



## 1st Grade Physical Education Scope & Sequence

Grading Period	Focus TEKS (R) Readiness (S) Supporting	Learning Targets
<b>Throughout the School Year (Movement, Health/Fitness, SEL)</b>	1.1 A,B,C,D 1.2 A 1.3 A,B,C,D 1.4 A 1.5 B 1.6 A,B 1.7 A,B,C	<ul style="list-style-type: none"> <li>● Know personal space when moving different directions at different speeds.</li> <li>● Demonstrate foot patterns in hopping, jumping, skipping, leaping, galloping and sliding.</li> <li>● Demonstrate control in balancing and traveling activities.</li> <li>● Demonstrate ability to work with a partner - such as leading and following.</li> <li>● Motor skills require correct practice.</li> <li>● Describe, select and discuss physical activities for enjoyment and challenge.</li> <li>● Participate in moderate to vigorous physical activities daily that increase heart rate, breathing rate and perspiration</li> <li>● Participate in flexibility exercises for shoulders, legs, trunk etc...</li> <li>● Lift and support own bodyweight. Ex: hanging, hopping, jumping and crab positions.</li> <li>● Active vs. Inactive lifestyles.</li> <li>● Importance of protective equipment – shoes, clothing, helmets, kneepads, etc.</li> <li>● Know starting and stopping signals.</li> <li>● Know the physical boundaries and rules of activities.</li> <li>● Follow directions and apply safe movement practices</li> <li>● Interact, cooperate and respect others.</li> <li>● Resolve conflict with your words and/or teacher's help.</li> </ul>

<b>Safety</b>	1.5 C,D,E	<ul style="list-style-type: none"> <li>● Protection from harmful sun effects</li> <li>● List water safety rules / simple extension rescue.</li> <li>● Discuss emergency situations common to physical activity including universal precautions, calling 911, specific facility awareness etc.</li> </ul>
<b>Body Awareness</b>	1.1A	<ul style="list-style-type: none"> <li>● Know personal space when moving different directions at different speeds.</li> </ul>
<b>Locomotor Skills</b>	1.1 A.B	<ul style="list-style-type: none"> <li>● Know personal space when moving different directions at different speeds.</li> <li>● Demonstrate foot patterns in hopping, jumping, skipping, leaping, galloping and sliding</li> </ul>
<b>Tossing and Catching</b>	1.1 H	<ul style="list-style-type: none"> <li>● Demonstrate on cue - key elements in overhand throw, underhand throw and catch.</li> </ul>
<b>Striking</b>		
<b>Ball Handling</b>	1.1 H	<ul style="list-style-type: none"> <li>● Demonstrate on cue - key elements in overhand throw, underhand throw and catch.</li> </ul>
<b>Jump Rope</b>	1.1 G	<ul style="list-style-type: none"> <li>● Jump a long jump rope.</li> </ul>

<b>Gymnastics</b>	1.1C , 1.2 B	<ul style="list-style-type: none"> <li>● Demonstrate base of support...effects on balance.</li> <li>● Demonstrate control in balancing and traveling activities.</li> </ul>
<b>Cooperative Games/Recreational Games</b>	1.1D , 1.6B , 1.7 A,B,C	<ul style="list-style-type: none"> <li>● Demonstrate ability to work with a partner - such as leading and following.</li> <li>● explain boundaries and rules for simple games.</li> <li>● Follow directions apply safe movement practices.</li> <li>● Interact, cooperate and respect others.</li> <li>● Resolve conflict with your words and/or teacher's help.</li> </ul>
<b>Rhythms</b>	1.1 E,F	<ul style="list-style-type: none"> <li>● Clap in time to a simple rhythmic beat.</li> <li>● Create and imitate movement in response to selected rhythms.</li> </ul>