

Teacher: CORE Physical Education Grade 1 Updated 2014
 Course: Physical Education Grade 1 Month: All Months

S Introduction/expectations

Essential Questions	Content	Skills
Choices made effect a healthy lifestyle	How do we ask and talk to each other	Basic manners
	Make sure to know names and use them often	Talking to others, eye contact skills, polite, shaking of "high five"
	"Magic Words" (Please, thank you etc.)	
	Repeative practice of start/stop signal	
	reminder cues for safe movement	
	Space awareness games	
	Move "in control" Using space awareness cues during variety of movement games/activities	

grade 1 throw and catch

Essential Questions	Content	Skills
Choices made effect a healthy lifestyle	Using tennis balls, tossing underhand and catching, tossing and clapping and catching, target practice focused on underhand throw.	Students will be able to of throwing underhand skills.

Literacy Connection ~

Essential Questions	Integrating literacy in Physical Education Content	Skills
Choices made effect a healthy lifestyle	Making literary connections in Physical Education	using well know children's pieces to combine movement Homophones Tony Che:

Itsy Bitsy spider

Peaceful Playground Activities ~

Essential Questions	Content	Skills
Choices made effect a healthy lifestyle.	Learn the expectations of how we conduct ourselves out on the playground in correlation with the Bresnahan "Bees"	Skill cues for the underhand bend at the elbow/waist hand flat, tic-toc, follow

Review what's appropriate and what's not appropriate when out on the blacktop (Rock, Talk, or Walk) Learn the guidelines for running around the outside field while being timed Rules of all the different playground games and talk about cooperating with others to complete a task

O Dance

c	Essential Questions	Content	Skills
t	Choices made effect a healthy lifestyle	Combining music and dance What would a skeleton do at a square dance?	rhythm and dance using in a 4 beat pattern, repe basic square dance step

b Mileage club & Fitness

e	Essential Questions	Content	Skills
r	Choices made effect a healthy lifestyle	each student will understand the course and that each lap is a quarter of a mile. behind both fences and both poles and they must keep moving!	moving continuously for minutes and observing walking, jogging and rur

kicking skills ~

	Essential Questions	Content	Skills
	Choices made effect a healthy lifestyle	Kicking skills	Basic kicking skills

- 1) Ball is stationary Kick
- 2) Ball is stationary Kick
- 3) Ball is rolling Kicker is
- 4) Ball is rolling Kicker i meet ball

Muscular Strength and Muscular Endurance ~

Essential Questions	Content	Skills
Choices made effect a healthy lifestyle	<p>Demonstrate what exercises make up a balanced muscular endurance work-out (abdominals, deltoid, and biceps)</p> <p>Understand the different ways of increasing their muscular strength and finding fun ways to practice skills in centers</p> <p>Identifying different terminology in terms of exercising (main difference between endurance vs. strength exercises)</p> <p>Demonstrate good sportsmanship while in stations and understand various safety concerns</p>	<p>Proper skill cues for a v against the wall, knees l against the wall) Using work on deltoid and bic</p>

N Dance

Essential Questions	Content	Skills
Choices made effect a healthy lifestyle	Combining music and dance	

b Fitness Focus

Essential Questions	Content	Skills
Choices made effect a healthy lifestyle	each student will understand the course and that each lap is a quarter of a mile. behind both fences and both poles and they must keep moving!	<p>moving continuously for minutes and observing </p> <p>walking, jogging and run</p>

Fitness and Fitness Centers

Essential Questions	Content	Skills
Choices made effect a healthy lifestyle	What are the benefits of being physically fit?What are some ways I can become physically fit?	pre Pull Ups progression Push Upsprogressions flexibility
D Fitness Focus		
Essential Questions	Content	Skills
Choices made effect a healthy lifestyle	each student will understand the course and that each lap is a quarter of a mile. behind both fences and both poles and they must keep moving!	moving continuously for minutes and observing walking, jogging and run
m Fitness and Fitness Centers		
Essential Questions	Content	Skills
Choices made effect a healthy lifestyle	What are the benefits of being physically fit?What are some ways I can become physically fit?	pre Pull Ups progression Push Upsprogressions flexibility
Dance		
Essential Questions	Content	Skills
Choices made effect a healthy lifestyle	Combining music and dance	rhythm and dance using in a 4 beat pattern, repe basic square dance step
Juggling & balance		
Essential Questions	Content	Skills
Choices made effect a healthy lifestyle	What are the cues for balancing an object? Basic 1 and 2 scarf juggling cues and patterns	Balancing a peacock fea and movement of feet. Cue "focus on the top" F tip near face 1 scarf--Using a toss acr down. Imagery using a \ workspace. 2 scarves "toss across, t down catch down"
J Fitness Focus		
Essential Questions	Content	Skills
Choices made effect a healthy lifestyle	each student will understand the course and that each lap is a quarter of a mile.	moving continuously for minutes and observing

