding of how to play in a safe way. As well, there is recognition and understanding of safety symbols and people who can support us in our communities.

What is Personal and Social Management?

Personal and Social Management is the ability to develop self-understanding, make healthy choices for self and others, work cooperatively, play fair and build positive relationships. Through this, children will learn more about themselves and develop responsible social behaviours.

What is Health?

The World Health Organization looks at children's health from all domains: physical, mental, intellectual, social and emotional. The belief is that healthy children live in environments that provide them with the ability to reach their full developmental potential. This potential can be reached with nutrition, healthy daily habits, physical activity and rest.

Chart for Movement

Concept	Description	Example
Use basic transport/movement skills safely within space. Be aware of personal and general space.	Use a variety of movements (ex. Run, walk, hop) without bumping into anything or anyone.	This is my Space Rhyme “This is my space, my very special place, I can reach out wide, I can reach up tall, I can spin in a circle, I can curl in a ball. I wave my magic wand and become.....(insert any animal or vehicle)” Children follow along with the actions, when wanting to change, say the rhyme.
Use basic manipulation skills with basic movements	Ex. Throwing over/underhand, catching, bouncing, kicking	Kick pass: Get the children to find a partner and practice kicking a soccer ball to one other
When moving, respond to cues, signals and rhythms	Ex. Stop, Go, Fast, Slow, High, Low, Forwards, Backwards	Red light, green light Rules: Red light means stop/freeze, green light means go/run, yellow light means slow/walk Have the children start at one end of the space and call out “lights” as they try to get to the other end.
Explore basic movement skills and concepts in partner or individual activities	Use basic movements (hop/skip/jump) and concepts (copying, body awareness, space awareness) in an activity alone or with a friend	Follow the Leader (partners) Rules: The person in the front is the “leader”, the person behind does what the leader does. Switch so everyone gets a turn leading.
Movement and motion vocabulary	Use vocabulary to describe movements (hop/skip/march) and motions (over, under, through)	Sing along and do actions: Going on a bear hunt https://www.youtube.com/watch?v=5_ShP3fiEhU

Chart for Fitness

Concept	Description	Example
Participate in a variety of physical activities that contribute to skill/fitness development and enjoyment	Participate in class activities (gym class, recess)	Create an obstacle course for children. Have obstacles for hopping over, balancing, crawling under, etc.
Participate in moderate to high pace activities for short amounts of time based on ability	Participate in fast pace activity such as running, fast paced games, and jumping.	Banana Tag https://fitkidshealthykids.ca/node/166
Daily physical activity makes muscles strong	Understand that being active every day will make you strong.	Do group morning exercise. Take children outside every day in the morning and afternoon. Note: In a full day program it is recommended that children have 45-60 min outdoors in the morning and in the afternoon. A half day program- 30 minutes of outdoor time.

Chart for Safety

Concept	Description	Example
Follow simple rules for safe, active participation and use of equipment	Know and follow the rules for the gym, gym equipment and recess.	Go over the rules for the gym before the start of each class. Remind children of rules for outdoor play before going outside.
Recognize safety helpers	Know who to go to when something is unsafe or help is needed.	Point out to children which staff are on recess duty.
Recognize safety symbols and hazards in daily life	Know the meaning of some safety signs and symbols. Spot something that is unsafe..	Add pictures/toys of stop signs, railroad crossing signs, traffic lights, etc. to the block area.
Identify strategies to prevent injuries	Be aware of risks and how to avoid an injury.	When a risk is spotted, recognize it and ask the children "how do we make this safe?"

Chart for Personal and Social Management

Concept	Description	Example
Make choices based on positive/negative consequences	Use decision making skills, while considering consequences/end result.	During mealtimes, have a staff sit with the children that are eating and play "What if?" Ask the children what could happen if a specific rule was broken. Ex: What if I ran in the classroom? Then listen for childrens answers and reasoning and have a discussion.
Demonstrate social responsibility in activities	Interacts respectfully with others, while following rules of games and class (ex. Sharing, taking turns, listening, speaks kindly)	Practice teamwork: Shoe Relay https://fitkidshealthykids.ca/node/294
Experience relaxation activities	Participate in relaxing low energy activities	Group stretching, yoga, breathing exercises
Recognize ways emotions are expressed by others	Be aware of how other people show their feelings	Sing and do actions to "If You're Happy and You Know it" https://www.youtube.com/watch?v=qzW7zt2EUb4

Chart for Health

Concept	Description	Example
Identify daily habits for leading a physically active and healthy lifestyle	Name some healthy habits (sleep, active movement, brushing teeth, washing hands, etc.)	Have a rest area and encourage children to take a rest if their body needs a break.
Recognize that you need food to grow and feel good.	Know the difference between healthy and unhealthy foods, looking at Canada Food Guide.	Display the Canada Food Guide in the dramatic play area and where the class eats. Sing Apples and Bananas https://www.youtube.com/watch?v=r5WLXZspD1M Make healthy foods together as a class (ex. Fruit salad, veggies and dip).

Identify major parts of the body	Name and show body parts such as head, arms, legs, fingers, toes, etc.	Head and Shoulders, Knees and Toes song and dance https://www.youtube.com/watch?v=IU201aGeKFg
Identify physical activities that are enjoyable	Children choose physical activities they enjoy	Bring out a variety of equipment (ex. Mats, balls, ropes, beanbags) and allow children to choose what they want to play with.

Recommended Resources

1. GoNoodle - <https://family.gonoodle.com/>



2. Fit Kids Healthy Kids - <https://fitkidshealthykids.ca/games-database>

