

PHYSICAL DEVELOPMENT

Pre-Kindergarten and Junior Kindergarten

The objectives include, but are not limited to:

- ❖ Body Awareness such as body parts identification, space awareness, effort qualities, relationships to objects and other people.
- ❖ Locomotor Skills such as walking, running, jumping, hopping, galloping, sliding, leaping, and skipping.
- ❖ Nonlocomotor Skills such as rolling, balancing, transferring weight from/to body parts, jumping and landing, starting and stopping with control.
- ❖ Manipulative Skills such as catching, throwing, kicking, dribbling with feet, and dribbling with hands.
- ❖ Fitness Concepts such as flexibility, strength, cardiovascular endurance, muscular endurance.

To achieve the above objectives our curriculum includes, but is not limited to:

- ❖ Creative Movement through music, stories, and poems to increase self-awareness, imagination, expression, and vocabulary.
- ❖ Rhythm and Dance using such items as lummi sticks, ribbon wands, and scarves to increase music appreciation and multicultural awareness of customs and traditions of ethnic backgrounds, rhythm, timing, listening, and social skills.
- ❖ Aerobics to increase cardiovascular endurance.
- ❖ Gymnastics through tumbling and stunts to develop balance, posture, and coordination.
- ❖ Non-traditional games using items such as balloons, beanbags, deck rings, parachutes, jump ropes, and hula-hoops.
- ❖ Traditional games skills to prepare for soccer and basketball
- ❖ Special games and activities such as singing movement songs, relay races, station play days and tag.

Our goal of excellence in Physical Development is met by adhering to the guidelines set forth by the NAEYC Standards. Using this approach, Physical Development is not only a fun and enjoyable aspect of our students' lives, but it helps to develop leadership, teamwork, self-esteem, cooperation, and communication skills.

Assessment and Grading

Grading is based on individual effort, ability to listen, comprehension of presented activities and skill progression.

We look forward to a fun filled exciting year with you and your children, if you have any questions or concerns please contact us.