Grade Level: 1 **Course Title: Physical Education** **Topic/Concept: Movement & Spacial Awareness**

Time Allotment: 2 classes **Unit Sequence: 1**

Major Concepts to be learned:

1. Students will learn about basic movement and spatial awareness concepts needed to participate in physical education activities.

Expected Skills to be demonstrated:

1. Personal Space
2. Body and Spacial Awareness
3. Basic Movement Skills

PA Standards/Anchors:

SHAPE America National Physical Education Standards
2.2.1, 3.2.3, 3.2.4, 3.2.5, 3.2.6, 3.2.7

Eligible Content:

- Various tasks, activities and games will be used to teach students about personal space, body and special awareness and basic movements.

Instructional Strategies:

- Games
- Demonstration
- Small groups
- Performance tasks

Assessments:

- Teacher Observation

Grade Level: 1 | **Course Title: Physical Education** | **Topic/Concept: Locomotor Skills**

Time Allotment: 4 classes | **Unit Sequence: 2**

Major Concepts to be learned:

1. Basic Locomotor Movements

Expected Skills to be demonstrated:

1. Walk, run, hop, slide, gallop, skip, jump and leap

PA Standards/Anchors:

SHAPE America National Standards
1.2.1, 1.2.2, 1.2.3, 1.2.16, 2.2.1, 2.2.2, 2.2.3, 2.2.4, 2.2.7, 2.2.9, 3.2.1, 3.2.2, 3.2.3, 3.2.4, 3.2.5, 3.2.6, 4.2.4, 4.2.5, 4.2.7, 4.2.8

Eligible Content:

- Various games, stations and activities will be used to practice the locomotor movements.

Instructional Strategies:

- Games
- Demonstration
- Small groups
- Performance task

Assessments:

- Teacher observation

Grade Level: 1 | **Course Title: Physical Education** | **Topic/Concept: Chasing/Fleeing/Dodging**

Time Allotment: 4 classes | **Unit Sequence: 3**

Major Concepts to be learned:

1. Game Playing strategies of chasing, fleeing and dodging and how to use them in a game.
2. Teamwork and good sportsmanship

Expected Skills to be demonstrated:

1. Chasing, fleeing and dodging skills
2. Teamwork
3. Good Sportsmanship

PA Standards/Anchors:

SHAPE America National Standards
1.2.1, 1.2.3, 1.2.4, 2.2.1, 2.2.2, 2.2.3, 2.2.4, 3.2.1, 3.2.2, 3.2.3, 3.2.4, 3.2.5, 3.2.6, 3.2.7, 4.2.4, 4.2.5, 4.2.7, 4.2.84.2.9

Eligible Content:

- Various games and activities will be played in order to practice the skills of chasing, fleeing and dodging.

Instructional Strategies:

- Games
- Demonstration
- Small groups
- Performance task

Assessments:

- Teacher observation

Grade Level: 1 **Course Title: Physical Education** **Topic/Concept: Cooperation-Parachute**

Time Allotment: 2 classes **Unit Sequence: 4**

Major Concepts to be learned:

1. Students will learn how to work together as a team to accomplish a goal with the parachute.

Expected Skills to be demonstrated:

1. Cooperation and teamwork
2. Parachute rules
3. Parachute techniques and games (umbrella, mushroom, circus tent, etc)

PA Standards/Anchors:

SHAPE America National Standards
1.2.2, 2.2.1, 3.2.1, 3.2.2, 3.2.3, 3.2.4, 3.2.5, 3.2.6, 3.2.7, 4.2.2, 4.2.4, 4.2.8

Eligible Content:

- Parachute activities and games will be used to develop teamwork and cooperation.

Instructional Strategies:

- Games
- Demonstration
- Performance task

Assessments:

- Teacher observation

Grade Level: 1 | **Course Title: Physical Education** | **Topic/Concept: Manipulative Skills**

Time Allotment: 6 classes | **Unit Sequence: 5**

Major Concepts to be learned:

1. Manipulative skills necessary for participation in a variety of activities and games.

Expected Skills to be demonstrated:

1. Throw
2. Catch
3. Kick
4. Strike
5. Roll

PA Standards/Anchors:

SHAPE National Standards
1.2.2, 1.2.3, 1.2.4, 1.2.5, 1.2.6, 1.2.7, 1.2.8, 1.2.9, 1.2.10, 1.2.11, 1.2.12, 1.2.13, 1.2.14, 2.2.1, 2.2.3, 2.2.6, 2.2.7, 2.2.9, 3.2.1, 3.2.2, 3.2.3, 3.2.4, 3.2.5, 3.2.6, 3.2.74.2.1, 4.2.2, 4.2.4, 4.2.5, 4.2.6, 4.2.7, 4.2.8

Eligible Content:

- Practice sessions, stations and lead up games will be performed in order to develop the skills of throwing, catching, kicking, striking and rolling.

