

California Preschool Learning Foundations		California Content Standards Kindergarten
<b>Domain: Physical Development</b>		<b>Domain: Physical Education</b>
<b>Strand: Active Physical Play</b>		<p><b>Standard 3:</b> Students assess and maintain a level of physical fitness to improve health and performance.</p> <p><b>Standard 4:</b> Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.</p>
<b>2.0 Cardiovascular Endurance</b>		<p><b>Standard 3: <i>Aerobic Capacity</i></b> <b>Standard 4: <i>Aerobic Capacity</i></b></p>
<b>At around 48 months</b>	<b>At around 60 months</b>	<b>By end of kindergarten</b>
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.	<p><b>Standard 3: <i>Aerobic Capacity</i></b> 3.2 Participate three to four days each week in moderate to vigorous physical activities that increase breathing and heart rate.</p> <p><b>Standard 4: <i>Aerobic Capacity</i></b> 4.4 Identify the location of the heart and explain that it is a muscle. 4.5 Explain that physical activity increases the heart rate. 4.6 Identify the location of the lungs and explain the role of the lungs in the collection of oxygen.</p>

Source: The Alignment of the California Preschool Learning Foundations with Key Early Education Resources, CDE, 2012.