

Health, Safety & Physical Education

Pennsylvania's Kindergarten Standards

10.1 Concepts of Health

- Locate basic body parts/understand their functions
- Keep body parts healthy
- Importance of drinking water

10.2 Health, Safety & Physical Ed.

- Preventing illness
- Using personal health practices
- Identifying people who help to keep us healthy
- Making good health decisions

10.3 Safety and Injury Prevention

- Follow rules to ensure safety in health and physical activities

10.4 Physical Activity

- Demonstrate physical activity to promote fitness and health
- Recognize physiological effects of physical activity (heart rate, breathing, sweating)
- Identify physical activities that are liked/disliked

10.5 Concepts, Principles & Strategies of Movement

- Practice will make you better in motor skills
- Use skills in a variety of classes and activities
- Understand feedback and practice help to improve skills
- Everyone's strengths develop at various times
- Frequency of practice makes our skill improve



