

# Kindergarten Curriculum

## Please breakdown this curriculum into 4 equal 9-week sessions equally distributed in the sessions for Kindergarten

### Session 1-2: Introduction and Fundamental Movement Skills

- Weeks 1-3:
  - Introduction to Physical Education and its benefits.
  - Exploring different body movements and spatial awareness.
  - Engaging in basic exercises to enhance cardiovascular endurance, strength, and flexibility.
- Weeks 4-6:
  - Developing gross motor skills like running, jumping, hopping, and throwing.
  - Activities that promote balance, coordination, and body control.
  - Introduction to active games and cooperative activities to encourage teamwork.
- Weeks 7-9:
  - Learning about body parts, basic safety rules, and personal space.
  - Introducing basic safety practices during physical activities.
  - Understanding the importance of hydration and rest for overall well-being.

### Session 3-4: Active Play, Sportsmanship, and Fitness

- Weeks 10-12:
  - Participating in a variety of active games and sports to encourage active play.
  - Learning and demonstrating good sportsmanship, teamwork, and respect for others.
- Weeks 13-15:
  - Exploring age-appropriate sports, games, and physical challenges.
  - Understanding basic rules, strategies, and fair play in team and individual activities.
- Weeks 16-18:

- Engaging in exercises and activities to promote cardiovascular fitness, muscular strength, and flexibility.
- Learning about the benefits of physical fitness for overall health and well-being.

#### Session 5-6: Safety and Injury Prevention

- Weeks 19-21:
  - Developing an awareness of personal safety rules and practices in various environments.
  - Learning and practicing basic first aid techniques and emergency procedures.
- Weeks 22-24:
  - Reinforcing safety rules and procedures during physical activities.
  - Exploring connections between physical safety and well-being.
- Weeks 25-27:
  - Reviewing safety awareness and applying it to various situations.
  - Continuing to practice good sportsmanship and teamwork in physical activities.

#### Session 7-8: Healthy Habits and Culmination

- Weeks 28-30:
  - Promoting healthy eating habits, personal hygiene, and hydration.
  - Understanding the importance of proper nutrition and rest.
- Weeks 31-33:
  - Encouraging parents' involvement in promoting healthy habits and physical activities at home.
  - Reflecting on personal growth in physical skills, teamwork, and sportsmanship.
- Weeks 34-36:
  - Culmination of the curriculum with collaborative physical challenges and games.
  - Revisiting key concepts, reviewing achievements, and setting personal fitness goals.

This breakdown distributes the curriculum content evenly across the four sessions while ensuring a progression from fundamental movement skills to active play, safety

awareness, and ultimately, the integration of healthy habits. Remember to adapt the timeline to fit the specific needs and pace of your kindergarten class.