

FIRST GRADE: PHYSICAL EDUCATION

Overview

Students will use a variety of sports, dance, exercises, and movements to show knowledge of:

- *Locomotor Skills/Non-locomotor Skills* - Walk, run, gallop, slide, hop while changing directions. Non-locomotor skills, mirroring or matching a partner. Balancing in a variety of ways. Rocking, forward and backwards, side to side. Move to a rhythmic beat or pattern.
- *Manipulative skills* - Throw and catch a self tossed object with hands or implement. Strike an object, kick a ball, dribble an object with hands and feet, roll a ball to a target.
- *Movement concepts* - Movement vocabulary: body,space,effort and relationships. Understand relationships: lead,follow,over,under in a variety of activities. Different degrees of force,speed,and directions. Concepts of self and general space.
- *Knowledge of critical elements* - Know the difference between non-locomotor and manipulative skills. Know cue words for motor skills to improve performances.
- *Physical activity knowledge and evaluation of activity, healthy habits in relation to physical activity* - Identify opportunities for physical activities during the school day. Track the amount of physical activity during the day. Knowledge of healthy and unhealthy food and beverages for physical activity.
- *Cardio, Muscular strength, Flexibility* - Identify activities that align with health-related fitness. Identify the heart as a muscle and it grows stronger with exercise and physical activity. Knowledge of ways to strengthen muscles and stretch muscles in the upper and lower body.
- *Self-direction and Safety* - Respond positively to reminders of appropriate safety rules. Follow directions and handle equipment safely. Work safely in self and shared spaces. Explain rules related to safety and activity-specific procedures.
- *Cooperation and Respect* - Follow instructions and class rules. Describe examples of cooperation and sharing. Have consideration of others skill or fitness levels.
- *Health reasons to be physically active* - Recognize more physical activity leads to better health.
- *Enjoyment* - Knowledge of why a physical activity is fun.

Textbooks

NA



Supplemental Materials

- Various sports equipment (ex. soccer balls, footballs, hockey sticks, scooters, etc)
- Hula hoops
- Jump ropes
- Mats

Assessments

- Running, skipping, hopping, gallop/slide, jumping, rolling, balance and rhythm.
- Catching, throwing, kicking, striking, and dribbling.
- Movement in levels, space, close-far, push-pull, and quickly-slow.
- Written assessment of skill knowledge.
- Physical activity and healthy choice worksheet assessment.
- Physical activity worksheet
- Safe and self-direction assessment
- Cooperate, respect others, resolving conflict assessment.
- Please Join Me - written assessment.

Standards

[Physical Education Ohio Learning Standards](#)

Pacing Guide

[First Grade P.E. Pacing Guide](#)