



PHYSICAL EDUCATION

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FOR FAMILIES

YOU ARE your child's first teacher. Learn how to support the goals of Oklahoma's academic standards and why they are important for your child. Please be in regular communication with your child's teachers and ask how you can support physical education learning at home. When schools and families work together as partners, it helps your child achieve academic success!

KINDERGARTEN

What to expect:

In kindergarten, children will explore and enjoy dancing and using their imaginations when they play. They will be learning to move safely using a variety of locomotor skills (hop, jump, jog and skip, for example) and patterns in multiple directions, levels and speeds.

Kindergarten students are continuing to develop manipulative skills like throwing, catching, kicking, dribbling, volleying and striking. They are also learning to follow directions and work with classmates in small- and whole-class activities.

By the end of the school year, your child will:

- Be able to hop, jump, gallop, jog, side-slide and skip while maintaining their balance.
- Step with the opposite foot when throwing a ball or other item underhand and overhand.
- Catch large balls thrown well by others.

What to do at home:

- Help your child learn how to catch slow-moving objects like a scarf or tissue. Ask your child to practice following the object with their eyes as it is thrown into the air. If the object is above the waist, fingers should point up when the object is caught. If it is below the waist, fingers should point down when the object is caught.
- Once your child has mastered throwing and catching slow-moving objects like a scarf or tissue, try a beanbag or a rolled-up pair of socks. When your child is confident in catching those, gently toss a large ball to them. Practicing a skill with progressions will help children develop confidence and competence with basic skills.



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Fostering Curiosity

Children are naturally curious and motivated to learn about things that interest them. Since curiosity helps students be successful in the classroom, it is important to encourage it at home. Play is a wonderful way to nurture curiosity in children, so be sure to allow plenty of playtime and physical activity. It is important to understand the differences between PE and physical activity. In PE, students learn to be physically active; physical activity is when students practice what they learn in PE. Encourage your child to ask questions, be creative, discover answers and explore their world.

Support your child's curiosity with questions like these:

- What are different ways you can move your body?
- What activities close to home could we try as a family, like biking, hiking and canoeing?

It's okay if you don't always have the answer to your child's questions. The best response is always, "Let's find out together."

Fostering Communication

Build your child's vocabulary, thinking skills and curiosity by using new words and having conversations that include questions to make your child think. Communicating with others gives children a chance to see and understand that there can be more than one point of view about a given subject. Accepting these different ideas helps children learn how to get along with others, encouraging positive relationships with other children and a strong self-image.

Support your child's communication skills with questions like these:

- What did you learn about in PE class today?
- What is your favorite activity in PE class? Why?
- What makes physical activity enjoyable for you?

Fostering Connections

Making connections between different school subjects helps build your child's overall knowledge and learning. It's also important for your child to make connections between what they are learning at school and in the real world. Point out these connections to your child and encourage them to make them, too.

- Connect science to physical activity using a nature scavenger hunt. Walk, jog, skip or gallop as you search for items on your list.
- Connect spoken language to the nature scavenger hunt by asking your child to use descriptive words to tell you about the objects they found. For example, your child could look at a leaf and say, "The leaf is pointy, brown and crunchy." Encourage your child to speak in complete sentences because it will help them learn to write in complete sentences.
- Ask your child to find a book or information about one item they found on the scavenger hunt.

Join the conversation!

@oksde