

**YEAR AT A GLANCE: PE**

**Kindergarten-1st Grade**

(updated Dec 2022)

Unit	Manipulative and Hand-Eye Coordination Activities	Locomotive and Spatial Awareness Activities	Team Sports	Rhythm and Dance	Physical Fitness	Social Skills Character Education Decision Making Skills
<b>Unit Length</b> (weeks taught)	14	14	8	4	<b>Embedded in the entire program throughout the school year</b>	
<b>Performance Task</b> (e.g., <i>Persuasive Essay, DBQ, Nutritional Analysis, etc.</i> )	Students will demonstrate skills such as throwing, catching, kicking, striking an object with an implement and striking an object with a body part. Students are assessed formatively during activities.	Students will demonstrate various locomotor skills such as walking, power-walking, galloping, hopping, skipping, side-stepping, sliding, leaping and riding a scooter. Students will demonstrate evasive skills such as dodging and changing direction. Students are assessed formatively during activities.	Students will demonstrate various sport-specific skills. Students are assessed formatively during activities.	Students will demonstrate various skills associated with parachute activities, traditional dances and contemporary line dances. Students are assessed formatively during activities.	Students will demonstrate various physical fitness activities. Students are assessed formatively during activities.	Students will demonstrate various positive social skills and effective decision making skills. Students will also demonstrate various positive character education traits. Students are assessed formatively during activities.
<b>Enduring Understanding</b> (The big ideas, the “why” we include these ideas)	Basic knowledge of the skills and rules. The importance of sportsmanship and fair play. The importance of adhering to the rules.	Basic knowledge of the skills and rules. The importance of sportsmanship and fair play. The importance of adhering to the rules.	Basic knowledge of the skills and rules. The importance of sportsmanship and fair play. The importance of adhering to the rules.	Basic knowledge of following directions, dance steps and patterning. Appreciation of all dances and cultures.	Basic knowledge of the four components of physical fitness: Cardiovascular Endurance, Muscular Endurance, Muscular Strength, and Flexibility.	Basic knowledge of communication, cooperation and citizenship skills. The importance of sportsmanship and fair play. The importance of adhering to the rules.

<p><b>Essential Questions</b> (What do we want students to think about)</p>	<p>Does the student exhibit a respect for his/her peers during play?</p> <p>Are the students challenging themselves during the activity?</p> <p>Does the student exhibit positive social interaction?</p> <p>Does the student apply movement concepts and skills to the activities?</p> <p>While participating, does the student improve their manipulation and hand eye coordination skills?</p>	<p>Does the student exhibit a respect for his/her peers during play?</p> <p>Are the students challenging themselves during the activity?</p> <p>Does the student exhibit positive social interaction?</p> <p>Does the student apply movement concepts and skills to the activities?</p> <p>While participating, does the student improve their locomotive and spatial awareness?</p>	<p>Does the student exhibit a respect for his/her peers during play?</p> <p>Are the students challenging themselves during the activity?</p> <p>Does the student exhibit positive social interaction?</p> <p>Does the student apply movement concepts and skills to the activities?</p> <p>While participating, does the student improve their ability to play the game?</p>	<p>Does the student exhibit a respect for his/her peers during play?</p> <p>Are the students challenging themselves during the activity?</p> <p>Does the student exhibit positive social interaction?</p> <p>Does the student apply movement concepts and skills to the activities?</p> <p>While participating in dance, do students improve their ability to follow along and gain confidence in their movements?</p>	<p>Does the student exhibit a respect for his/her peers during play?</p> <p>Are the students challenging themselves during the activity?</p> <p>Does the student exhibit positive social interaction?</p> <p>Does the student apply movement concepts and skills to the activities?</p> <p>Throughout the year, do students improve their ability to perform various physical fitness exercises.</p>	<p>Does the student exhibit a respect for his/her peers during play?</p> <p>Does the student exhibit positive social interaction?</p> <p>While participating in all games and activities, do students improve their ability to play fairly?</p> <p>Does the student demonstrate improvement in their decision making process to succeed in their activity/game?</p>
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