

**Course Title:** Physical Education – First Grade

**Board Approval Date:** 10/15/12

**Credit / Hours:** NA

**Course Description:**

This Course focuses on mastery of the PA academic standards for Physical Education. As student's progress through this course they will participate in games that focus on loco-motor and non-loco-motor movements. They will work on manipulative skills, such as throwing, kicking, hitting, and rolling. They will be able to identify the difference between a physical and social skill and use these skills in a game setting. Their mastery of the skills should be on a higher level than kindergarten students. This course also focuses more on simple lead-up games.

**Learning Activities / Modes of Assessment:**

Large group instruction  
Small group work

Teacher Observation  
Skills Tests on Basic Movement Skills

**Instructional Resources:**

Various Videos on Fitness and Dance  
DVD's, Records, and Cassette Tapes (Bean Bags, Parachute, Dance)  
Various Websites on Physical Education (Ex. *PECentral*)

## Course Pacing Guide

Course: **Physical Education – Grade One**

| <b>Course Unit (Topic)</b> | <b>Length of Instruction (Days/Periods)</b> |
|----------------------------|---|
| 1. Fitness                 | 4 days                                      |
| 2. Games                   | 20 days                                     |
| 3. Manipulative Unit       | 20 days                                     |
| 4. Movement                | <u>16 days</u>                              |
| <b>DAYS TOTAL</b>          | <b>60 Days</b>                              |

Topic: Fitness-1

Days: 4

Subject(s): Physical Education

Grade(s): 1st

Know:

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.4.3.B – Essential**

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

**10.4.3.C – Essential**

Know and recognize changes in body responses during moderate to vigorous physical activity.

- heart rate
- breathing rate

**10.4.3.D – Compact**

Identify likes and dislikes related to participation in physical activities.

**10.4.3.E – Essential**

Identify reasons why regular participation in physical activities improves motor skills.

Know what being Physically Fit means.

Know what  
FITT=Frequency, Intensity, Time, Type

Know what aerobic and anaerobic means.

Understand:

Identify and participate in specific activities that will improve our fitness levels and recognize the body effects of exercise.

Do:

**10.3.3.D – Essential**

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.4.3.B – Essential**

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

**10.4.3.C – Essential**

Know and recognize changes in body responses during moderate to vigorous physical activity.

- heart rate
- breathing rate

**10.4.3.D – Compact**

Identify likes and dislikes related to participation in physical activities.

Demonstrate different exercises and tell which part of the body it is good for.

Explain how exercise affects the body.

Explain what FITT means.

Topic: Fitness-1

Subject(s): Physical Education

Days: 4

Grade(s): 1st

Which standards are students learning in this unit?

**10.3.3.D – Essential**

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.4.3.B – Essential**

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

**10.4.3.C – Essential**

Know and recognize changes in body responses during moderate to vigorous physical activity.

- heart rate
- breathing rate

**10.4.3.D – Compact**

Identify likes and dislikes related to participation in physical activities.

**10.4.3.E – Essential**

Identify reasons why regular participation in physical activities improves motor skills.

Topic: Games-1

Days: 20

Subject(s): Physical Education

Grade(s): 1st

Know:

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.4.3.D – Compact**

Identify likes and dislikes related to participation in physical activities.

**10.4.3.E – Essential**

Identify reasons why regular participation in physical activities improves motor skills.

**10.4.3.F – Essential**

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

Know the various locations where simple games can be played

Know how to make decisions, listen to others, solve problems, and cooperate while playing games.

Understand:

Recognize and understand that participating in games and activities can provide opportunities to improve our overall physical and social skills.

Do:

**10.3.3.D – Essential**

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.4.3.D – Compact**

Identify likes and dislikes related to participation in physical activities.

**10.4.3.F – Essential**

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

Demonstrate movement and manipulative skills in games

Participate in games that promote physical fitness and health.

Show cooperation and sportsmanship while playing games.

Use various skills that help them perform in sport type games.

Topic: Games-1

Subject(s): Physical Education

Days: 20

Grade(s): 1st

Which standards are students learning in this unit?

