
Pe Grade 1 Fitness curriculum

Curriculum Guide

Scranton School District

Scranton, PA



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PE/Health 1st Grade curriculum

Prerequisite :

Students will practice and perform Kindergarten Physical Education Drills and Activities.

Course Description Here

First Grade 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.

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Year-at-a-glance

Subject:	Grade Level	Date Completed:
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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
Fitness	10.4.3 D: Identify likes and dislikes related to participation in physical activities	Objective: Distinguish between activities you like and dislike. <ul style="list-style-type: none"> ● Physical Activity ● Participation ● Fitness ● 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"> ● Jogging ● Stations ● Stretching 	Teacher observation Teacher Q&A Student Discussion	Daily lesson plans at 40mins per class
	10.4.3F: Recognize the positive and negative interactions of small group activities	Objective: Distinguish between positive and negative interactions. <ul style="list-style-type: none"> ● Participation ● Small Groups ● Partner ● Positive Interactions: Including everyone in an activity while 	<ul style="list-style-type: none"> ● Jogging ● Stations ● Stretching ● Group fitness ● Team sports 	Teacher observation Teacher Q&A Student Discussion	Daily lesson plans at 40mins per class

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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. ● On- Task: Staying focused on a task and being able to keep working on a task. 			
Enrichment:		<ul style="list-style-type: none"> ● Explain Reasons for likes and dislikes ● Explain why a behavior is positive or negative during group activities 			

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<p>Fitness</p>	<p>10.5.3 B: Recognize and describe the concepts of motor skill development using appropriate vocabulary</p>	<p>Objective: Identify correct forms in fitness</p> <ul style="list-style-type: none"> ● Form: Manner or style of performing a movement according to recognized standards of technique <p>Objective: Identify critical elements in fitness</p> <ul style="list-style-type: none"> ● critical elements: The important parts of a skill 	<p>Fitness Circuits Tagging Games Health related fitness test Dance</p>	<p>Teacher observation Teacher Q&A Student Discussion</p>	<p>Daily lesson plans at 40mins per class</p>
	<p>10.5.3C: Know the function of practice</p>	<p>Objective: Review the function of practice</p> <ul style="list-style-type: none"> ● Practice: A method of learning by repetition 	<p>Fitness circuits Tagging games Health related fitness tests Dance</p>	<p>Teacher observation Teacher Q&A Student Discussion</p>	<p>Daily lesson plans at 40mins per class</p>
	<p>10.5.3D: Identify and use principles of exercise to improve movement and fitness activities</p>	<p>Objective: Differentiate between movement and fitness activities Objective: List the benefits of exercise</p> <ul style="list-style-type: none"> ● Exercise: A special fitness activity that improves health. ● Benefits 	<p>Fitness circuits Tagging games Health related fitness tests Dance</p>	<p>Teacher observation Teacher Q&A Student Discussion</p>	<p>Daily lesson plans at 40mins per class</p>

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		<ul style="list-style-type: none"> ○ Stronger muscles ○ Stronger heart and lungs ○ Stronger bones and joints 			
Enrichment:		<ul style="list-style-type: none"> ● Create a fitness circuit using three different fitness activities ● Draw a person showing the benefits of exercise 			

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