

2023 ~ 2024
1st Grade Physical Education ~ Year-at-a-Glance

Standard	Aug	September	October	November	December	January	February	March	April	May
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Movement Competency and Understanding	<p><u>Moving in Different Ways: Locomotor & Non- Locomotor Skills</u> (walking, running, skipping, galloping, sliding, hopping, leaping to varying speeds, levels, tempos & directions, bending, twisting, stretching, reaching, balancing, swaying, pushing & pulling, pathways & key vocabulary)</p> <p style="text-align: center;">6 - 9 Lessons</p>	<p><u>1st Grade Manipulatives</u> (over & underhand throwing, catching, kicking, skill cues, body mechanics, key vocabulary, body/brain connections)</p> <p style="text-align: center;">6 - 9 Lessons</p>	<p><u>Not All Motion is Created Equal: Rhythmic & Cross Lateral Movement</u> (rhythmic changes in direction, speed, pathways, levels & timing, patterns, simple dance steps/sequences, crossing the mid-line, long rope jumping, ribbons)</p> <p style="text-align: center;">2 - 4 Lessons</p> <p><u>1st Grade Manipulatives</u> (volleying, striking, foot & hand dribbling, foot passing, skill cues, body mechanics, key vocabulary, body/brain connections)</p> <p style="text-align: center;">6 - 9 Lessons</p> <p><u>Balance: Body Management & Orientation</u> (jumping/landing, turning,</p>	<p><u>Combining Manipulative & Locomotor Skills</u> (combining manipulative & locomotor skills in simple game & movement settings, movement activities based on skills themes, solving simple movement challenges)</p> <p style="text-align: center;">6 - 9 Lessons</p> <p><u>1st Grade Manipulatives</u> (using short handled implements such as racquets, paddles and scoops, introduction to long handled implements, safe use, skill cues, body mechanics, key vocabulary, safety, body/brain connections)</p> <p style="text-align: center;">6 - 9 Lessons</p>	
	<p style="text-align: center;">Concepts of time, force, flow, location, direction, pathways, extension & levels: Integrated with all locomotor, non-locomotor & manipulative activities where appropriate</p> <p style="text-align: center;">Applied Learning: Integration of Skills into Simple Games, Contests, Relays & Tournaments: Activity themes based on the "Wheel" in Children Moving, integrated into all activities where appropriate</p>				
Physical and Personal Wellness	<p><u>Physical Activity & Body Connections</u> (body's response to exercise, respiration, HR, body temperature, heart & lung location & function, RPE scale)</p> <p style="text-align: center;">2 - 4 Lessons</p>	<p><u>Nutrition: Healthful Eating Fuels the Body</u> (food groups, <u>MyPlate</u>, Go/Slow/Whoa foods, food as fuel, benefits of healthful eating)</p> <p style="text-align: center;">2 - 4 Lessons</p>	<p><u>Physical Activity & Body Connections</u> (differences between muscular strength & endurance & activities that can improve each)</p> <p style="text-align: center;">2 - 4 Lessons</p>		
Emotional and Social Wellness	<p style="text-align: center;"><u>Working Independently & With Others: Work Habits & Rules</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate</p> <p style="text-align: center;">(work habits, self-management, taking turns, sharing equipment & space, taking responsibility, responding to success & challenges, teamwork, owning one's behavior & decisions, respect for self & others, respectful communication, solving differences, listening & following directions, taking care of equipment, following gym rules, honoring the spirit-of-the-game, asking questions, participating as both a listener and contributor, speaking at appropriate times)</p>				
Prevention and Risk Management	<p><u>Getting Off to a Good Start</u> (Classroom Rules & Procedures)</p> <p style="text-align: center;">1 - 2 Lessons</p>	<p style="text-align: center;"><u>Being a Safe & Smart Mover: Moving Under Control</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate</p> <p style="text-align: center;">(movement control for safe participation in games and sports, strategies for moving in groups & as individuals, synchronous & asynchronous movement, responding to "stop" & "Go" signals, using equipment safely)</p> <p style="text-align: center;"><u>The Space Around Me: Spatial Awareness</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate</p> <p style="text-align: center;">(a beginning understanding of personal, general & open space; understanding & recognizing spatial relationships between objects and other students; recognizing formations such as huddles, pairs, scatter, triads, partners & boundaries)</p>			

ELA	Reading & Writing to Learn: Using Language as a Tool for Learning (P.E.: word walls, vocabulary for movement)				Identifying & Summarizing Main Ideas (P.E.: verbally summarizing rules or main goal of an activity)	
Math	Addition & Subtraction		Geometry (P.E.: sequences, patterns, shapes)		Data Analysis (P.E.: estimate or assessment of skills)	
Social Studies	Respect for Self & Others (P.E.: need for rules & expectation to follow rules)		Civics: Leaders & Achievers (PE: responsibility of community/team members to reach group goals)			Community in the Classroom (PE: communication & sharing)
Science	Human Body Part Identification					