

Grade 1 PE

2018 – 2019

	Week	Major Concepts / Topics	Possible Resources
Quarter 1 Aug 10 – Oct 12	1	PE.1.C.2.2 Identify safety rules and procedures for teacher-selected physical activities ALL YEAR	PE.1.C.2.2
	2	PE.1.R.5.2 Use physical activity space safely and properly. ALL YEAR	PE.1.R.5.2
	3	PE.1.C.2.9 Name examples of warm-up and cool-down exercises. ALL YEAR	PE.1.C.2.9
	4	PE.1.L.4.6 Identify how to properly flex and extend body parts to promote flexibility.	PE.1.L.4.6
	5	PE.1.C.2.1 Identify the critical elements of locomotor skills.	PE.1.C.2.1
	6	PE.1.M.1.1 Travel using various locomotor skills while changing directions, pathways and speeds. ALL YEAR	PE.1.M.1.1
	7	PE.1.M.1.14 Use a variety of takeoff and landing patterns to jump, hop and leap safely in relation to various types of equipment.	PE.1.M.1.14
	8	PE.1.M.1.13 Chase, flee and dodge to avoid or catch others.	PE.1.M.1.13
	9	PE.1.L.3.7 Identify edges pedestrians, vehicles, and traffic. PE.1.C.2.6 Use skill cues to improve performance. ALL YEAR PE.1.C.2.8 Identify movement concepts.	PE.1.L.3.7 PE.1.C.2.6 PE.1.C.2.8
Quarter 2 Oct 15 – Dec 21	Week	Major Concepts / Topics	Possible Resources
	1	PE.1.C.2.5 Recognize the importance of practicing to improve performance. PE.1.L.3.4 Identify opportunities for involvement in physical activities after the school day. PE.1.R.6.3 Identify the benefits of learning new movement skills. PE.1.R.5.1 List a benefit resulting from cooperation and sharing during physical activity. ALL YEAR PE.1.R.5.3 Demonstrate consideration of others while participating in physical activity. ALL YEAR	PE.1.C.2.5 PE.1.L.3.4 PE.1.R.6.3 PE.1.R.5.1 PE.1.R.5.3

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	2	PE.1.C.2.7 Identify dominant hand/foot for use with throwing/dribbling/striking/kicking skills.	PE.1.C.2.7
	3	PE.1.M.1.8 Demonstrate an underhand-throwing motion for accuracy using correct technique.	PE.1.M.1.8
	4	PE.1.M.1.9 Demonstrate an overhand-throwing motion for distance using correct technique.	PE.1.M.1.9
	5	PE.1.M.1.7 Move in different directions to catch a variety of self-tossed objects.	PE.1.M.1.7
	6	PE.1.M.1.5 Dribble an object with hands or feet while demonstrating control in general space.	PE.1.M.1.5
	7	PE.1.M.1.2 Strike an object upward using body parts.	PE.1.M.1.2
	8	PE.1.M.1.3 Strike a lightweight object upward continuously using a paddle/racket.	PE.1.M.1.3
	9	PE.1.M.1.4 Strike a stationary object a short distance using a modified, long handled implement so that the object travels in the intended direction.	PE.1.M.1.4
	Week	Major Concepts / Topics	Possible Resources
Quarter 3 Jan 7 – Mar 15	1	PE.1.L.4.2 Identify the components of health-related physical fitness. PE.1.L.4.1 Identify a benefit of strengthening muscles.	PE.1.L.4.2 PE.1.L.4.1
	2	PE.1.L.3.1 Identify a moderate physical activity. ALL YEAR	PE.1.L.3.1
	3	PE.1.L.3.2 Identify a vigorous physical activity. ALL YEAR	PE.1.L.3.2
	4	PE.1.L.4.3 Identify the changes in heart rate before, during and after physical activity. ALL YEAR	PE.1.L.4.3

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	5	PE.1.L.4.4 Identify the difference in the activity of the heart during rest and while physically active. ALL YEAR	PE.1.L.4.4
	6	PE.1.L.4.7 Identify the food groups.	PE.1.L.4.7
	7	PE.1.L.3.6 Identify the health benefits of physical activity.	PE.1.L.3.6
	8	PE.1.L.3.5 Set physical-activity goals.	PE.1.L.3.5
	9	PE.1.L.4.5 Discuss the physiological signs of physical activity.	PE.1.L.4.5
	Week	Major Concepts / Topics	Possible Resources
Quarter 4 March 25 – May 24	1	PE.1.M.1.6 Demonstrate a variety of basic water skills.	PE.1.M.1.6
	2	PE.1.C.2.4 Identify the rules for safe water activities and recognize the importance of having a lifeguard near water or in a swimming facility.	PE.1.C.2.4
	3	PE.1.M.1.10 Perform a self-designed creative movement/dance sequence with a clear beginning balance, use of one movement and a different and clear ending shape.	PE.1.M.1.10
	4	PE.1.M.1.11 Demonstrate a sequence of a balance, a roll and a different balance.	PE.1.M.1.11
	5	PE.1.M.1.12 Demonstrate the ability to take weight onto hands	PE.1.M.1.12
	6	PE.1.C.2.3 Identify technology that can be utilized to enhance physical activity	PE.1.C.2.3
	7	PE.1.R.6.1 Identify physical activity preferences.	PE.1.R.6.1
	8	PE.1.R.6.2 Identify feelings resulting from participation in physical activity.	PE.1.R.6.2

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	9	PE.1.L.3.3 Identify opportunities for involvement in physical activities during the school day. ALL YEAR	PE.1.L.3.3
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