

Course Title:	Physical Education and Health
Grade(s):	1st

Course Description
In 1st grade Physical Education, students discover the joy of being active. First graders start by learning how to move safely in space. As they grow, they'll master basics like skipping and jumping, as well as sports skills like throwing and catching. Beyond just exercise, children learn how to follow rules, work as a team, and understand why healthy eating is important for taking care of their bodies.
Approved Curricular Materials/Textbook(s)
Healthy and Balanced Living Curriculum Framework: Health Education and Physical Education Connecticut State Department of Education — 2021 (Updated May 2022)

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: Class Rules and Objectives	This unit focuses on "Social Responsibility." We learn that our personal choices and how we follow rules help keep our entire classroom community safe and happy. Unit Objectives: • Independent Safety: Students will learn to follow safety rules and use gym space properly without needing a constant reminder. • Following Protocols: Children will practice starting and stopping activities immediately upon hearing a signal, showing they understand our "gym rules." • Personal Responsibility: Students will identify why we have rules and how they help everyone have a fun and safe time in PE. • Listening Skills: We will practice active listening when the teacher or a	Year Long

	classmate is speaking to show respect.	
Unit 2: Tagging Games	In this unit, we practice "Spatial Awareness" and "Movement Concepts." We focus on moving safely in a large group while maintaining control of our bodies. Unit Objectives: • Respectful Movement: Students will practice moving in a crowded space during games while treating everyone with kindness and dignity. • Locomotor Control: Children will demonstrate different ways to move (like galloping, sliding, and running) to avoid being tagged. • Honesty in Play: We focus on the importance of being honest and following the "tagging rules" even when a teacher isn't looking. • Safety Awareness: Students will learn to look over their shoulders and use "peripheral vision" to stay safe while running.	Year Long
Unit 3: Cooperative Activities	This unit is all about "Working Together." Students learn that many goals are easier to reach when we help our friends. Unit Objectives: • Team Kindness: Students will identify and practice ways to encourage their peers during group challenges. • Group Problem Solving: Children will work with a small group to solve a physical puzzle or reach a shared goal. • Inclusive Play: We focus on making sure every friend feels included and valued in our group activities. • Effective Communication: Students will practice using "kind words" and clear directions to help their teammates.	Year Long
Unit 4: Instant Activities	We focus on "Physical Literacy" and "Heart Health," helping students connect their quick physical movements to how their bodies feel.	Year Long

	Unit Objectives: • Heart Power: Children will learn to identify the heart as a muscle that gets stronger every time we get moving quickly. • Body Response: Students will observe and describe how their breathing and heart rate change after a "fast-start" activity. • Ready to Learn: We use these activities to practice transitioning quickly from the hallway to being "ready to move" in the gym. • Warm-Up Literacy: Students will explain why we "warm up" our muscles before we start playing harder games.	
Unit 5: Jump Rope	This unit focuses on "Rhythm and Coordination." Students learn to time their movements with an object to build endurance. Unit Objectives: • Rhythmic Coordination: Children will work on the timing needed to jump as the rope clears their feet. • Setting Goals: Students will identify one simple "movement goal," such as jumping three times in a row without stopping. • Persistence: We focus on "trying again" and staying positive even when a skill feels tricky at first. • Endurance Awareness: Students will recognize that jumping rope is an activity that helps their heart stay healthy for a long time.	1 Week
Unit 6: Bowling	This unit introduces "Target Accuracy." Students learn how to control their bodies to send an object to a specific spot. Unit Objectives: • Target Accuracy: Children will practice the correct underhand tossing motion used to roll a ball toward a target. • Following Directions: Students will demonstrate the ability to follow multi-step directions for setting up and cleaning up the bowling lanes.	2 Weeks

	• Patience and Turn-Taking: We focus on waiting patiently for our turn and cheering for our friends while they bowl. • Equipment Care: Students will learn the proper way to carry and roll heavy equipment safely.	
Unit 7: Parachute	This unit focuses on "Synchronized Movement." Students learn that when everyone does their part, we can create something big and fun! Unit Objectives: • Synchronized Play: Your child will learn to time their movements (up, down, shake) with the rest of the class. • Equipment Etiquette: Students will demonstrate the ability to hold and move the parachute safely without letting go until the signal is given. • Cooperative Strength: We will explore how we can work together to keep "popcorn" (balls) on the parachute using teamwork. • Creative Movement: Students will follow creative prompts to move under or around the parachute in a safe, controlled way.	2 Weeks
Unit 8: Racket Sports	We focus on "Hand-Eye Coordination." Students learn how to use a tool (a racket) as an extension of their arm. Unit Objectives: • Striking Skills: Your child will learn how to hold a racket and use a "controlled hit" to keep a ball or birdie moving. • Tracking Objects: Students will practice keeping their eyes on a moving object to prepare for a strike. • Safety with Tools: We focus on keeping a "safety circle" around us so we don't accidentally hit a friend with our racket. • Focus: Students will practice staying focused on their own equipment and space during station-based practice.	2 Weeks

Unit 9: Invasion Games	This unit introduces "Strategic Play." Students learn how to move into "open space" to help their team. Unit Objectives: • Space Awareness: Students will learn to move into "open space" (where no one else is) to avoid being tagged or blocked. • Basic Offense: Your child will practice moving toward a goal while keeping control of their body or a ball. • Defensive Respect: We focus on "shadowing" a friend without touching them, showing respect for personal space during a game. • Understanding Roles: Students will identify the difference between being on the "attacking" team and the "defending" team.	Year Long
Unit 10: Basketball	We focus on "Object Control." Students learn the specific skills needed to move a ball with their hands. Unit Objectives: • Dribbling Control: Your child will practice dribbling a ball with one hand while walking or standing still. • Sharing Equipment: Students will practice passing to a partner and waiting to receive a pass with "ready hands." • Targeting the Hoop: We will practice the "push" motion needed to try and score a basket. • Sportsmanship: We focus on saying "good game" and being a kind teammate during basketball drills.	1 Week
Unit 11: Nutrition	This unit focuses on "Self-Management." We help students realize they can make small, daily choices that help them feel their best. Unit Objectives: • Food Explorers: Your child will learn why it's important to try new foods	Year Long

	and how different foods give us the energy we need to play. • Healthy Categories: Students will learn to identify foods that belong in different groups (like fruits, veggies, and grains) using "MyPlate" ideas. • Trusted Helpers: Students will identify the adults in their lives (like parents or the school nurse) who help them make healthy food decisions. • Clean Habits: We will practice identifying the importance of washing our hands before we eat to stay healthy.	
Unit 12: Soccer	We focus on "Foot-Eye Coordination." Students learn to move a ball using only their feet while looking where they are going. Unit Objectives: • Dribbling with Feet: Children will practice using small "soccer touches" to keep the ball close to their feet while moving. • Kicking for Accuracy: Students will learn to use the inside of their foot to pass a ball to a friend or toward a goal. • Boundaries and Rules: We focus on staying inside the "lines" of the field and following the specific rules of soccer. • Kind Competition: Students will practice treating opponents with dignity and respect, even during a high-energy game.	3 Weeks