

### General Course Information

<b>Course Name: 1st Grade Physical Education</b>	
Department: PE/Health	Grade Level(s): 1
Duration/Credits: 1 year	Prerequisites: none
BOE Approval Date: February 2023	Course Code:
<b>Course Description:</b>	
1st Grade Physical Education develops students' concepts of fitness and health through activities, games, and collaborative discussion. PE develops locomotor and non-locomotor skills, manipulative skills, and rhythmic movement to support active play and exercise.	
<b>Course Rationale:</b>	
1st Grade PE supports both student physical health and cognitive development. In addition to providing needed daily active time, students develop physical literacy and health knowledge.	
<b>Course Objectives:</b>	
<ul style="list-style-type: none"><li>• The student will begin to connect physical activity to being healthy.</li><li>• The student will demonstrate locomotor skills and develop manipulative skills in physical activities and games.</li><li>• The student will use basic fitness terminology and be introduced to fitness concepts.</li><li>• The student will demonstrate personal responsibility by following teacher directions, safety expectations, and class routines in social and physical activities, including skills practice and games, with teacher support.</li><li>• The student will actively participate in daily class fitness objectives and routines, including exercises, games, and skill development, to build the components of health and skill-related fitness, with teacher support.</li></ul>	
<b>Standards Alignment:</b>	
Missouri Learning Standards (2016) SHAPE America Standards	