Instructional Strategies:

- Cooperative groups
- Demonstration
- Performance tasks
- Hands on activity
- Lead up games

Assessments:

- Teacher observation

Grade Level: 1 | **Course Title: Physical Education** | **Topic/Concept: Scooters**

Time Allotment: 2 classes | **Unit Sequence: 6**

Major Concepts to be learned:

1. Scooter safety
2. Basic movement techniques needed for scooter activities

Expected Skills to be demonstrated:

1. Knowledge of scooter safety rules
2. Ability to move forward, backward and side to side on scooter using feet
3. Ability to move in various directions on the scooter using hands

PA Standards/Anchors:

Shape America National Standards
2.2.1, 3.2.2, 3.2.3, 3.2.4, 3.2.5, 3.2.6, 3.2.7, 4.2.4

Eligible Content:

- Students will participate in various activities and games utilizing scooters.

Instructional Strategies:

- Demonstration
- Performance task
- Hands on activity
- Lead up games

Assessments:

- Teacher observation

Grade Level: 1 | **Course Title: Physical Education** | **Topic/Concept: Hula Hoops**

Time Allotment: 2 classes | **Unit Sequence: 7**

Major Concepts to be learned:

1. Personal Space
2. Hula hoop skills
3. Realize fitness benefits of hula hoop activities

Expected Skills to be demonstrated:

1. Hula hooping on various body parts (legs, waist, arm, neck)

PA Standards/Anchors:

SHAPE America National Standards
1.2.1, 2.2.1, 2.2.3, 2.2.6, 3.2.2, 3.2.3, 3.2.4, 3.2.5, 3.2.6, 3.2.7, 4.2.1, 4.2.2, 4.2.4, 4.2.5, 4.2.6

Eligible Content:

- Students will perform various tasks with the hula hoop in order to improve their skills and improve fitness.

Instructional Strategies:

- Cooperative groups
- Demonstration
- Performance task
- Hands on activity

Assessments:

- Teacher observation

Grade Level: 1 | **Course Title: Physical Education** | **Topic/Concept: Dance**

Time Allotment: 4 classes | **Unit Sequence: 8**

Major Concepts to be learned:

1. Knowledge and skills to appropriately participate in a variety of dance activities.

Expected Skills to be demonstrated:

1. Rhythmic movement
2. Basic dance steps and routings (chicken dance, hockey pokey, etc.)

PA Standards/Anchors:

SHAPE America National Standards
1.2.15, 2.2.1, 2.2.5, 3.2.2, 3.2.3, 3.2.4, 3.2.5, 4.2.1, 4.2.2, 4.2.4, 4.2.5

Eligible Content:

- Various dance activities will be introduced to develop rhythm and improve fitness.

Instructional Strategies:

- Small groups
- Demonstration
- DVDs/CDs
- Performance task

Assessments:

- Teacher observation

Grade Level: 1 | **Course Title: Physical Education** | **Topic/Concept: Playground Games**

Time Allotment: 4 classes | **Unit Sequence: 9**

Major Concepts to be learned:

1. Learn how to be a good teammate
2. Good sportsmanship
3. Basic rules of various games

Expected Skills to be demonstrated:

1. Knowledge of basic rules and skills necessary to play various playground games such as kickball and powball
2. Teamwork
3. Good Sportsmanship

PA Standards/Anchors:

SHAPE America National Standards
1.2.1, 1.2.4, 1.2.7, 1.2.8, 1.2.9, 1.2.10, 1.2.12, 1.2.13, 1.2.14, 2.2.1, 3.2.1, 3.2.2, 3.2.3, 3.2.4, 3.2.5, 3.2.6, 3.2.7, 4.2.4, 4.2.5, 4.2.7, 4.2.8

Eligible Content:

- Students will play various playground games such as kickball or powball that develop basic skills as well as teamwork and sportsmanship.

Instructional Strategies:

- Games
- Cooperative groups
- Demonstration

Assessments:

- Teacher observation

Grade Level: 1 **Course Title: Physical Education** **Topic/Concept: Tumbling**

Time Allotment: 6 classes **Unit Sequence: 10**

Major Concepts to be learned:

1. Knowledge and skills necessary to participate in various tumbling activities.

Expected Skills to be demonstrated:

1. Tumbling safety
2. Mats (rolls, tripod, bridge)
3. Balance beam (walk forward and backward, turns and balances)
4. Springboard (straight jump, tuck jump, half turn)

PA Standards/Anchors:

SHAPE National Standards
1.2.1, 1.2.2, 1.2.5, 1.2.15, 2.2.1, 2.2.7, 3.2.1, 3.2.2, 3.2.3, 3.2.4, 3.2.5, 3.2.6, 3.2.7, 3.2.8, 3.2.10, 4.2.4, 4.2.5, 4.2.6, 4.2.7, 4.2.8

Eligible Content:

- Tumbling activities will be demonstrated and practiced on the mat, balance beam and springboard.

Instructional Strategies:

- Demonstration
- Small groups
- Performance tasks
- Hands on activity

Assessments:

- Teacher observation