**10.3.3.D – Essential**

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.4.3.D – Compact**

Identify likes and dislikes related to participation in physical activities.

**10.4.3.E – Essential**

Identify reasons why regular participation in physical activities improves motor skills.

**10.4.3.F – Essential**

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

Topic: Manipulative Unit-1

Days: 20

Subject(s): Physical Education

Grade(s): 1st

| Know:  | Understand:  | Do:  |
|--|--|--|
| <p><b>10.4.3.A – Essential</b><br/>Identify and engage in physical activities that promote physical fitness and health.</p> <p><b>10.4.3.B – Essential</b><br/>Know the positive and negative effects of regular participation in moderate to vigorous physical activities.</p> <p><b>10.4.3.D – Compact</b><br/>Identify likes and dislikes related to participation in physical activities.</p> <p>Manipulatives</p> <p>Locomotor movements</p> <p>Non Locomotor movements</p> <p>Relationships</p> <p>Space Awareness</p> | <p>Skills and techniques of throwing, striking, rolling, and kicking</p> <p>Skills of Locomotor Movements</p> <p>Skills of Non Locomotor Movements</p> <p>Skills of relationships (over, under, beside)</p> <p>Skills of Space Awareness</p> | <p><b>10.3.3.D – Essential</b><br/>Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).</p> <p><b>10.4.3.A – Essential</b><br/>Identify and engage in physical activities that promote physical fitness and health.</p> <p><b>10.4.3.B – Essential</b><br/>Know the positive and negative effects of regular participation in moderate to vigorous physical activities.</p> <p><b>10.4.3.D – Compact</b><br/>Identify likes and dislikes related to participation in physical activities.</p> <p>Throw, Catch, Jump,</p> <p>Run, Walk, Gallop, Skip, Leap, Hop, Skip, Slide</p> <p>Bend, stretch, twist</p> <p>Over, Under, Beside</p> <p>Self-Space, le els, pathways, directions</p> |

Topic: Manipulative Unit-1

Subject(s): Physical Education

Days: 20

Grade(s): 1st

Which standards are students learning in this unit?

**10.3.3.D – Essential**

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.4.3.B – Essential**

Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

**10.4.3.D – Compact**

Identify likes and dislikes related to participation in physical activities.



Topic: Movement-1

Days: 16

Subject(s): Physical Education

Grade(s): 1st

Know:

**PE 10.4.J – Essential**

Understand that practice and knowledge of how to correctly do a skill are important in learning motor skills

**PE 10.4.I – Compact**

Determine what affects an individual's physical activity choices, i.e., likes and dislikes

**PE 10.4.K – Essential**

Understand that critical elements are cues that help students to learn a skill or to perform a skill better

**PE 10.4.L – Compact**

Understand and identify positive and negative interactions of small group activities

**PE 10.5.A – Essential**

Understand that games, dances and gymnastics are physical activities and all physical activities use fundamental motor skills

**PE 10.5.C – Essential**

Understand that many physical activities use combinations of two or more fundamental motor skills/movement concepts

**PE 10.5.D – Essential**

Know and demonstrate that correctly practicing a skill can help you become a more skillful mover

Understand:

Learn various ways to move and control my body.

Do:

**PE 10.4.J – Essential**

Understand that practice and knowledge of how to correctly do a skill are important in learning motor skills

**PE 10.4.L – Compact**

Understand and identify positive and negative interactions of small group activities

**PE 10.5.A – Essential**

Understand that games, dances and gymnastics are physical activities and all physical activities use fundamental motor skills

**PE 10.5.B – Important**

Recognize that movement concepts give you lots of ideas for different ways to use the fundamental motor skills in different physical activities

**PE 10.5.D – Essential**

Know and demonstrate that correctly practicing a skill can help you become a more skillful mover

**PE 10.5.M – Essential**

Demonstrate space and relationship awareness during game play

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.3.3.D – Essential**

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

Demonstrate skipping, hopping, etc. in various pathways.

Show body control while bending, stretching, balancing, etc in personal space.

