



# Elementary Physical Education

## 2022-2023 Scope and Sequence

### NCDPI Healthful Living: Grade 1

#### OVERVIEW

*The Healthful Living Education (K-12 Health and Physical Education) promotes behaviors that contribute to a healthy lifestyle and improved quality of life for all students. The Healthful Living curriculum supports and reinforces the goals and objectives of its two major components health and physical education. When fully integrated, the NHCS Health and Physical Education curriculum not only empowers students to lead an active and healthy lifestyle but also instills positive and encouraging attitudes towards physical activity and lifelong fitness.*

#### North Carolina Essential Standards – Physical Education

MS = MOTOR SKILLS

MC = MOVEMENT CONCEPTS

HF = HEALTH-RELATED FITNESS

PR = PERSONAL/SOCIAL RESPONSIBILITY

Grade	NC Essential Standards	Clarifying Objectives
<b>1st GRADE Motor Skills (MS)</b>	<b>Apply competent motor skills and movement patterns needed to perform a variety of physical activities.</b>	<p><b>PE.K.MS.1.1</b> Execute recognizable forms of the basic locomotor skills.</p> <p><b>PE.K.MS.1.2</b> Use recognizable forms of the basic manipulative skills.</p> <p><b>PE.K.MS.1.3</b> Create transitions between sequential locomotor skills.</p> <p><b>PE.K.MS.1.4</b> Use non-locomotor and locomotor skills in response to even and uneven rhythms in order to integrate beat awareness.</p>
<b>1st GRADE Movement Concepts (MC)</b>	<b>Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.</b>	<p><b>PE.1.MC.2.1</b> Use movement and manipulative skills involving equipment.</p> <p><b>PE.1.MC.2.2</b> Illustrate two or more of the essential elements of correct form for the five fundamental manipulative skills.</p> <p><b>PE.1.MC.2.3</b> Understand how to use teacher and peer feedback to improve basic motor performance.</p> <p><b>PE.1.MC.2.4</b> Illustrate activities that increase heart rate and make muscles strong.</p>
<b>1st GRADE Health-Related Fitness (HF)</b>	<b>Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.</b>	<p><b>PE.K.HF.3.1</b> Recognize one or more of the five health-related fitness assessments and the associated exercises.</p> <p><b>PE.K.HF.3.2</b> Identify opportunities for increased physical activity.</p> <p><b>PE.K.HF.3.3</b> Select moderate-to-vigorous physical activity (MVPA) and sustain for periods of accumulated time.</p>
<b>1<sup>st</sup> GRADE Personal/Social Responsibility (PR)</b>	<b>Use behavioral strategies that are responsible and enhance respect of self and others and value activity.</b>	<p><b>PE.1.PR.4.1</b> Use basic strategies and concepts for working cooperatively in group settings.</p> <p><b>PE.1.PR.4.2</b> Understand how social interaction can make activities more enjoyable.</p> <p><b>PE.1.PR.4.3</b> Use safe practices when engaging in physical education activities.</p>