



## Physical Education - Grade K4

### **Course Description:**

The Indian Community School cultivates an enduring cultural identity and critical thinking by weaving indigenous teachings with a distinguished learning environment. The curriculum for this course is developed from the [Wisconsin Model Early Learning Standards](#) and the framework of the [ICS Our Ways Cultural Calendar](#). In this course, students are actively engaged in a safe, caring, fun, physically active environment with an emphasis on lifetime fitness and American Indian culture. Contemporary, as well as Native sports, games, activities, dances, stories, language and teachings will be utilized. Our Sacred Gifts, traditional teachings, and the medicine wheel guide us as we learn to take care of our body, recognize our community responsibilities, and learn to live in balance while incorporating 21st century skills (collaboration, communication, critical thinking, creativity), student choice, and digital literacy. Physical literacy skills, including motor skills and movement patterns, concepts and strategies, health-enhancing physical fitness, responsible behavior, and valuing physical activity are introduced. Skills at this level focus on emerging levels of basic age appropriate motor skills, movement knowledge, physical activity knowledge, active engagement, fitness knowledge, nutrition, personal responsibility, accepting feedback, working with others, safety and participation in physical activity for health, challenge, and self-expression/enjoyment.

### **Enduring Understandings:**

- Being physically active as an American Indian or Alaskan Native is important in living a healthy balanced life, incorporating the physical, mental, emotional, and spiritual self.
- People who participate in regular physical activity are less likely to become obese and are more likely to lead active, healthy lifestyles as adults.
- Physically active people have more active brains and physical activity decreases anxiety and depression and contributes to overall well-being.
- Repetition of proper technique leads to improvement and successful skill acquisition and is important in nurturing resilience.
- Foundational movement skills and patterns are necessary including locomotor, non-locomotor, and manipulatives to enjoy physical activity and to facilitate continued motor skill development and improve the capacity for successful and advanced levels of performance to further the likelihood of participation on a daily basis.
- Application of cognitive movement concepts increases the individual's ability to understand and enhance motor skill acquisition and performance.
- Engaging in regular participation of meaningful health-enhancing physical activities is necessary to maintain personal physical fitness.
- Grandfather teachings guide us in developing responsible personal and social behaviors.
- Indigenous games are known as the Games of Life and strengthen our community by recognizing and valuing each person as a welcome part of the circle.
- Technology use and application contributes to personalized 21st century physical literacy skills.

### **PHYSICAL HEALTH AND DEVELOPMENT**

- I can demonstrate safe behaviors. (A.EL.2)
- I can demonstrate a healthy lifestyle by participating actively in physical education class. (A.EL.3)



## MOTOR DEVELOPMENT

- I can move with strength, control, balance, coordination, locomotion and endurance with purpose and coordination. (B.EL.1a)
- I can move with strength, control, balance, coordination, locomotion, and endurance with balance and strength. (B.EL.1b)
- I can exhibit eye-hand coordination, strength, control, and object manipulation. (B.EL.2)

## SENSORY ORGANIZATION

- I can use senses to take in, experience, integrate, and regulate responses to the environment. (C.EL.1)