

First Grade P.E. Curriculum

Curriculum Heading	District Curriculum Statement	Aligned State Standards	Teacher Resources	Performance Indicators
Physical Competency	Demonstrate control when performing fundamental locomotor, non-locomotor and manipulative skills	19.A.1	Cones, Gator Skin balls, Yarn Balls, Bean Bags, Scarves, Poly Spots,	<ol style="list-style-type: none"> 1. Develop responsibility for safe movement practices. 2. Respond to cues that enhance the development of basic locomotor, non-locomotor, and manipulative skills. 3. Demonstrate locomotor, non-locomotor, and manipulative skills. 4. Understand the differences between personal space and general space.
Movement Awareness	Understand spatial awareness and objects and people.	19.B.1	Bosu's, Swiss Exercise Balls, Wobble Boards, Balance Beam	<ol style="list-style-type: none"> 1. Respond to teacher prompts that enhance the development of weight bearing and balance activities on a variety of body parts. 2. Demonstrate spatial awareness (behind, ahead of, next to, near to, over, under, on, through, beside).
Rules and Safety	Demonstrate safe movement in physical activities.	19.C.1	Teacher Directed Activities Regarding Rules & Procedures	<ol style="list-style-type: none"> 1. Recite the safety rules for daily activities. 2. Participate safely in the day's physical activity. 3. Repeat the safe practices and/or behaviors for the day's physical activity. 4. Demonstrate safe movement in general and personal space. 5. List possible injuries that can occur when not following safety rules.
Effects of Exercise on Body	Identify characteristics of health-related fitness (e.g., flexibility, muscular strength).	20.A.1a	Teacher Directed Discussion & Activities	<ol style="list-style-type: none"> 1. Identify activities that will change your heart rate
Personal Fitness	Engage in sustained physical activity that causes increased heart rate, muscle strength and range of movement.	20.A.1b	Teacher Directed Activities	<ol style="list-style-type: none"> 1. Participate in health-related fitness activities.

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Personal Fitness	Describe immediate effects of physical activity on body (e.g., faster heartbeat, increased pulse rate, increased breathing rate).	20.B.1	Teacher Directed Discussion & Activities	<ol style="list-style-type: none"> 1. Describe what happens to the body when one exercise 2. Recognize that physical activity will increase the heart rate. 3. Engage in physical activities that will cause increased heart rate.
Personal Fitness	Identify a realistic health-related goal.	20.C.1.	Teacher Directed Activities	<ol style="list-style-type: none"> 1. Discuss realistic health-related fitness goals.
Safety/Rules and Procedures	Follow directions and class procedures while participating in physical activities.	21.A.1a	Teacher Directed Discussion on Rules & Safety Practices	<ol style="list-style-type: none"> 1. Listen to class procedures for the day's physical activity. 2. Remember the safety procedures that should be followed for the day's physical activity. 3. Repeat safe practices and/or behaviors for the day's physical activity.
Safety/Rules and Procedures	Use Identified procedures and safe practices with little or no reinforcement during group physical activities.	21.A.1b	Self Management	<ol style="list-style-type: none"> 1. Participate safely in the day's physical activity.
Safety/Rules and Procedures	Work independently on tasks for short periods of time	21.A.1c	Individual Roles Within Group Activities	<ol style="list-style-type: none"> 1. Demonstrate the ability to work independently during the day's physical activity. 2. Complete part(s) of a task when participating in the day's physical activity.
Safety/Rules and Procedures	Work cooperatively with another to accomplish an assigned task.	21.B.1	Cooperative Learning	<ol style="list-style-type: none"> 1. Listen to safe practices and/or behaviors for the day's structured physical activity. 2. Demonstrate the ability to work cooperatively with a partner for a structured physical activity. 3. Complete part(s) of a task when working a partner or group.