

Grade 1 Physical Education



Values Physical Activity

Course Curriculum

Physical Education Assessments

Power Objectives

P.O. #8: Identifies reasons to value and participate in physical activity

Academic Vocabulary

- ☐ physical activity
- ☐ health benefits

Enduring Understandings

Students understand that...

- Physical movement can be creative, enjoyable and individually rewarding
- Participation in physical activities/sports can provide an opportunity for developing an understanding and respect for differences among people

Essential Questions

- How can physical activity provide a wide range of lifelong benefits?
- How will physical activity help me now and in the future?