Combine locomotor, non-locomotor, and manipulative skills through participation in

Topic: Movement-1

Days: 16

Subject(s): Physical Education

Grade(s): 1st

Know:

Understand:

Do:

**PE 10.5.E – Important**

Recognize that good feedback tells you what you should do when learning “how to do a skill”

**PE 10.5.G – Important**

Know that practice means repeating movements and cues to get better at performing skills

**PE 10.5.M – Essential**

Demonstrate space and relationship awareness during game play

Understand the concept of force absorption.

Understand that there are critical elements to performing a skill.

PE 10.4.D - Understand that health is made up of several components such as how your body feels, how your mind thinks, how you feel about the things that happen to you and how you get along with others

PE 10.4.J - Understand that practice and knowledge of how to correctly do a skill are important in learning motor skills

PE 10.4.I - Determine what affects an individual's physical activity choices, i.e., likes and dislikes

activities.

Demonstrate manipulative skills such as striking, rolling, throwing.

Demonstrate catching skills.

PE 10.4.L - Understand and identify positive and negative interactions of small group activities

PE 10.5.D - Know and demonstrate that correctly practicing a skill can help you become a more skillful mover

PE 10.5.G - Know that practice means repeating movements and cues to get better at performing skills

PE 10.5.M - Demonstrate space and relationship awareness during game play

10.4.3.A - Identify and engage in physical activities that promote physical fitness and health.

10.3.3.D - Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

Topic: Movement-1

Days: 16

Subject(s): Physical Education

Grade(s): 1st

Know:

Understand:

Do:

|   |  |  |
|---|--|--|
| <p>PE 10.4.K - Understand that critical elements are cues that help students to learn a skill or to perform a skill better</p> <p>PE 10.5.A - Understand that games, dances and gymnastics are physical activities and all physical activities use fundamental locomotor skills</p> <p>PE 10.5.B - Recognize that movement concepts give you lots of ideas for different ways to use the fundamental motor skills in different physical activities</p> <p>PE 10.5.C - Understand that many physical activities use combinations of two or more fundamental motor skills/movement concepts</p> <p>PE 10.5.E - Recognize that good feedback tells you what you should do when learning "how to do a skill"</p> <p>PE 10.5.L - Understand that scientific principles affect the performance of movement skills</p> |  |  |
|---|--|--|

Topic: Movement-1

Subject(s): Physical Education

Days: 16

Grade(s): 1st

Which standards are students learning in this unit?

**PE 10.4.D – Unranked**

Understand that health is made up of several components such as how your body feels, how your mind thinks, how you feel about the things that happen to you and how you get along with others

**PE 10.4.J – Essential**

Understand that practice and knowledge of how to correctly do a skill are important in learning motor skills

**PE 10.4.I – Compact**

Determine what affects an individual's physical activity choices, i.e., likes and dislikes

**PE 10.4.K – Essential**

Understand that critical elements are cues that help students to learn a skill or to perform a skill better

**PE 10.4.L – Compact**

Understand and identify positive and negative interactions of small group activities

**PE 10.5.A – Essential**

Understand that games, dances and gymnastics are physical activities and all physical activities use fundamental motor skills

**PE 10.5.B – Important**

Recognize that movement concepts give you lots of ideas for different ways to use the fundamental motor skills in different physical activities

**PE 10.5.C – Essential**

Understand that many physical activities use combinations of two or more fundamental motor skills/movement concepts

**PE 10.5.D – Essential**

Know and demonstrate that correctly practicing a skill can help you become a more skillful mover

**PE 10.5.E – Important**

Recognize that good feedback tells you what you should do when learning "how to do a skill"

**PE 10.5.G – Important**

Know that practice means repeating movements and cues to get better at performing skills

**PE 10.5.L – Unranked**

Understand that scientific principles affect the performance of movement skills

**PE 10.5.M – Essential**

Demonstrate space and relationship awareness during game play

Topic: Movement-1

Subject(s): Physical Education

Days: 16

Grade(s): 1st

**10.4.3.A – Essential**

Identify and engage in physical activities that promote physical fitness and health.

**10.3.3.D – Essential**

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).