
First Grade Physical Education

Curriculum Guide

Dunmore School District

Dunmore, PA



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First Grade Physical Education

Prerequisite:

- First Grade Student

In first grade, the primary goal is for students to begin to master basic locomotor & non-locomotor skills & concepts. Spatial awareness will continue to develop. Students are introduced to more physical changes that occur as a result of physical activity. In addition, there is an increased emphasis in following directions and interacting appropriately with classmates regardless of differences in a physical setting. Physical education instruction shall include body part identification/body awareness, use of space/ pathways/direction for movement, qualities of movement and fundamental motor skills, fitness activities, rhythmic activities, stunts/tumbling, simple games/relays, sport skills and other activities.

This course meets once a week throughout the entire year.

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Year-at-a-glance

Subject: First Grade Physical Education	Grade Level: First	Date Completed: 1/15/2019
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36 Days

Topic	Resources	Standards
Beginning of the year introduction to Kindergarten Physical Education	Scale and data sheets provided by the school nurse	10.3.3.D
Fitness Jog 1 lap on track Run 1 lap on track Run for the Ribbons Obstacle Course Fitness Stations	Scooters Hula hoops Hurdles Jump rope Basketball Bean bag toss	10.3.3 10.4.3.A 10.4.3.C 10.4.3.F 10.5.3.D
Use of space/ pathways/direction for movement Man from mars Scooter Relays Reindeer Training (Christmas) Egg Hunt	Scooters Cones Jump Ropes Plastic Eggs Balance Beam Bean Bags Buckets	10.3.3.D 10.4.3.A 10.4.3.F
Qualities of movement and fundamental motor skills Treasure Hunt Numbers Relay	Cones Beanbags Hula Hoops	10.4.3.A 10.4.3.B 10.4.3.C 10.4.3.F

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Throwing, Catching, aiming and dodging skills Clean your room Pin bombardment Sink the ship The Perfect pass	Foam dodgeball Multi colored Cones Bowling pins Score Board Scooters Mats Hula hoops	10.3.3.D 10.4.3.A 10.4.3.B 10.5.3.A 10.5.3.C 10.5.3.F
Cooperative learning Games Mr. Bones (Halloween) Turkey Hunt (Thanksgiving) Parachute	Multi- colored cones Halloween buckets Plastic bones Orange cones Multi-Colored cones Thanksgiving themed pictures Parachute Foam balls	10.3.3.D 10.4.3.A 10.4.3.F 10.5.3.A 10.5.3.B 10.5.3.E
Dodging Fleeing activities The Wall Octopus	Cones Foam Dodgeball	10.3.3.D 10.4.3.A 10.4.3.D 10.4.3.B 10.4.3.C 10.4.3.F 10.5.3.A

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
Beginning of the year introduction to Kindergarten Physical Education	Essential Knowledge/Skills: Rules Squads Height/ weight Vocabulary: Squads	Scale and data sheets provided by the school nurse Equipment: Data sheets Scale	Instructor observation	1 day
PA Academic Standards: Health Safety and Physical Education 10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).				

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Fitness Stations	<p>Essential Knowledge/Skills: Ensuring Safety at all times Understanding how to rotate when time is up Weaving in and out of cones Proper way to Jumping and landing on 2 feet Proper way to dribble a basketball Safe way to get onto scooter</p> <p>Vocabulary: Underhand throw High knees Dribbling</p>	Scooters Hula Hoops Hurdles Jump Rope Basketball Bean Bag Toss		2 days
<p>PA Academic Standards: Health Safety and Physical Education 10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down). 10.4.3.A. Identify and engage in physical activities that promote physical fitness and health. 10.4.3 C. Know and recognize changes in body responses during moderate to vigorous physical activity. • heart rate • breathing rate 10.4.3.F. Recognize positive and negative interactions of small group activities. 10.5.3.D. Identify and use principles of exercise to improve movement and fitness activities • frequency/ how often to exercise • intensity/how hard to exercise • time/how long to exercise • type/what kind of exercise</p>				

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<p>Reindeer Training Circuit (Christmas)</p>	<p>Essential Knowledge/Skills: Cooperative learning Teamwork Proper way to use equipment Proper way to rotate Use of safety with equipment</p> <p>Vocabulary: Rotate Balance Underhand Throw Fast Slow Muscular Endurance Strength</p>	<p>Equipment: Scooters Jump Ropes Balance Beam Hurdles Bean Bags Buckets Green Cones</p>	<p>Instructor observation</p>	<p>1 day</p>
<p>Egg Hunt</p>	<p>Essential Knowledge/Skills: Teamwork Dodging and fleeing skills Proper use of equipment</p> <p>Vocabulary: Guard Pick up Distraction Running Dodging</p>	<p>Equipment: Buckets Plastic Eggs Cones</p>	<p>Instructor observation</p>	<p>1 day</p>
<p>PA Academic Standards: Health Safety and Physical Education 10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down). 10.4.3.A. Identify and engage in physical activities that promote physical fitness and health. 10.4.3.F. Recognize positive and negative interactions of small group activities.</p>				

