**Physical Education**

**Kindergarten Curriculum**

**PE Overview**

30 minutes of moderate to vigorous physical activity daily starting with 10 minutes of a light stretching, 5 minutes of balance and coordination training. Followed by 15 minutes of structured game time. Focus on movement patterns, including locomotor skills and non-locomotor skills, skill development, fitness principles and health-related knowledge.

**Requirements/Task(s):**

* Stretching
* Bending
* Balancing
* Skipping
* Running
* Hopping
* Spinning
* Jumping