

<b>Grade Level:</b>	<b>1st</b>
<b>Class Title:</b>	<b>PE</b>
<b>Subject:</b>	<b>Physical Education</b>
<b>Class Description:</b>	<p>Physical education will focus on equipping students to make responsible decisions and incorporating healthful physical activities into daily living. This is accomplished through motor skill learning and proficiency for use in games, sport, and leisure activities; health/fitness knowledge, awareness, and development; as well as promoting positive attitudes and behaviors. An emphasis on sportsmanship, cooperation, and participating within specified guidelines will also be a part of the class.</p> <p>This class will work toward one or more state standards. This will be a year-long class, spanning the 2022-2023 school year.</p> <p>The estimated instructional hours for this class are ____ per week.</p>
<b>Learning Materials:</b>	Fitness log
<b>Learning Goals/ Performance Objectives:</b>	<ol style="list-style-type: none"> <li>1. Students will comprehend concepts related to health promotion and disease prevention to enhance health. Standard</li> <li>2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Standard</li> <li>3. Students will demonstrate the ability to access valid information and products and services to enhance health. Standard</li> <li>4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Standard</li> <li>5. Students will demonstrate the ability to use decision-making skills to enhance health. Standard</li> <li>6. Students will demonstrate the ability to use goal-setting skills to enhance health. Standard</li> <li>7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Standard</li> <li>8. Students will demonstrate the ability to advocate for personal, family, and community health.</li> </ol> <p>A team of certificated teachers who are highly qualified in this subject matter has reviewed this WSLP. This is just a sample of learning goals. Other learning goals are available to view by going to OSPI's website. <a href="https://www.k12.wa.us/student-success/learning-standards-instructional-materials">https://www.k12.wa.us/student-success/learning-standards-instructional-materials</a></p>
<b>Learning Activities:</b>	<p>Will complete a log with time spent and activities that support this class and verify the estimated hours per week.</p> <p>The student will provide the monthly log to his/her consultant each month.</p> <p>Running, jogging, karate, swimming, ice skating, hockey, basketball, baseball, football, softball, archery, ping pong, pickle ball, badminton, tennis, soccer, capture the flag, field hockey, 4-square, relay games, tether ball, freeze tag, gymnastics, etc. .</p>

**Progress  
Criteria/  
Methods of  
Evaluation:**

Satisfactory or unsatisfactory progress will be based on participation and the amount of time spent in the activity. Keeping a log of exercise time and the activity carried out is a requirement and will be used to evaluate the progress of this course.

The student will keep a log to present to consultant at face-to-face meetings each month. Monthly Progress will be marked satisfactory or unsatisfactory based on the professional judgment of the certified teacher using parent input and information recorded on the log.