DRISCOLL ISD PHYSICAL EDUCATION

1st Grade PE Syllabus

2026–2027 School Year

Driscoll Dragons Physical Education
Grade: 1st Grade
Course: Physical Education (PE)

Course Purpose

First Grade Physical Education provides students with opportunities to develop fundamental movement skills, coordination, confidence, teamwork, and healthy habits through developmentally appropriate activities.

PE Schedule

Assigned PE Schedule: ☐ MWF (Monday • Wednesday • Friday)
☐ TTHF (Tuesday • Thursday • Friday)

Students should come prepared for physical activity on their assigned PE days. **Athletic or tennis shoes are strongly recommended.**

What We Will Learn

Students will practice:

- Running, hopping, jumping, galloping, sliding, and skipping
- Balance, coordination, and body control
- Throwing, catching, rolling, and kicking
- Introductory dribbling and striking
- Spatial awareness
- Fitness through movement
- Cooperation and teamwork
- Good sportsmanship
- Safe use of equipment

9-Weeks Overview of Instruction

1st 9 Weeks – Movement Foundations

- PE procedures and safety
- Personal and general space

- Locomotor skills
- Balance and coordination
- Body control
- Movement pathways and directions
- Fitness through movement
- Cooperation and teamwork

2nd 9 Weeks – Object Control Skills

- Throwing and catching
- Rolling and accuracy
- Kicking and ball control
- Introductory dribbling
- Introductory striking
- Movement and rhythm
- Sportsmanship

3rd 9 Weeks – Skill Development & Games

- Combining locomotor and object-control skills
- Throwing and catching while moving
- Kicking and dribbling activities
- Target activities
- Fitness stations
- Partner and small-group games
- Following game rules

4th 9 Weeks – Skill Application & Fitness

- Fundamental skill review
- Movement challenges
- Introductory team activities
- Cooperative games
- Fitness and endurance activities
- Recreational activities
- End-of-year skill review

Instruction may be adjusted based on student needs, facilities, equipment, weather, school events, and the PE rotation.

Dragon PE Expectations

Students should:

- Be safe.
- Be respectful.
- Be responsible.
- Listen and follow directions.
- Participate and try new activities.
- Use equipment appropriately.
- Cooperate with classmates.
- Demonstrate good sportsmanship.

Participation & Assessment

Assessment may include:

- Participation
- Effort
- Following directions
- Safe behavior
- Movement skill development
- Cooperation
- Sportsmanship
- Individual improvement

Effort and improvement are more important than winning.

Shoes, Clothing & Safety

Athletic or tennis shoes are strongly recommended. Clothing should allow students to safely run, jump, stretch, and participate.

Students should follow activity boundaries, maintain personal space, use equipment as instructed, and immediately report injuries or illness.

Our Driscoll Dragon Promise

Move Safely. • Listen Carefully. • Try Our Best. • Be Kind. • Help Others. • Have Fun.

Parent/Guardian Acknowledgment

We have reviewed the **Driscoll ISD 1st Grade Physical Education Syllabus** and understand the expectations for participation in PE.

Student Name: _____

PE Schedule: ☐ MWF ☐ TTHF

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

DRISCOLL DRAGONS

Be Safe • Be Respectful • Be Responsible • Do Your Best