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
<p>Qualities of movement and fundamental motor skills</p> <p>Treasure Hunt</p>	<p>Essential Knowledge/Skills: Proper knowledge of locomotor skills Proper demonstration of specific locomotor skill Adding up bean bags correctly Cooperative leaning Teamwork</p> <p>Vocabulary: Skipping Hopping Galloping Bear crawl Addition</p>	<p>Equipment: Bean bags Hula hoops</p>	<p>Teacher Observation</p>	<p>2 days</p>
<p>Numbers Relay</p>	<p>Essential Knowledge/Skills: Cooperative learning Teamwork Knowledge of locomotor skills Listening skills</p> <p>Vocabulary: Bear crawl Hopping Sliding</p>	<p>Equipment: Cones</p>	<p>Teacher Observation</p>	<p>2 days</p>

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	Backwards run			
PA Academic Standards: Health Safety and Physical Education 10.4.3.A. Identify and engage in physical activities that promote physical fitness and health. 10.4.3.B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities. 10.4.3.C. Know and recognize changes in body responses during moderate to vigorous physical activity. <ul style="list-style-type: none">• heart rate• breathing rate 10.4.3. F. Recognize positive and negative interactions of small group activities.				

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General Topic	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time (In Days)
<p>Throwing, Catching, aiming and dodging skills</p>				
<p>Clean your room</p>	<p>Essential Knowledge/Skills: Knowing the proper throwing mechanics Throwing strategies for the game</p> <p>Vocabulary: Space awareness boundary lines</p>	<p>Equipment: Cones Foam dodgeball</p>	<p>Teacher Observation</p>	<p>2 days</p>
<p>Pin bombardment</p>	<p>Essential Knowledge/Skills: Proper way to throw Throwing strategy Proper way to bowl Bowling strategy Rules of the Game Teamwork Cooperative learning Communication with teammates</p> <p>Vocabulary: Throwing</p>	<p>Equipment: Foam dodgeballs Cones Bowling pins Score Board</p>	<p>Teacher Observation</p>	<p>2 days</p>

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<p>Sink the ship</p>	<p>Defending Bowling Blocking Guarding Team Work</p> <p>Essential Knowledge/Skills: Teamwork Cooperative learning Communication skills crew member- must stay on the mat at all times how to perform a burpee with proper technique</p> <p>Vocabulary: Defending Crew member Lifeboats (scooters) Boats (mats) protectors Burpees</p>	<p>Equipment: Scooters Mats Bowling pins Foam dodge balls</p>	<p>Teacher Observation</p>	<p>2 days</p>
<p>The Perfect pass</p>	<p>Essential Knowledge/Skills: Proper way to throw Proper way to catch Distance and strategy with teammates Addition skills</p>	<p>Equipment: Hula hoops Foam balls Multi- colors cones</p>	<p>Teacher Observation</p>	<p>2 days</p>

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	Vocabulary: Throwing Catching Take away Addition			
<p>PA Academic Standards: Health Safety and Physical Education</p> <p>10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).</p> <p>10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.</p> <p>10.4.3.B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.</p> <p>10.5.3.A. Recognize and use basic movement skills and concepts.</p> <p>10.5.3.C. know the function of practice.</p> <p>10.5.3.F. Recognize and describe game strategies using appropriate vocabulary.</p> <ul style="list-style-type: none"> • faking/dodging • passing/receiving • move MOVING to be open • defending space • following rules of play 				

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PA Academic Standards: Health Safety and Physical Education

10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.

10.4.3.D. Identify the likes and dislikes related to participation in physical activities.

10.4.3.B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities

10.4.3.C. Know and recognize changes in body responses during moderate to vigorous physical activity.

- heart rate
- breathing rate

10.4.3.F. Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

10.5.3.A. Recognize and use basic movement skills and concepts.

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Parachute	<p>Essential Knowledge/Skills: Working together Group cooperation Following directions improve basic motor skills improve endurance and stamina</p> <p>Vocabulary: Resting position Ripples- fast/small Waves- slow/big Umbrella and Colour Call Popcorn Machine Hot Air Balloon Mountain Bedtime Tick Tock Around the Rim Umbrella Octopus</p>	<p>Equipment: Parachute Foam balls</p>	Teacher Observation	2 days
<p>PA Academic Standards: Health Safety and Physical Education 10.3.3.D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down). 10.4.3.A. Identify and engage in physical activities that promote physical fitness and health. 10.4.3. F. Recognize positive and negative interactions of small group activities. 10.5.3. A. Recognize and use basic movement skills and concepts. 10.5.3. B. Recognize and describe the concepts of motor skill development using appropriate vocabulary. 10.5.3. E. Know and describe scientific principles that affect movement and skills using appropriate vocabulary.</p>				