

# 1<sup>st</sup> Grade Physical Education

**Instructional Focus:** This level enables students to further develop motor skills. It also encourages students to attempt new activities, interact with others, and respond safely and appropriately.

## Motor Skills

### Standards

**SHAPE Standard 1** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**AK PE Standard A** Demonstrates competency in motor and movement skills needed to perform a variety of physical activities.

### Objectives

Students will:

- Hops, gallops, jogs and slides using a mature pattern.
- Jumps and lands in a horizontal plane using two-foot take-offs and landings while demonstrating a forceful arm swing forward while legs forcefully thrust the body forward.
- Jumps and lands in a vertical plane while demonstrating a forceful arm swing forward and up toward the sky while legs forcefully thrust the body upward.
- Combines locomotor and non-locomotor skills in a teacher designed dance.
- Maintains stillness on different bases of support with different body shapes.
- Transfers weight from one body part to another in self-space in dance and gymnastics.
- Rolls with either a narrow or curled body shape.
- Demonstrates twisting, curling, bending and stretching actions.
- Throws underhand, demonstrating opposition and follow through.
- Catches a soft object from a self-toss before it bounces.
- Catches various sizes of balls self-tossed or tossed by a skilled thrower.
- Dribbles continuously in self-space using the preferred hand.
- Taps or dribbles a ball using the inside of the foot while walking in general space.
- Approaches a stationary ball and kicks it forward, demonstrating 2 of the 5 critical elements of a mature pattern.
- Volleys an object with an open palm, sending it upward.
- Strikes ball with a short-handled implement, sending it upward.
- Jumps forward or backward consecutively using a self-turned rope.
- Jumps a long rope up to 5 times consecutively with teacher-assisted turning.

### Examples

- Use a variety of locomotor movements during basic tag games, creative movement activities, 4-Corner-Fitness, etc.
- Standing broad jumps for horizontal jump
- Jump bands for vertical jump
- Creative dance; creative movement for stability, balance.
- A variety of throwing/tossing games using different targets requiring various levels of force.
- Allow choice of a variety of objects (i.e. scarves, bean bags, lightweight balls) for self- or partner-toss activities.
- Intro to basketball and soccer skills, dribbling with hands & feet.
- Kicking stationary ball toward target or partner, or in context of modified soccer, kickball, etc.
- Underhand serve in volleyball using pool noodle, balloon, lightweight ball, etc.
- Tennis lead-ups with lollipop paddles, etc.

## Learning Concepts

### Standards

**SHAPE Standard 2** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **AK PE Standard B** Apply movement concepts to the learning and performance of physical activities.

### Objectives

Students will:

- Moves in self-space and general space in response to designated beats/rhythms.
- Travels demonstrating low, middle and high levels.
- Travels demonstrating a variety of relationships with objects (i.e. over, under, around, through).
- Differentiates between fast and slow speeds.
- Differentiates between strong and light force.

### Examples

- Creative movement, dance
- Beginning tag-type, large group activities with dynamic parameters
- Obstacle-course challenges

<b>Fitness and Active Lifestyle</b>	
<b>Standards</b>	
<b>SHAPE Standard 3</b> The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. <b>AK PE Standard C</b> Participate regularly in physical activity. <b>AK PE Standard D</b> Apply fitness concepts to achieve and maintain a health-enhancing level of personal fitness.	
<b>Objectives</b>	<b>Examples</b>
Students will: <ul style="list-style-type: none"> <li>• Discusses the benefits of being active and exercising and/or playing.</li> <li>• Actively engages in physical education class.</li> <li>• Identifies the heart as a muscle that grows stronger with exercise, play, and physical activity.</li> <li>• Differentiates between healthy and unhealthy foods.</li> </ul>	<ul style="list-style-type: none"> <li>• Kagan structures during closure to reinforce concepts/ review understanding.</li> <li>• Technology use: pedometers, heart rate monitors.</li> <li>• Nutrition-focused games with unhealthy food examples as “taggers” that can slow you down, and healthy food examples as “rescuers” that can restore energy.</li> </ul>
<b>Social/Respect</b>	
<b>Standards</b>	
<b>SHAPE Standard 4</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others. <b>AK PE Standard E</b> Exhibit personal and social behavior that respects self and others in physical activity settings.	
<b>Objectives</b>	<b>Examples</b>
Students will: <ul style="list-style-type: none"> <li>• Accepts personal responsibility by using equipment and space appropriately.</li> <li>• Follows the rules and parameters of the learning environment.</li> <li>• Responds appropriately to general feedback from the teacher.</li> <li>• Works independently with others in a variety of class environments (i.e. small &amp; large groups).</li> <li>• Exhibits the established protocols for class activities.</li> <li>• Follows teacher directions for safe participation and proper use of equipment without teacher reminders.</li> </ul>	<ul style="list-style-type: none"> <li>• Teach and reinforce sportsmanship principles.</li> <li>• Teach and reinforce classroom procedures in the dynamic PE environment.</li> <li>• Provide variety of settings for practice and activities: independent practice, partner groups, small teams.</li> </ul>
<b>Value Physical Activity</b>	
<b>Standards</b>	
<b>SHAPE Standard 5</b> The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. <b>AK PE Standard F</b> Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	
<b>Objectives</b>	<b>Examples</b>
Students will: <ul style="list-style-type: none"> <li>• Identifies physical activity as a component of good health.</li> <li>• Recognizes that challenge in physical activities can lead to success.</li> <li>• Describes positive feelings that result from participating in physical activities.</li> <li>• Discusses personal reasons (i.e. the “why”) for enjoying physical activities.</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy Futures participation</li> <li>• Provide, support, encourage participation in activities beyond physical education class: recess, before- and after-school activities.</li> <li>• Journals, Portfolios, Exit Tickets</li> </ul>