

Lemont-Bromberek Combined School District 113A

Kindergarten Physical Development and Health Goals

Students will:

Health-Enhancing Physical Activity

- Develop proper technique to catch a ball. (E)
- Develop correct form for the basic locomotor and non-locomotor movements. (E)
- Jump over a stationary rope. (E)
- Demonstrate the emerging skills of catching, kicking and throwing. (E)
- Explain the body aspect of movement (what the body does). (E)
- Demonstrate a variety of ways to do individual stunts/partner stunts. (E)
- Explain the relationship aspect of movement (relationships that occur in movement). (E)
- Demonstrate proper safety measures when performing movement activities with some teacher prompts. (E)
- List possible injuries that can occur when not following safety rules. (E)

Physical Fitness/Self-Assessment

- Develop characteristics associated with health-related fitness. (E)
- Develop flexibility and strength. (E)
- Elevate heart rates while moving through a variety of activities. (E)
- Identify activities that are good for the heart and a healthy lifestyle. (E)
- Discuss heart-healthy activities that raise heart rate and promote fitness. (E)
- Discuss the benefits of daily physical activity. (E)

Team Building

- Recite safe practices. (E)
- Work in a group or individual setting without interfering with others. (E)
- Demonstrate proper safety measures when performing movement activities. (E)
- Recognize that games have rules. (E)
- Participate cooperatively in a variety of games and activities in a group setting. (E)

Health Promotion

- Recognize feelings of illness. (E)
- Demonstrate proper hygiene. (E)
- Recite safety rules and correct procedures. (E)
- Discuss food groups, balance of diet, and eating healthy foods. (E)
- Recognize healthy eating habits. (E)

Body Systems

- Identify the five senses and their functions. (E)
- Recognize basic emotions/feelings. (E)

Health/Well-Being and Safety

- Define the words “choice,” “conflict,” and “bullying.” (E)
- Recognize situations that require help from an adult. (E)
- Recognize the characteristics of a “stranger.” (E)

- Identify procedures related to and appropriate use of “911.” (E)
- Identify and practice safe procedures related to bus transportation. (R-State Mandate)
- Recognize the danger of and avoid abduction. (I-State Mandate, Lemont Police Department may provide assistance with instruction)
- Recognize methods for the prevention and avoidance of alcohol, drug and substance abuse. (I-State Mandate, Lemont Police Department may provide assistance with instruction)
- Recognize consequences of alcohol, drug and substance abuse. (I-State Mandate, Lemont Police Department may provide assistance with instruction)
- Recognize the consequences of being involved in an exclusive group (precursor to “gang”) through development of conflict resolution, cultural sensitivity, personal goal setting and the resistance of peer pressure. (I-State Mandate)
- Develop an awareness of Internet threats and risks, including child predators, fraud and other dangers. (I-State Mandate)
- Develop an age-appropriate awareness about sexual abuse, assault and prevention. (State Mandate).