

HUDSONVILLE PUBLIC SCHOOLS ELEMENTARY COURSE FRAMEWORK



COURSE/SUBJECT

PreK/K Physical Education

State Standard	Content Strand	Skill	Objective	Key Concepts/ Cue Words	Materials/ Resources	Assessment
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> Skip 	Demonstrate the step-hop movement pattern.	“Step, hop”	N/A	Shows correct arm swing, knee lift and step-hop pattern with rhythm.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> Gallop 	Demonstrate the elements of form including step, push and close using preferred and non-preferred foot.	Step, Push, Close	N/A	Trail leg is always behind lead foot with good balance and rhythm.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> Overhand Throw 	Demonstrate overhead throwing using proper technique.	T-position, twist, throw, follow-through	Ball	Stands sideways to target, opposite foot in front, eyes on target, rotate hips, throw, follow-through.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> Catching Fly Balls 	Demonstrate tossing a lightweight ball to progressively greater heights and catching it.	Ready eyes, ready hands.	Ball	Eyes on object, catch with hands, bends arms as they contact object.

State Standard	Content Strand	Skill	Objective	Key Concepts/ Cue Words	Materials/ Resources	Assessment
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Other Motor Skills	<ul style="list-style-type: none"> • Run • Slide • Walk • Hop • Jog/Pace 	Demonstrates the appropriate motion for the subsequent motor skill.	Varies	N/A	Observation
MPECS.3,4: A physically educated person will participate regularly in lifelong physical activity.	Physical Fitness	<ul style="list-style-type: none"> • Walk • Run • Jog/Pace • Skip • Gallop 	Demonstrates the ability to sustain each activity for the desired amount of time.	Varies	N/A	Observation
MPECS.2: A physically educated person demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	Cognitive Domain	<ul style="list-style-type: none"> • Body Parts and Functions 	Demonstrate a knowledge of body parts: head, shoulders, knees, toes, heart, favorite hand, non-favorite hand.	Varies	N/A	Observation
MPECS.5,6: A physically educated person exhibits responsible personal social behavior that respects self and others in physical activity settings.	Personal/ Social Domain	<ul style="list-style-type: none"> • Cooperation • Following Directions • Use of Space • Best Effort • Compassion 	Demonstrate an understanding of the concepts of the appropriate social skills in order to work together and care for others.	Varies	N/A	Observation