

Dear Kindergarten Physical Education Teacher,

Congratulations on your physical education course assignment. The *Halifax County Schools' Healthful Living Physical Education Pacing Guide* is paced in nine weeks within four quarters. It consists of the following NC Healthful Living Essential Standards' strands: **MS** = Motor Skills, **MC** = Movement Concepts, **HF** = Health-Related Fitness, and **PR** = Personal/Social Responsibility. See the following example of how to read the matrix: **PE.K.MS.1.1 Physical Education; Grade K; Motor Skills; Essential Standard 1; Clarifying Objective**. The numbered columns and letter "X" indicates when the objective IS taught and NOT taught. There are several objectives to teach within each quarter; therefore, teachers are encouraged to design mini units to accomplish all objectives.

Best regards for a successful school year!
Halifax County Schools' Curriculum Support Team
August 26, 2020

Halifax County Schools: (Healthful Living) Physical Education Essential Standards Pacing Guide (8-26-19)					
(MS) Motor Skills					
Clarifying Objectives		Quarters			
K.MS.1 Apply competent motor skills and movement patterns needed to perform a variety of physical activities.		1	2	3	4
PE.K.MS.1.	Execute recognizable forms of the basic locomotor skills	1	2	3	4
PE.K.MS.1.2	Use recognizable forms of the basic manipulative skills.	1	2	3	4
PE.K.MS.1.	Create transitions between sequential locomotor skills.	1	2	2	4
PE.K.MS.1.	Use non-locomotor and locomotor skills in response to even and uneven rhythms in order to integrate beat awareness.	X	2	3	4
(MC) Movement Concepts					
Clarifying Objectives		Quarters			
K.MC.2 Understand concepts, principles, strategies, and tactics that apply to the learning and performance movement.		1	2	3	4
PE.K.MC.2.1	Understand the meaning of words and terms associated with movement.	1	2	3	4
PE.K.MC.2.2	Identify one or more of the essential elements of correct form for the five fundamental manipulative skills.	1	2	3	4
PE.K.MC.2.3	Use teacher feedback to improve basic motor performance.	1	2	3	4
PE.K.MC.2.4	Illustrate activities that increase heart rate.	X	2	X	X
HF = Health-Related Fitness					
Clarifying Objectives		Quarters			
K.HF.3 Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.		1	2	3	4
PE.K.HF.3.1	Recognize one or more of the five health-related fitness assessments and the associated exercises.	X	2	3	4
PE.K.HF.3.2	Identify opportunities for increased physical activity.	X	X	3	4
PE.K.HF.3.3	Select moderate-to-vigorous physical activity (MVPA) and sustain for periods of accumulated time.	X	X	3	4
(PR) Personal/Social Responsibility					
Clarifying Objectives		Quarters			
K.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.		1	2	3	4
PE.K.PR.4.1	Use basic strategies and concepts for working cooperatively in group settings.	X	2	3	4
PE.K.PR.4.2	Understand how social interaction can make activities more enjoyable.	X	2	3	4
PE.K.PR.4.3	Use safe practices when engaging in physical education activities	1	2	3	4