
Pe Grade 1 Adventure Activities curriculum

Curriculum Guide

Scranton School District

Scranton, PA



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PE/Health Grade First Grade Curriculum

Prerequisite :

Students will practice and perform Kindergarten Physical Education drills and activities.

Course Description Here

Physical Education will be taught by a certified Health & Physical Education Teacher. It will provide student opportunities to learn and practice skills and behaviors critical to being physically active. The First Grade student will practice motor skills and movement patterns needed to perform a variety of Physical Activities. The student will participate in regular activities and achieve a health-enhancing level of physical fitness. Each child will exhibit personal and social behavior that respects self and others in physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Year-at-a-glance

Subject: Physical Education	Grade Level 1st Grade	Date Completed: 8/19/2019
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1st Quarter, 2nd Quarter, 3rd Quarter, 4th Quarter

Topic	Resources	CCSS

1st Quarter, 2nd Quarter, 3rd Quarter, 4th Quarter:

Students will actively participate and engage in physical activities that promote lifelong fitness. Units and lessons will be dependent on facilities (indoor/outdoor), equipment, and seasons. Teachers will plan lessons based on multiple standards.

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General Topic	Academic Standard(s)	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time
Adventure Activities	10.4.3 A: Identify and engage in physical activities that promote physical fitness and health	Objective: Identify adventure activities that promote physical fitness and health <ul style="list-style-type: none"> ● Physical Fitness ● Adventure Activities ● Health: A state of complete physical, mental, and social well-being; not merely the absence of disease and infirmity ● Health-Related Fitness: Components of physical fitness that have a relationship with good health. Components are cardio-respiratory endurance, muscular strength and endurance, flexibility and body composition 	<ul style="list-style-type: none"> ● Cooperative Games ● New Games ● Parachute 	Teacher Observation Teacher Q&A Student Discussion	Daily lesson plans at 40mins per class

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	<p>10.4.3C: Know and recognize changes in body responses during moderate to vigorous activities</p>	<p>Objective: Identify appropriate locations to take their heart rate.</p> <p>Objective: Identify the difference between heart rate and breathing.</p> <p>Changes in body during activity:</p> <ul style="list-style-type: none"> ● Heart rate: The number of heart beats (pumps) per minute. <ul style="list-style-type: none"> ○ Located on their radial artery (pulse); directly under their thumb below the base of the palm. ○ Place their hand over their heart (beating faster or slower) ● Breathing rate: number of breaths 	<ul style="list-style-type: none"> ● Cooperative Games ● New Games ● Parachute 	<p>Teacher Observation</p> <p>Teacher Q&A</p> <p>Student Discussion</p>	<p>Daily lesson plans at 40mins per class</p>
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		<p>you take in one minute</p> <ul style="list-style-type: none"> ● Respiration rate: The number of breaths you take in one minute 			
	<p>10.4.3D: Identify likes and dislikes related to participation in physical activities</p>	<p>Objective: Distinguish between activities you like and dislike.</p> <ul style="list-style-type: none"> ● Participation ● Likes: To enjoy (when you like a physical activity you want to do the activity) ● Dislikes: To not enjoy (When you dislike a physical activity you do not want to do the activity) 	<ul style="list-style-type: none"> ● Cooperative Games ● New Games ● Parachute 	<p>Teacher Observation</p> <p>Teacher Q&A</p> <p>Student Discussion</p>	<p>Daily lesson plans at 40mins per class</p>
	<p>10.4.3F: Recognize the positive and negative interactions of small group activities</p>	<p>Objective: Distinguish between positive and negative interactions.</p> <ul style="list-style-type: none"> ● Small Groups ● Partner ● Positive Interactions: Including everyone in an activity while 	<ul style="list-style-type: none"> ● Cooperative Games ● New Games ● Parachute 	<p>Teacher Observation</p> <p>Teacher Q&A</p> <p>Student Discussion</p>	<p>Daily lesson plans at 40mins per class</p>

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		<p>using caring words and actions.</p> <ul style="list-style-type: none"> ● Negative Interactions: The opposite of positive interactions and are the bad things that happen among small groups. ● Social Skills: Are the behaviors that help partners and groups complete a task and build positive feelings among the participants. Staying focused on a task and being able to keep working on a task. ● On task: When a student is actively engaged in the appropriate activity. 			
Enrichment:		<ul style="list-style-type: none"> ● Students will give the proper name the areas to take pulse. 			

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		<ul style="list-style-type: none">• Explain reasons for likes and dislikes			

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