

HANDOUT 2:

Physical Development Domain Alignment



Physical Development Domain Alignment and the California Physical Education Content Standards

www.cde.ca.gov/sp/cd/re/documents/psalignment.pdf (Modified 5/2016)

California Preschool Learning Foundations		California Content Standards Kindergarten
Domain: Physical Development		Domain: Physical Education
Strand: Active Physical Play		Standard 3: Students assess and maintain a level of physical fitness to improve health and performance. Standard 4: Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
1.0 Active Participation		Standard 3: <i>Fitness Concepts</i> Standard 4: <i>Fitness Concepts</i>
At around 48 months	At around 60 months	By the end of kindergarten
1.1 Initiate or engage in simple physical activities for a short to moderate period of time.	1.1 Initiate more complex physical activities for a sustained period of time.	Standard 3: <i>Fitness Concepts</i> 3.1 Participate in physical activities that are enjoyable and challenging. Standard 3: <i>Assessment</i> 3.7 Identify indicators of increased capacity to participate in vigorous physical activity. Standard 4: <i>Fitness Concepts</i> 4.1 Identify physical activities that are enjoyable and challenging.
2.0 Cardiovascular Endurance		Standard 3: <i>Aerobic Capacity</i> Standard 4: <i>Aerobic Capacity</i>
At around 48 months	At around 60 months	By the end of kindergarten
2.1 Engage in frequent bursts of active play that involves the heart, the lungs, and the vascular system.	2.1 Engage in sustained active play of increasing intensity that involves the heart, the lungs and the vascular system.	Standard 3: <i>Aerobic Capacity</i> 3.2 Participate three to four days each week in moderate to vigorous physical activities that increase breathing and heart rate. Standard 3: <i>Body Composition</i> 3.6 Sustain continuous movement for increasing periods of time while

		<p>participating in moderate to vigorous physical activity.</p> <p>Standard 4: <i>Aerobic Capacity</i></p> <p>4.4 Identify the location of the heart and explain that it is a muscle.</p> <p>4.5 Explain that physical activity increases the heart rate.</p> <p>4.6 Identify the location of the lungs and explain the role of the lungs in the collection of oxygen.</p>
3.0 Muscular Strength, Muscular Endurance, and Flexibility		<p>Standard 3: <i>Muscular Strength/Endurance; Flexibility</i></p> <p>Standard 4: <i>Muscular Strength/Endurance; Flexibility</i></p>
At around 48 months	At around 60 months	By the end of kindergarten
3.1 Engages in active play activities that enhance leg and arm strength, muscular endurance, and flexibility.	3.1 Engage in increasing amounts of active play activities that enhance leg and arm strength, muscular endurance, and flexibility.	<p>Standard 3: <i>Muscular Strength/Endurance</i></p> <p>3.3 Hang from overhead bars for increasing periods of time.</p> <p>3.4 Climb a ladder, jungle gym, or apparatus.</p> <p>Standard 3: <i>Flexibility</i></p> <p>3.5 Stretch shoulders, legs, arms, and back without bouncing.</p> <p>Standard 4: <i>Muscular Strength/Endurance</i></p> <p>4.7 Explain that strong muscles help the body to climb, hang, push, and pull.</p> <p>4.8 Describe the role of muscles in moving the bones.</p> <p>Standard 4: <i>Flexibility</i></p> <p>4.9 Identify the body part involved when stretching.</p>