

Wallenpaupack Area School District

Course: Physical Education

GRADE LEVEL: Grade 1

LENGTH OF COURSE:

TEXT:

PUBLISHER:

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COURSE DESCRIPTION:

AREAS OF STUDY:

Wellness and Fitness
Body and Spatial Awareness
Movement Exploration
Ball Handling
Manipulative Skills
Rhythmic Activities

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Wallenpaupack Area School District

Course: Physical Education

Grade Level: Grade 1st

Unit: Wellness and Fitness

PA Standard: 10.4.3.A,B,C,D,E,F
10.5.3.A,B,C,D

<p>Topics:</p> <ul style="list-style-type: none"> I. Flexibility II. Cardiovascular endurance III. Muscular strength IV. FITT (introduce) 	<p>Skills:</p> <ul style="list-style-type: none"> I. Flexibility <ul style="list-style-type: none"> Warm-up/cool-down stretching Yoga II. Cardiovascular Endurance <ul style="list-style-type: none"> Daily jog/walk or locomotor movement (increase time throughout the year) Jump rope Aerobic activity/game III. Muscular strength <ul style="list-style-type: none"> Upper body Abdominal Legs IV. FITT (introduce) <ul style="list-style-type: none"> F - frequency I - intensity T - time T - type
<p>Activities:</p> <ul style="list-style-type: none"> Teacher led stretches (why stretch, proper and appropriate) Importance of warm-up and cool-down Jog/walk Pacing – how? /why? Push-ups Wall apparatus (pull-ups/arm hang and climbing ladder) Sit-ups 	<p>Performance Assessment:</p> <ul style="list-style-type: none"> Participations Teacher observation Formative assessment (pre-post) 1-minute sit-up test Discussion

Wallenpaupack Area School District

Course: Physical Education

Grade Level: Grade 1st

Unit: Body and Spatial Awareness

PA Standard: 10.4.3.A,B,E,F
10.5.3.A,B,C,E

<p>Topics:</p> <ul style="list-style-type: none"> I. Self-space II. General space III. Body awareness 	<p>Skills:</p> <ul style="list-style-type: none"> I. Demonstrate a knowledge and understanding of self-space II. Safe movement with regard to: <ul style="list-style-type: none"> a. Location (self and others) b. Direction c. Levels d. Pathways e. Speed III. Relationship of body parts moving safely with others
<p>Activities:</p> <ul style="list-style-type: none"> Finding self-space Discuss importance/safety Demonstrate/practice Polyspots (over, under, on, behind, etc.) Perform locomotor movements in general space Games Discuss and practice levels, pathways, speed Control your body in self and general space 	<p>Performance Assessment:</p> <ul style="list-style-type: none"> Teacher observation Participation

Wallenpaupack Area School District

Course: Physical Education

Grade Level: Grade 1st

Unit: Movement Exploration

PA Standard: 10.4.3.A,B,C,D,E,F
10.5.3.A,B,C,D

Topics:	Skills:
<ul style="list-style-type: none"> I. Locomotor movements II. Non-locomotor movements III. Balance activities IV. Cooperation and sportsmanship 	<ul style="list-style-type: none"> I. Locomotor movements <ul style="list-style-type: none"> a. Walk b. Run/jog c. Hop d. Jump e. Skip f. Gallop g. Leap h. Step and slide II. Non-locomotor movements <ul style="list-style-type: none"> a. Bend/stretch b. Push/pull c. Swing/sway d. Twist/turn III. Balance activities <ul style="list-style-type: none"> a. Animal walks b. Basic rolls c. Basic stands d. Partner stunts IV. Cooperation and sportsmanship <ul style="list-style-type: none"> a. Partner activities b. Small group c. Teams d. Positive attitude
Activities:	Performance Assessment:
<ul style="list-style-type: none"> Discussion and demonstration Proper form Critical elements Perform locomotor movements in a variety of activities Game play (substitute movements) Perform movement asked by teacher Discuss, demonstrate and perform non-locomotor movements Proper form Critical elements Developmentally appropriate activities on the mats Cooperative activities 	<ul style="list-style-type: none"> Teacher observation Skill checklist (critical elements) Participation Partner observation Students gain an appreciation for cooperating and sharing in class activities

Wallenpaupack Area School District

Course: Physical Education

Grade Level: Grade 1st

Unit: Ball Handling

PA Standard: 10.4.3.A,D,E,F
10.5.3.A,C,E,F

Topics:	Skills:
I. Exploration	I. Ball exploration <ul style="list-style-type: none"> a. Around, over, under b. Moving the ball with different body parts
II. Throwing and catching a variety of objects	II. Throwing and catching <ul style="list-style-type: none"> a. Underhand throw <ul style="list-style-type: none"> 1. Pendulum swing 2. Opposite foot in front 3. Follow through to target b. Catching <ul style="list-style-type: none"> 1. Eyes on the object face partner 2. Eyes follow the object to hand
III. Tossing	III. Tossing <ul style="list-style-type: none"> a. Bean bags b. Variety of objects
IV. Rolling exploration	IV. Rolling <ul style="list-style-type: none"> a. Hand position b. Step with opposite foot c. Swing d. Release/follow through
V. Dribbling	V. Dribbling <ul style="list-style-type: none"> a. Hand-fingers-pushball/don't slap b. Foot-tap
VI. Kicking	VI. Kicking <ul style="list-style-type: none"> a. Stationary ball <ul style="list-style-type: none"> 1. Plant opposite foot 2. Swing 3. Follow through b. Rolling ball
VII. Trapping	VII. Trapping <ul style="list-style-type: none"> a. Keep eyes on ball b. Lift foot c. Stop ball under your foot
VIII. Striking/Flicking	VIII. Striking/Flicking <ul style="list-style-type: none"> a. Hand <ul style="list-style-type: none"> 1. Stationary 2. Tossed object 3. Moving object b. With bat <ul style="list-style-type: none"> 1. Off a tee 2. Pitched ball c. Racquet

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Activities:	Performance Assessment:
Varyity of equipment – child selects object to discover and explore moving the object Discussion and demonstration Partner and self check of critical elements Targets to toss objects at Rolling a ball to your partner Rolling a ball to knock over bottles Discussion and demonstrates one hand dribble Practice and feedback	Teacher observation Checklist of critical elements Participation Partner observation and checklist completion

Wallenpaupack Area School District

Course: Physical Education

Grade Level: Grade 1st

Unit: Manipulative Skills

PA Standard: 10.4.3.A,D,E,F
10.5.3.A,B,D,E,F

Topics: Manipulative movement activities	Skills: Identify and perform locomotor, non-locomotor and manipulative fundamental movement patterns
Activities: Parachute Jump ropes Scooters Juggling (i.e., scarves, streamers, beanbags, etc.) Frisbee	Performance Assessment: Teacher observation Student self check of accomplished manipulative skills Dialogue of critical elements

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Course: Physical Education

Grade Level: Grade 1st

Unit: Rhythmic Activities

PA Standard: 10.4.3.A,D,E
10.5.3.A

Topics: Basic movements, rhythmic exercises, musical activities	Skills: Students identify and apply basic movement patterns during various musical and/or dance activities
Activities: Basic/creative movements through music (i.e., Hokey Pokey) Current dance movements Student-creative dance movements to music	Performance Assessment: Teacher observation Participation