SUBJECT: Physical Education	**GRADE: 1**
UNIT TITLE: Locomotor Movements	**TIMEFRAME:**
UNIT OVERVIEW	
I can demonstrate competency in a variety of motor skills and movement patterns.	
LRG SKILLS AND DISPOSITIONS	**PA STANDARDS**
Healthy Living, Wellness, and Self-Awareness Resilience & Grit: Unit Locomotor movements, giving best effort and applying teacher directive. (D4A)	10.5.3 A. Recognize and use basic movement skills and concepts. B. Recognize and describe the concepts of motor skill development using appropriate vocabulary.
COMPETENCIES	**LEARNING TARGETS**
Competency: Locomotor Movements	• I can walk, run, jump, hop, side shuffle, skip, and gallop. (K1PEA1C1)
Competency: Sport-Related Manipulative Skills	• I can dribble with two hands. • I can swing and strike an object. • I can follow cues for throwing, catching, and rolling.

SUBJECT: Physical Education	**GRADE: 1**
UNIT TITLE: Movement in Space	**TIMEFRAME:**
UNIT OVERVIEW	
I can display spatial awareness skills.	
LRG SKILLS AND DISPOSITIONS	**PA STANDARDS**
Healthy Living, Wellness, and Self-Awareness Honesty, Integrity & Responsibility: Tagging games & Invasion activities, Continuous. (D3A)	10.5.3 A. Recognize and use basic movement skills and concepts. B. Recognize and describe the concepts of motor skill development using appropriate vocabulary. F. Recognize and describe game strategies using appropriate vocabulary.
COMPETENCIES	**LEARNING TARGETS**
Competency: Personal Space	• I can move and maintain personal space with an object (K1PEA2B1)
Competency: Movement Pattern	• I maintain my balance while changing my speed and direction (K1PEA1B3)

SUBJECT: Physical Education	**GRADE: 1**
UNIT TITLE: Exercise and the Body	**TIMEFRAME:**
UNIT OVERVIEW	
I can demonstrate knowledge and skills to achieve a health-enhancing level of physical activity and fitness.	
LRG SKILLS AND DISPOSITIONS	**PA STANDARDS**
Healthy Living, Wellness, and Self-Awareness Resilience & Grit: Physical Fitness, Fitness stations, and practice PACER run. (D4A)	10.5.3 D. Identify and use principles of exercise to improve movement and fitness activities
COMPETENCIES	**LEARNING TARGETS**
Competency: Body Response to Exercise	● I can feel my heart beating faster. I start to feel thirsty because I am breathing hard. (K1PEA3B1)
Competency: Health Related Fitness	● I understand that endurance is when I can move for a long time. (K1PEA3B2)

SUBJECT: Physical Education	**GRADE: 1**
UNIT TITLE: Personal Responsibility	**TIMEFRAME:**
UNIT OVERVIEW	
I can exhibit responsible personal and social behavior that respects myself and others.	
LRG SKILLS AND DISPOSITIONS	**PA STANDARDS**
Healthy Living, Wellness, and Self-Awareness Honesty, Integrity, & Responsibility: Physical Fitness, Bodyweight exercises & Fitness Stations. (D3A)	10.3.3 A. Recognize safe/unsafe practices in the home, school, and community. C. Recognize conflict situations and identify strategies to avoid or resolve.
COMPETENCIES	**LEARNING TARGETS**
Competency: Personal Responsibility	● I ask questions when I don't understand directions. (K1PEA4B1)
Competency: Safety	● I can understand and demonstrate personal space. (K1PEA4B2)

SUBJECT: Physical Education	**GRADE: 1**
UNIT TITLE: Benefits of Physical Activity	**TIMEFRAME:**
UNIT OVERVIEW	
I can recognize the value of physical activity for health, enjoyment, challenge, self-expression, or social interaction.	
LRG SKILLS AND DISPOSITIONS	**PA STANDARDS**
Healthy Living, Wellness, and Self-Awareness Collaboration and Teamwork: Physical Fitness & Invasion Games. (S1A)	10.4.3 A. Identify and engage in physical activities that promote physical fitness and health. B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities. C. Know and recognize changes in body responses during moderate to vigorous physical activity.
COMPETENCIES	**LEARNING TARGETS**
Competency: Personal Value	• I understand exercise makes my heart healthy and my muscles stronger. (K1PEA5B1)
Competency: Social Interaction and Enjoyment	• I can enjoy playing and working together with friends. (K1PEA5B2)