u		behind both fences and both poles and they must keep moving!	walking, jogging and running
a	Manipulative Center Activities		
r	<u>Essential Questions</u>	<u>Content</u>	<u>Skills</u>
y		What are some activities we can do to improve our manipulative skills?	Cup stacking, Juggling skills Balancing and catching peacock feather.
	Educational Gymnastics		
	<u>Essential Questions</u>	<u>Content</u>	<u>Skills</u>
F	Ball skills		
e	<u>Essential Questions</u>	<u>Content</u>	<u>Skills</u>
b		Bouncing and catching a playground ball	Exploring bouncing and playground ball
r		Repeatedly pushing a playground ball down using both hands	Bounce and catch while
u		Exploring dribbling (using one hand) a playground ball while stationary and while	Bounce and catch while space
a		moving in general space	Repeatedly pushing a playground ball down using both hands
r			Exploring dribbling (using one hand) a playground ball while stationary and while
y			Exploring dribbling (using one hand) a playground ball while stationary and while moving in general space
	100 day celebration ~		
	<u>Essential Questions</u>	<u>Content</u>	<u>Skills</u>
		skills and activities performed to celebrate 100 day!	
		What is 100th day? What are some skills and activities we can do 100 times?	Some skills we can do 100 times: dribbling a basketball, throwing a ball, juggling a ball, juggling scarfs and balls.
	Fitness Focus		
	<u>Essential Questions</u>	<u>Content</u>	<u>Skills</u>
	Choices made effect a healthy lifestyle	each student will understand the course and that each lap is a quarter of a mile. behind both fences and both poles and they must keep moving!	moving continuously for 10 minutes and observing lap times walking, jogging and running
M	Manipulative Skills and Activities		
a	<u>Essential Questions</u>	<u>Content</u>	<u>Skills</u>

r c	What are some activities we can do to improve our manipulative skills?	Cup stacking, Juggling s Balancing and catching peacock feather.
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h March is Nutrition Month ~

Essential Questions

Nutrition Fair

Content

Skills

students will attend a Nutrition Fair where they will understand the importance of eating healthy foods, portion control and the effects of sugar.	Introduce the new Foo balancing physical activ choices are keys to a he
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Mileage club & Fitness

Essential Questions

Content

Skills

Choices made effect a healthy lifestyle	each student will understand the course and that each lap is a quarter of a mile. behind both fences and both poles and they must keep moving!	moving continuously for minutes and observing walking, jogging and run
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Dr Suess ---cross integration ~

Chance to integrate concepts in Physical Education along with the celebration of Sr. Suess birthday throughout school

Essential Questions

Content

Skills

What can we do in P.E. to help celebrate Dr Suess' birthday?	What can we do in P.E. to help celebrate Dr Suess' birthday? User movement to intepret literature	Find creative ways to ac written word
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A Jump Rope

p Essential Questions

Content

Skills

r	Jump with two feet, swinging the rope, and develop a rhythm.	Students will jump a sel able to perform a travel basic bounce.
i		Students will practice tu then work as a team wii middle.

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Playground Games & Expectations

Essential Questions

Content

Skills

Choices made effect a healthy lifestyle	What can we do on the playground? learn a variety of playground activities we can play	use of equipment and g
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Mileage club & Fitness

Essential Questions

Content

Skills

Choices made effect a healthy lifestyle	each student will understand the course and that each lap is a quarter of a mile. behind both fences and both poles and they must keep moving!	moving continuously for minutes and observing walking, jogging and rur
M games & activities ~	Recess activities and games to be played at home.	
a <u>Essential Questions</u>	<u>Content</u>	<u>Skills</u>
y	What are some games we can play in school and at home? In small groups and as a team?	use of equipment and g
Mileage club & Fitness		
<u>Essential Questions</u>	<u>Content</u>	<u>Skills</u>
Choices made effect a healthy lifestyle	each student will understand the course and that each lap is a quarter of a mile. behind both fences and both poles and they must keep moving!	moving continuously for minutes and observing walking, jogging and rur
Technology Integration & PE --Dance a month-- ~	Using the LCD projector, my lap top and internet classes will perform and practice and become familiar with monthly dance routines to increase physical activity that can be used back in the classroom through the Classroom Connections link on school PE webpage.	
<u>Essential Questions</u>	<u>Content</u>	<u>Skills</u>
How do the choices we make effect a healthy lifestyle?	Through use of the technology available students will perform a variety of dance sequences in Physical Education class that may also be accessed by classroom teachers back in the classroom.	4 count dance sequence
	Opportunities to increase physical activity levels of students throughout the day.	8 count dance sequence
		follow and repeat dance
J Mileage club & Fitness		
u <u>Essential Questions</u>	<u>Content</u>	<u>Skills</u>
n Choices made effect a healthy lifestyle	each student will understand the course and that each lap is a quarter of a mile. behind both fences and both poles and they must keep moving!	moving continuously for minutes and observing walking, jogging and rur
e		