
Coal City Unit District #1
First Grade
Physical Education Curriculum

PE.1:1 Student will be able to perform fundamental locomotor movements using developmentally appropriate form. (IL 19A, 19C)

- PE.1:1-1 Perform the skill of running safely.
- PE.1:1-2 Perform the skill of jumping onto and over objects.
- PE.1:1-3 Perform the skill of hopping on right and left foot.
- PE.1:1-4 Perform the skill of skipping.

PE.1:2 Student will be able to perform fundamental non-locomotor movements using developmentally appropriate form. (IL 19A, 19C)

- PE.1:2-1 Perform the skill of balancing with body parts and objects.
- PE.1:2-2 Perform the skill of turning with an object.
- PE.1:2-3 Perform the skill of bending with an object.
- PE.1:2-4 Show responsibility for safe movement practices.

PE.1:3 Student will analyze different various movement concepts and applications. (IL 19A, 19B, 19C)

- PE.1:3-1 Apply the differences between personal and general space.
- PE.1:3-2 Move in the three different pathway directions of curved, zigzag, and straight on or around objects.
- PE.1:3-3 Demonstrate spatial awareness of behind, ahead, over, under, on, and through using objects.
- PE.1:3-4 Demonstrate how to move fast or slow and high or low with and without objects.
- PE.1:3-5 Manipulate body while using objects.

PE.1:4 Student will be able to demonstrate overhand throwing and catching using a variety of objects with developmentally appropriate form. (IL 19A)

- PE.1:4-1 Step in opposition.
- PE.1:4-2 Perform an overhand throw with proper form.
- PE.1:4-3 Demonstrate proper stance by facing sideways to their target before the throw.
- PE.1:4-4 Track the ball with eyes and hands as ball is in flight.

PE.1:5 Student will be able to manipulate a long-handled implement with developmentally appropriate form. (IL 19A, 19C)

- PE.1:5-1 Hold the implement using proper hand positioning while hitting off an object.
- PE.1:5-2 Show safety to others while swinging the implement in activity.
- PE.1:5-3 Perform the skill of swinging with an object.
- PE.1:5-4 Perform the skill of twisting with an object.

PE.1:6 Student will be able to dribble a variety of objects with developmentally appropriate form. (IL 19A, 19)

- PE.1:6-1 Use correct form by not using toe when dribbling around objects with feet.
- PE.1:6-2 Use proper finger tip dribbling.
- PE.1:6-3 Demonstrate control and safety for others while dribbling.
- PE.1:6-4 Demonstrate the correct form when passing a variety of objects (Soccer ball, basketball, bean bag) to others.
- PE.1:6-5 Aim and site target with follow through when passing with feet or hands.

PE.1:7 Student will be able to demonstrate individual responsibility during group activity and daily routines. (IL 20A, IL 20C, IL 21A, 21B)

- PE.1:7-1 Follow daily class procedures.
- PE.1:7-2 Participate willingly in daily physical fitness activities.
- PE.1:7-3 Follow dress code daily.
- PE.1:7-4 Cooperate daily with teachers and others.
- PE.1:7-5 Respect others and equipment.