

SGS Unit Timeline Matrix

Grade: 1st Grade

Subject Area: PE & HEALTH

Month	Standard(s)	Unit	Benchmark(s)	Examples of Skills (Activities):
Example ~ Math 2nd Grade	7A	Currency/Money	7.A.1.c	*Add/Subtract using currency *Make change from \$1.00
Aug./Sept.	19A, 19B, 19C, 20A, 21B	Rules, Spatial Awareness Small Equipment, Gross Motor Skills	19.A.1, 19.B.1, 19.C.1a, 20.A.1a, 20.A.1c, 20.A.1a, 20.A.1b, 20.B.1,21.B.1	Following Directions Tag games Kicking, dribbling Beanbags, hoops Skipping, galloping
October	19A, 19B, 19C, 20A, 20B,21B	Scooter skills Obstacle Course Fitness Stations	19.A.1, 19.B.1, 19.C.1a, 20.A.1a, 20.A.1c, 20.A.1b,20.B.1, 21.B.1	Use different parts of body to move on scooter Move body safely throughout course Strength bands, cardio, muscle focus
November	19A, 19B, 19C, 20A, 20B,,21A,21B	Throwing Skills Long ropes	19.A.1, 19.B.1, 19.C.1a, 20.A.1a, 20.A.1b, 20.B.1,21.A.1a,21. A.1b21.A.1c	Underhand throwing of rings, hoops, balls, bean bags Turning, jumping
December	19A, 19B, 19C, 20B	Tumbling Winter games	19.A.1, 19.B.1, 19.C.1a, 20.A.1a, 20.B.1b,21.B.1	Log roll, forward beam, balance Following directions, safe movement
January	19A, 19B, 19C, 20A, 20B, 21B	Jumping Short ropes	19.A.1, 19.B.1, 19.C.1a, 20.A.1a, 20.A.1b, 20.B.1,21.A.1a,21. A.1b21.A.1c	Leap, hop, jump Turning, forward jump
February	19A, 19B, 19C, 20A, 21B	Ball skills	19.A.1, 19.B.1, 20.A.1c,20.A.1a,20 .A.1b,21.B.1	Bounce/ catch, stationary dribbling, chest pass, low baskets
March	19A, 19B, 19C,20A, 21B	Throwing skills Spring games	19.A.1, 19.B.1, 19.C.1a, 20.A.1a, 20.A.1c, 20.A.1b, 21.B.1	Overhand throw with beanbags, balls Following directions and safe movement
April	19A, 19B, 19C, 20A, 20B	Dance Softball	19.A.1, 19.B.1, 19.C.1a,	Chicken dance, hamster dance t-hitting, throwing, catching, base running

		Distance training	20.A.1a,20.A.1b,20.A.1c,21.B.1	distance run
May/June	19A, 19B, 19C, 20A, 20B,21B	Distance training Softball Outdoor activities	19.A.1, 19.B.1, 19.C.1a, 20.A.1b, 20.A.1a, 20.B1, 20.C.1, 20.A.1b, 21.B1	Running Throwing, catching, base running Frisbee, beanbags

PEHEALTH.1