1st Grade Physical Education & Health Curriculum

Francis Howell School District

HOME SCHOOL COMMUNITY

LEARNING TOGETHER

Board Approved

Elementary Physical Education & Health

1st Grade

Unit Number, Title and Description	Essential Outcome(s) of Unit Students will be able to independently use their learning to....
Unit 1: 1st Grade Kickoff During 1st Grade Kickoff students will understand the importance of good health and recognize signs associated with physical activity. Students will demonstrate appropriate social skills, learn to avoid problems, become effective problem solvers and know when adult assistance is needed. They will identify ways to stay safe.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 2: Body Basics In the unit Body Basics, students will learn to take care of their bodies inside and out. The students will learn that body systems have jobs while participating in locomotor activities.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 3: Fantastic Fundamentals In Fantastic Fundamentals students will continue learning the basic manipulative skills. They will participate in games that provide multiple chances to develop mastery in the fundamentals of different skills. While developing the fundamentals they will also learn about the importance of proper hygiene and the overall impact on illness.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 4: I Like to Move it Move it In I like to Move it Move it students will participate in activities that will allow	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities.

them to move in a variety of pathways, speeds, directions, and levels. Students will participate in activities that will concentrate on balancing in their personal space and moving to music as they share general space. The students will begin to identify a bone in each region of their body. Students will also participate in activities that help them identify our community helpers.	• Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 5: Nutrition and Fitness In the Nutrition and Fitness unit students will continue to understand the importance of making lifelong healthy choices for their bodies. Students will participate in locomotor movement games that explore food choices and healthy habits.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 6: Protect Yourself In the Protect Yourself unit students will learn about their five senses and how to protect their bodies from the environment.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.