

Stage 1 – Desired Results

Related standard(s):

- 2.5.2.A.1
- 2.5.2.A.2
- 2.5.2.A.3
- 2.5.2.A.4
- 2.5.2.B.1
- 2.5.2.B.2
- 2.5.2.B.3
- 2.5.2.B.4
- 2.5.2.C.1
- 2.5.2.C.2

Transfer

Students will be able to independently use their learning to...

- All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.

Meaning

Enduring Understandings (EUs)

Students will understand that...

- Research shows that people who participate in regular physical activity, no matter what the form, are more likely to do so because they feel comfortable and competent in movement skills.
- Skill development involves an understanding of movement concepts, the underlying principles of physics, as a means to analyze movement performance and make adjustments.
- Implementing movement principles such as space, speed, force, projection or tempo makes movement more effective and more interesting.

Essential Questions (EQs)

Students will keep considering...

- How can understanding movement concepts improve my performance?
- How can I make movement more interesting, fun, and enjoyable?
- How does my use of movement influence that of others?

Grade Level Benchmarks

Knowledge

Students will know...

- Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.
- Teamwork consists of effective communication and other interactions between team members.
- Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.

Skills

Students will be able to...

- Explain and perform [movement skills](#) with developmentally appropriate control in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
- Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.
- Respond in movement to changes in tempo, beat, rhythm, or musical style.
- Correct movement errors in response to feedback.
- Differentiate when to use competitive and cooperative strategies in games, sports, and other movement activities.
- Explain the difference between offense and defense.
- Determine how attitude impacts physical performance.
- Demonstrate strategies that enable team members to achieve goals.
- Explain what it means to demonstrate good sportsmanship.
- Demonstrate basic activity and safety rules and explain how they contribute to moving in a safe environment.

COURSE: Physical Education

LEVEL: Grade 1

UNIT/FOCUS: Fitness

Stage 1 – Desired Results

Related standard(s):

- 2.6.2.A.1
- 2.6.2.A.2
- 2.6.2.A.3

Transfer

Students will be able to independently use their learning to...

- Apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.

Meaning

Enduring Understandings (EUs)

Students will understand that...

- Children who regularly participate in physical activity tend to stay active throughout their lives.
- While there are immediate benefits including maintaining a healthy weight, feeling more energetic, and promoting a better outlook, participating in team and individual sports and other forms of physical activity can boost self-confidence, provide opportunities for social interaction, and offer a chance to have fun.
- In the long term, regular physical activity can help prevent heart disease, diabetes, and other medical problems later in life.
- Getting active and staying active is a key component of a healthy lifestyle.

Essential Questions (EQs)

Students will keep considering...

- Why is it so difficult to become healthy and physically fit?
- Why is it even harder to stay healthy and physically fit?
- How can I set challenging fitness goals that help me stay committed to wellness?

Grade Level Benchmarks

Knowledge

Students will know...

- Appropriate types and amounts of physical activity enhance personal health.

Skills

Students will be able to...

- Explain the role of regular physical activity in relation to personal health.
- Explain what it means to be physically fit and engage in moderate to vigorous age-appropriate activities that promote fitness.
- Develop a fitness goal and monitor progress towards achievement of the goal.