

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	
<u>Competency:</u> Locomotor Movements		I can walk, run, jump, hop, side shuffle, skip and gallop.(K1PEA1C1)	
<u>Competency:</u> 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	
<u>Competency</u> : Body Response to Exercise		I can feel my heart beating faster. I start to feel thirsty because I am breathing hard. (K1PEA3B1)	
<u>Competency</u> : 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, Body weight 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	
<u>Competency</u> : Body response to Exercise		- I can feel my heart beating faster. (K1PEA3B1) - I start to feel thirsty because I am breathing hard. (K1PEA3B1)	
<u>Competency</u> : Health related fitness		I understand that endurance is when I can move for a long time. (K1PEA3B2)	

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	
<u>Competency:</u> Personal Value		I understand exercise makes my heart healthy and my muscles stronger.(K1PEA5B1)	
<u>Competency:</u> Social Interaction and Enjoyment		I can enjoy playing and working together with friends. (K1PEA5B2)	