

First Grade Physical Education

Updated November, 2017

Course Description:

This course emphasizes moving through space and time. Students will learn to manipulate objects with purposeful movement (throwing, catching, striking, kicking, bouncing, and rolling). Students will participate in a variety of fitness development exercises. Students will learn to follow safety rules and learn to appropriately interact socially in an active setting.

BIG Ideas:

- I will demonstrate the ability to share & cooperate
- I need to know the difference between personal space and general space

Essential Learner Objectives:

ELO #1: *The Student will demonstrate movement skills and demonstrate body awareness*

- Demonstrate the correct form of five loco motor skills (bear walk, crab walk, running, hopping, walking, skipping, galloping, jumping or sliding) (HM1A)
- Demonstrate a variety of pathways, speeds, directions & levels using loco motor movements (HM1E1)
- Demonstrate a variety of non-loco motor skills (bending, twisting, pulling, pushing, turning or stretching (HM1B)
- Demonstrate manipulative skills in a stationary position (Balance, rolling, throwing, tossing, catching, striking, kicking) (HM1C1)
- Identify major body parts (head, neck, arm, shoulder, elbow, legs, knee, hip, feet, back, fingers, toes) (PA1D1)
- Recognize the difference between general & personal space (PA3A1)
- Demonstrate static & dynamic balance (HM1D1)
- Identify & demonstrate a variety of relationships with objects (over, under, through/wands, hula hoops, scarves) (HM1E1)

ELO #2: *The student will demonstrate responsible personal and social behavior in physical activity settings*

- Follow rules, procedures and instructions with little reinforcement (PA2A1)
- Stop on command (PA2A1)
- Be safe & seek help from adults when it is needed (on playground, field trips, lunchroom & classroom settings) (PA3B1)
- Use equipment properly & safely
- Demonstrate motor skills while participating in low organized games (HM1F1)

ELO #3: *The student will understand that physical activity provide the opportunity for enjoyment, challenge, self-expression & social interaction*

- Demonstrate ability to share (PA2A1)
- Demonstrate ability to cooperate (PA2A1)
- Demonstrate single problem solving (ME4A1)
- Participate in a wide variety of games & activities (ME1D1)
- Identify benefits of physical activity (PA1B1)
- Explain 3 ways to stay fit (PA1A1)

ELO #4: *The students will be able to comprehend basic content terminology, principles and knowledge of how to continue to exhibit a physically active lifestyle*

- Identify a variety of physical activities that promote wellness (PA1B1)
- Recognize signs associated with physical activity (fast heart rate, heavy breathing, and perspiration) (PA1C1)
- Explain how bones and muscles help us move (PA1D1)