

HANDOUT 5

Fundamental Movement Skills Domain Alignment

Table 1.15 Detailed View of the Alignment Between the Physical Development Domain Alignment and the California Content Standards		
California Preschool Learning Foundations		California Content Standards Kindergarten
Domain: Physical Development		Domain: Physical Education
Strand: Fundamental Movement Skills		Standard 1: Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities. Standard 2: Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.
1.0 Balance		Standard 1: <i>Movement Concepts; Body Management</i>
At around 48 months	At around 60 months	By the end of kindergarten
1.1 Maintain balance while holding still; sometimes may need assistance.	1.1 Show increasing balance and control when holding still.	Standard 1: <i>Movement Concepts</i> 1.4 Create shapes at high, medium, and low levels by using hands, arms, torso, feet, and legs in a variety of combinations. Standard 1: <i>Body Management</i> 1.5 Create shapes by using nonlocomotor movements. 1.6 Balance on one, two, three, four, and five body parts.

1.2 Maintain balance while in motion when moving from one position to another or when changing directions, though balance may not be completely stable.	1.2 Show increasing balance control while moving in different directions and when transitioning from one movement or position to another.	1.7 Balance while walking forward and sideways on a narrow, elevated surface.
2.0 Locomotor Skills		Standard 1: Locomotor Movement Standard 2: Locomotor Movement
At around 48 months	At around 60 months	By the end of kindergarten
2.1 Walk with balance, not always stable, oppositional arm movements still developing, and relatively wide base of support (space between feet).	2.1 Walk with balance, oppositional arm movement, and relatively narrow base of support (space between feet).	Standard 1: Body Management 1.7 Balance while walking forward and sideways on a narrow, elevated surface. Standard 2: Locomotor Movement 2.5 Identify the locomotor skills of walk, jog, run, hop, jump, slide, and gallop.
2.2 Run with short stride length and feet off the ground for a short period of time. May show inconsistent opposition of arms and legs.	2.2 Run with a longer stride length and each foot off the ground for a greater length of time. Opposition of arms and legs is more consistent.	Standard 1: Locomotor Movement 1.10 Travel in straight, curved, and zigzag pathways. Standard 2: Locomotor Movement 2.5 Identify the locomotor skills of walk, jog, run, hop, jump, slide, and gallop.
2.3 Jump for height (up or down) and for distance with beginning competence.	2.3 Jump for height (up or down) and for distance with increasing competence. Uses arm swing to aid forward jump.	Standard 1: Locomotor Movement 1.11 Jump over a stationary rope several times in succession, using forward-and-back and side-to-side movement patterns. Standard 2: Locomotor Movement 2.5 Identify the locomotor skills of walk, jog, run, hop, jump, slide, and gallop.

2.4 Begin to demonstrate a variety of locomotor skills, such as galloping, sliding, hopping, and leaping.	2.4 Demonstrate increasing ability and body coordination in a variety of locomotor skills, such as galloping, sliding, hopping, and leaping.	Standard 2: Locomotor Movement 2.5 Identify the locomotor skills of walk, jog, run, hop, jump, slide, and gallop.
		Other areas covered under the physical education content standards for kindergarten: Standard 1: Locomotor Movement 1.9 Perform a continuous log roll.
3.0 Manipulative Skills		Standard 1: Manipulative Skills
At around 48 months	At around 60 months	By the end of kindergarten
3.1 Begin to show gross motor manipulative skills by using arms, hands, and feet, such as rolling a ball underhand, tossing underhand, bouncing, catching, striking, throwing overhand and kicking.	3.1 Show gross motor manipulative skills using arms, hands and feet with increased coordination, such as rolling a ball underhand, tossing underhand, bouncing, catching, striking, throwing overhand, and kicking.	1.12 Strike a stationary ball or balloon with the hands, arms, and feet. 1.13 Toss a ball to oneself, using the underhand throw pattern, and catch it before it bounces twice. 1.14 Kick a stationary object, using a simple kicking pattern. 1.15 Bounce a ball continuously, using two hands.
3.2 Begin to show fine motor manipulative skills using hands and arms such as in-hand manipulation, writing, cutting, and dressing.	3.2 Show increasing fine motor manipulative skills using hands and arms such as in-hand manipulation, writing, cutting, and dressing.	