Northwestern School Corporation
Physical Education Curriculum
Course Outline
1st Grade

1) Motor Skills and Movement Patterns

Students will:

- Perform mature patterns in locomotor skills
- Demonstrate critical elements for jumping and landing
- Perform combined locomotor and nonlocomotor skills
- Perform mature patterns in nonlocomotor skills
- Demonstrate balance
- Transfer body weight from one body part to another
- Throw an object underhand and overhand
- Explore passing to a partner
- Catch a soft object from a self toss and from a thrower
- Dribble continuously with preferred hand
- Demonstrate passing or kicking a ball
- Demonstrate foot dribbling skills using inside of foot
- Perform foot trap with preferred foot
- Perform upward volley with arms
- Strike a ball with an upward motion using a short handled implement
- Jump consecutively using a self-turned rope
- Jump a long rope that is teacher assisted

2) Movement and Performance

Students will:

- Move in space in response to beats/rhythms
- Demonstrate movement at different levels and directions
- Demonstrate movement at various speeds
- Participate in beginning chasing/fleeing activities

3) **Maintaining a Health-enhancing Level of Physical Activity and Fitness**

Students will:

- Explain benefits of exercise
- Participate in physical education class
- Identify the result that exercise has on the heart muscle
- Identify or recognize basic muscles that move the body
- Identify healthy and unhealthy foods
- Identify foods in various food groups

4) **Responsible Personal and Social Behaviors**

Students will:

- Demonstrate respect for equipment
- Follow the rules of the learning environment
- Accept feedback from the teacher
- Participate with others in class
- Follow protocols for class activities
- Follow directions for safe participation with minimal reminders

5) **Value of Physical Activity for Personal Health and Social Interaction**

Students will:

- Identify physical activities for good health
- Recognize that challenge can lead to success
- Describe positive results from physical activities
- Demonstrate that social interaction improves from physical activity