

Grade 1 Physical Education (#5015030) Scope & Sequence 2018-2019

External factors such as weather, space availability, etc. may impact actual dates of units.

Quarter 1	Quarter 2	Quarter 3	Quarter 4
<p><u>Introduction to Physical Education: Safety, Rules and Procedures</u> (1 week)</p> <p>PE.1.C.2.2 - Identify safety rules and procedures for teacher-selected physical activities. PE.1.R.5.2 - Use physical-activity space safely and properly. PE.1.R.5.3 - Demonstrate consideration of others while participating in physical activity.</p> <p><u>Movement Concepts</u> (3 weeks)</p> <p>PE.1.C.2.5 - Recognize the importance of practicing to improve performance. PE.1.C.2.8 - Identify movement concepts. PE.1.R.6.3 - Identify the benefits of learning new movement skills.</p>	<p><u>Cooperative Games</u> (3 weeks)</p> <p>PE.1.M.1.13 - Chase, flee and dodge to avoid or catch others. PE.1.R.5.1 - List a benefit resulting from cooperation and sharing during physical activity.</p> <p><u>Nutrition</u> (2 weeks)</p> <p>PE.1.L.4.7 - Identify the food groups.</p> <p><u>Health Related Physical Fitness: Muscular Strength, Endurance & Flexibility</u> (2 weeks)</p> <p>PE.1.L.3.6 - Identify the health benefits of physical activity. PE.1.L.4.1 - Identify a benefit of strengthening muscles. PE.1.L.4.2 - Identify the components of health-related physical fitness. PE.1.L.4.3 - Identify the changes</p>	<p><u>Manipulatives: Kicking, Catching, Throwing, Dribbling</u> (4 weeks)</p> <p>PE.1.C.2.7 - Identify dominant hand/foot for use with throwing/dribbling/striking/kicking skills. PE.1.M.1.5 - Dribble an object with hands or feet while demonstrating control in general space. PE.1.M.1.7 - Move in different directions to catch a variety of self-tossed objects. PE.1.M.1.8 - Demonstrate an underhand-throwing motion for accuracy using correct technique. PE.1.M.1.9 - Demonstrate an overhand-throwing motion for distance using correct technique..</p> <p><u>Striking with Body Parts</u> (3 weeks)</p> <p>PE.1.M.1.2 - Strike an object upward using body parts.</p>	<p><u>Lifetime Physical Activity & Behaviors/Technology</u> (6 weeks)</p> <p>PE.1.C.2.3 - Identify technology that can be utilized to enhance physical activity. PE.1.C.2.9 - Name examples of warm-up and cool-down exercises. PE.1.L.3.1 - Identify a moderate physical activity. PE.1.L.3.2 - Identify a vigorous physical activity. PE.1.L.3.3 - Identify opportunities for involvement in physical activities during the school day. PE.1.L.3.4 - Identify opportunities for involvement in physical activities after the school PE.1.L.3.5 - Set physical-activity goals. PE.1.R.6.2 - Identify feelings resulting from participation in physical activity.</p>

<p><u>Locomotor Skills and Movement Patterns</u> (4 weeks)</p> <p>PE.1.C.2.1 - Identify the critical elements of locomotor skills. PE.1.C.2.6 - Use skill cues to improve performance. PE.1.M.1.1 - Travel using various locomotor skills while changing directions, pathways and speeds. PE.1.M.1.14 - Use a variety of takeoff and landing patterns to jump, hop and leap safely in relation to various types of equipment.</p> <p><u>Pedestrian Safety</u> (1 week)</p> <p>PE.1.L.3.7 - Identify edges, pedestrians, vehicles and traffic.</p>	<p>in heart rate before, during and after physical activity. PE.1.L.4.4 - Identify the difference in the activity of the heart during rest and while physically active. PE.1.L.4.5 - Discuss the physiological signs of physical activity. PE.1.L.4.6 - Identify how to properly flex and extend body parts to promote flexibility. PE.1.R.6.1 - Identify physical-activity preferences.</p> <p><u>Educational Dance/Educational Gymnastics</u> (2 weeks)</p> <p>PE.1.M.1.10 - Perform a self-designed creative movement/dance sequence with a clear beginning balance, use of one movement and a different and clear ending shape. PE.1.M.1.11 - Demonstrate a sequence of a balance, a roll and a different balance. PE.1.M.1.12 - Demonstrate the ability to take weight onto hands.</p>	<p><u>Striking with Implements</u> (4 weeks)</p> <p>PE.1.M.1.3 - Strike a lightweight object upward continuously using a paddle/racket. PE.1.M.1.4 - Strike a stationary object a short distance using a modified, long-handled implement so that the object travels in the intended direction.</p>	<p><u>Hot Weather Activities: Lummi Sticks, Cup Stacks, Jenga</u> (2 weeks)</p> <p>PE.1.C.2.5 - Recognize the importance of practicing to improve performance.</p> <p><u>Aquatics/Heat/Sun Safety</u> (2 weeks)</p> <p>PE.1.C.2.4 - Identify the rules for safe water activities, and recognize the importance of having a lifeguard near water or in a swimming facility. PE.1.M.1.6 - Demonstrate a variety of basic water skills.</p> <p>End of Course Assessment (1 week)</p>
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ELL Standards, embedded throughout the course

ELD.K12.ELL.SI.1 English language learners communicate for social and instructional purposes within the school setting.

Mathematical Standards, embedded throughout the course

MAFS.1.OA.3.5 - Relate counting to addition and subtraction (e.g., by counting on 2 -to add 2).

Language Arts Standards, embedded throughout the course

LAFS.K12.L.3.4 - Determine or clarify the meaning of unknown and multiple-meaning words and phrases by using context clues, analyzing meaningful word parts, and consulting general and specialized reference materials, as appropriate.

Health Standards, embedded throughout the course

HE.1.B.5.2 - Identify healthy options to health-related issues or problems.

HE.1.C.1.3 - Describe ways to prevent common communicable diseases.

HE.1.P.8 - 1 - Encourage others to make positive health choices.