



# PHYSICAL EDUCATION

FOR FAMILIES

**Y**OU ARE your child's first teacher. Learn how to support the goals of Oklahoma's academic standards and why they are important for your child. Please be in regular communication with your child's teachers and ask how you can support physical education learning at home. When schools and families work together as partners, it helps your child achieve academic success!

## PRE-KINDERGARTEN

### What to expect:

In physical education (also known as PE), children will explore how to safely balance and move their bodies by participating in fun, child-centered activities. They will have movement opportunities that include singing, dancing, playing and other creative activities.

They will learn locomotor skills (how to hop, jump, gallop, jog, side-slide and skip, for example), directions and levels, tempos and patterns of movement and basic skills like how to throw, catch, kick, dribble and strike. The focus will be on having fun while moving their bodies, not competition.

### By the end of the school year, your child will:

- Be able to use locomotor skills (hop, gallop, jog, step-slide, and skip) while maintaining their balance.
- Throw a ball or other object underhand and overhand without stepping with the opposite foot.
- Kick a ball from a stationary position.

### What to do at home:

- Help your child learn to cross the midline, which is an important part of child development. If you draw a line down the middle of your body, starting at the head, this is your midline. Crossing that line with either side of your body, such as when doing toe touches, is crossing the midline.
- Try toe touches. Ask your child to reach out to the side with both arms straight, like a letter "T." Ask your child to touch their right hand to their left toe, come up to a standing T, then touch their left hand to their right toe. Repeat 10 times.



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### Fostering Curiosity

Children are naturally curious and motivated to learn about things that interest them. Since curiosity helps students be successful in the classroom, it is important to encourage it at home. Play is a wonderful way to nurture curiosity in children, so be sure to allow plenty of playtime and physical activity. It is important to understand the differences between physical education and physical activity. In PE, students learn to be physically active; physical activity is when students practice what they learn in PE. Encourage your child to ask questions, be creative, discover answers and explore their world.

Support your child's curiosity with questions like these:

- What are different ways you can move your body?
- What activities close to home could we try as a family, like biking, hiking and canoeing?

It's okay if you don't always have the answer to your child's questions. The best response is always, "Let's find out together."

### Fostering Communication

Build your child's vocabulary, thinking skills and curiosity by using new words and having conversations that include questions to make your child think. Communicating with others gives children a chance to see and understand that there can be more than one point of view about a given subject. Accepting these different ideas helps children learn how to get along with others, encouraging positive relationships with other children and a strong self-image.

Support your child's communication skills with questions like these:

- What did you learn about in PE class today?
- What is your favorite activity in PE class? Why?
- What makes physical activity enjoyable for you?

### Fostering Connections

Making connections between different school subjects helps build your child's overall knowledge and learning. It's also important for your child to make connections between what they are learning at school and in the real world. Point out these connections to your child and encourage them to make them, too.

- Connect science to physical activity using a nature scavenger hunt. Walk, jog, skip or gallop as you search for items on your list.
- Connect spoken language to the nature scavenger hunt by asking your child to use descriptive words to tell you about the objects they found. For example, your child could look at a leaf and say, "The leaf is pointy, brown and crunchy." Encourage your child to speak in complete sentences because it will help them learn to write in complete sentences.
- Ask your child to find a book or information about one item they found on the scavenger hunt.

Join the conversation!

@oksde