

Kindergarten- At a Glance

Themes <i>Duration</i>	Movement	Fitness	Attitude	Tested Objectives (T.O.)
Basic Training <i>Three Weeks</i>	K.1A Personal Space K.1B Traveling	K.4C Rest & Sleep K.5A Equipment/Space Safety K.5B Safety Practices, K.5E Emergencies	K.6A Start/Stop K.7A Rules K.7B Cooperation	BMK.3 BMK.9-12
Move It To The Right, Move It To The Left <i>Four Weeks</i>	K.1A Personal Space K.1B Traveling	K.3A Enjoyment/Challenge K.3B MVPA K.5A Equipment/Space Safety	K.6A Start/Stop K.7C Sharing K.6B Boundaries K.7A Rules K.7B Cooperation	BMK.2 BMK.6 BMK.4 BMK.11-12
Dancing With The Stars <i>Four Weeks</i>	K.1B Traveling K.1C Non-Locomotor Skills K.2B Flexion/Extension K.1F Patterns/Rhythms K.2A Body Awareness	K.3A Enjoyment/Challenge K.3B MVPA	K.6A Start/Stop K.7A Rules K.7B Cooperation	BMK.1-2 BMK.10 BMK.12
Heads Up <i>Four Weeks</i>	K.1H Toss and Catch	K.3A Enjoyment/Challenge, K.3B MVPA K.3C Flexibility, K.5B Safety Practices	K.7A Rules K.7B Cooperation	BMK.3 BMK.10-12
Catch Me If You Can <i>Four Weeks</i>	K.1A Personal Space K.1B Traveling	K.3B MVPA, K.4A Heart K.4B Locate Lungs K.5A Equipment/Space Safety	K.6A Start/Stop K.6B Boundaries K.7B Cooperation, K.7A Rules	BMK.4 BMK.6 BMK.10-12
Tumble Weeds <i>Three weeks</i>	K.2A Body Awareness K.1E Balance Beam K.1G Rolls	K.3C Flexibility K.3D Muscular Strength/Endurance K.5A Equipment/Space Safety	K.6A Start/stop K.7B Cooperation	BMK.1 BMK.5 BMK.10-12
Jumping Jack Flash <i>Three Weeks</i>	K.1 A Personal Space	K.3B MVPA K.3D Muscular Strength/Endurance K.5A Equipment/Space Safety K.3A Enjoyment/Challenge	K.6A Start/Stop, K.7A Rules K.7B Cooperation K.7C Sharing	BMK.6 BMK.10-12
Let's Get Fit <i>Two Weeks</i>	K.2A Body Awareness K.1B Traveling K.1D Balance K.1A Personal space	K.3A Enjoyment/Challenge K.3B MVPA, K.3C Flexibility K.3D Muscular Strength /Endurance	K.7A Rules K.7B Cooperation	BMK.5-8 BMK.10 BMK.12
Living the Good Life <i>Four Weeks</i>	K.1A Personal Space K.1D Balance	K.3A Enjoyment/Challenge K.3B MVPA, K.4A Heart K.4B Lungs K.3E Benefits	K.7B Cooperation K.7A Rules, K.6A Start/Stop K.6B Boundaries	BMK.6-12
Coordinated School Health <i>12 Days</i>	K.1A Personal Space K.1F Direction K.1B Traveling	K.3B MVPA, K.3A Enjoyment/Challenge K.3B MVPA, K.3E Benefits, K.4A Heart	K.6A Start/Stop K.B Boundaries K.7A Rules K.7B Cooperation	BMK.4 BMK.7 BMK.9