

Elizabethtown Area School District Curriculum

Related Arts

<u>Grade, Course:</u> Grade 1 Physical Education	
<u>Strand:</u> Movement Concepts	
<u>National Content Area Standards:</u> S2.E1.Ka, S2.E1.1, S2.E2.1a, S2.E2.1b, S2.E3.1a, S3.E2.1, S4.E1.1, S4.E2.1, S4.E3.1, S4.E4.1, S4.E5.1, S4.E6.1	
<u>PA Content Area Standards:</u> 10.3.3D, 10.5.3A, 10.5.3F	
<u>PA Core Standards:</u> CC.1.2.1.J	
<u>Essential Questions:</u> <ul style="list-style-type: none"> • What does it look like to move safely in the gym? • What are the different levels, directions & speeds we use while moving? • What is the difference between personal space & shared space? • Why is it important to follow the PE Code of Conduct? 	<u>Understandings: Students will understand THAT . . .</u> <ul style="list-style-type: none"> • there is a difference between shared space & personal • they can move using a variety of directions, levels & speed • there is a difference between left & right • it is important to know the function of boundary lines • it is important to freeze quickly & safely • it is a safe practice to look & move to open spaces • all students are expected to follow the PE Code of Conduct
<u>Knowledge:</u> <ul style="list-style-type: none"> • Personal space & shared space • Directions (forward, backward, sideways) • Levels (high, medium, low) • Speed (slow, medium, fast) • Laterality (left & right) • Inbounds & out-of-bounds • Freeze • Moving to open spaces • Moving safely in the gym • PE Code of Conduct 	<u>Skills:</u> <ul style="list-style-type: none"> • Moving safely using a variety of directions, levels & speeds • Freeze safely & quickly • “Can You” activities • Identifies left & right (scooters, balloons, balls ,beanbags) • Crossing the midline activities

Elizabethtown Area School District Curriculum

Related Arts

Grade, Course: Grade 1 Physical Education	
Strand: Locomotor Skills	
National Content Area Standards: S1.E1.1, S1.E2.2b, S1.E3.1, S1.E4.1, S1.E5.1, S3.E2.1, S4.E1.1, S4.E2.1, S4.E3.1, S4.E4.1, S4.E5.1, S4.E6.1	
PA Content Area Standards: 10.4.3A, 10.4.3E, 10.5.3A	
PA Core Standards: CC.1.1.1.C, CC.1.1.1.D, CC.1.2.1.J, CC.1.5.1.C, CC.2.2.1.A.1	
Essential Questions: <ul style="list-style-type: none">• How do you move safely in shared space while executing the basic locomotor skills?• How do you actively participate in low organized games with regard to safety, good sportsmanship, cooperation and respect for all?	Understandings: Students will understand THAT . . . <ul style="list-style-type: none">• there are differences between the various locomotor skills• different locomotor skills lend themselves to different situations• rules need to be followed in games & movement situations• using appropriate tagging methods keeps everyone safe• good sportsmanship is expected
Knowledge: <ul style="list-style-type: none">• Walk, jog, run, march, tiptoe, heel walk, gallop, slide, jump, hop, skip, leap, grapevine• Tagging safely• Following rules of low organized games• Moving to music using rhythmic patterns• Sportsmanship	Skills: <ul style="list-style-type: none">• Moving to music• Following rules of low organized games• Safe tagging• Basic locomotor movements

Elizabethtown Area School District Curriculum

Related Arts

Grade, Course: Grade 1 Physical Education	
Strand: Manipulative Skills	
National Content Area Standards: S1.E13.1, S1.E14.2, S1.E16.1a, S1.E16.1b, S1.E17.1, S1.E18.1, S1.E19.3, S1.E21.1 S1.E22.1, S1.E24.1, S1.E25.2, S1.E27.1a, S1.E27.1b, S3.E2.2, S4.E1.1, S4.E2.1, S4.E3.1, S4.E4.1, S4.E5.1, S4.E6.1	
PA Content Area Standards: 10.4.3A, 10.4.3D, 10.4.3E, 10.5.3A, 10.5.3B, 10.5.3C, 10.5.3F	
PA Core Standards: CC.1.2.1.J, CC.1.5.1.C, CC.2.3.1.A.1	
Essential Questions: <ul style="list-style-type: none">• How do you successfully manipulate a variety of objects?• How do you successfully cooperate with a partner or in a small group?• How do you successfully turn a jump rope?• How do you successfully jump rope?• What is the proper way to handle and put away equipment?• Why is it important to follow rules when using equipment?	Understandings: Students will understand THAT . . . <ul style="list-style-type: none">• eye-hand coordination is important in throwing & catching & striking & activities• eye-foot coordination is important in kicking activities• there are critical components for throwing, catching, striking, kicking and dribbling• their preferred hand/foot makes using manipulatives easier• timing is important when turning and jumping a rope• they are responsible for taking care of equipment and putting it away properly• cooperation is important when using manipulatives
Knowledge: <ul style="list-style-type: none">• Eye-hand & eye-foot coordination activities• Critical components for throwing, catching, striking, kicking and dribbling• Discover preferred hand and foot• Long rope vs. short rope• Equipment safety• Collaboration skills	Skills: <ul style="list-style-type: none">• Parachute skills• Jump rope skills• Eye-hand and eye-foot coordination skills using balloons, hoops, beanbags, yarn balls, beach balls, Nerf balls, soccer balls, etc.• Striking skills• Scooter skills• Following the rules of a low organized games• Work cooperatively with a partner

Elizabethtown Area School District Curriculum

Related Arts

<u>Grade, Course:</u> Grade 1 Physical Education	
<u>Strand:</u> Educational Gymnastics	
<u>National Content Area Standards:</u> S1.E7.1, S1.E8.1, S1.E9.1, S1.E10.1, S3.E2.1, S4.E1.1, S4.E2.1, S4.E3.1, S4.E4.1, S4.E5.1, S4.E6.1	
<u>PA Content Area Standards:</u> 10.3.3D, 10.4.3A, 10.4.3F, 10.5.3A, 10.5.3B, 10.5.3C, 105.3E	
<u>PA Core Standards:</u> CC.1.2.1.J, CC.2.3.1.A.1	
<u>Essential Questions:</u> <ul style="list-style-type: none">• What are the safety rules for using the gymnastics equipment?• What are the different ways you can roll to the end of the mat?• How do you show strength, flexibility & balance while performing simple gymnastics activities?• How do we use our creativity to create movement patterns?	<u>Understandings: Students will understand THAT . . .</u> <ul style="list-style-type: none">• There are safety rules to follow when using gymnastics equipment.• Practice improves strength, flexibility and balance needed to perform simple gymnastics activities.• They can role in a variety of directions and shapes.• Creativity can play an important role in movement patterns.
<u>Knowledge:</u> <ul style="list-style-type: none">• Importance of safety when using the equipment• Key elements for performing a variety of rolls• Importance of practice• Importance of focal point in balance activities• How to use creativity in movement	<u>Skills:</u> <ul style="list-style-type: none">• Animal walks (Seal Walk, Lame Dog Walk, Crab Walk, Bear Walk, Frog Jump, Rabbit Jump)• Rolls (Pencil Roll, Log Roll, Forward Roll, Egg Roll)• Balance Activities (Airplane scale, knee scale, V-sit, Walking across Beam)• Be creative with movement patterns on the mats

Elizabethtown Area School District Curriculum

Related Arts

Grade, Course: Grade 1 Physical Education	
Strand: Fitness Activities	
National Content Area Standards: S3.E1.1, S3.E2.1, S3.E3.1, S4.E2.1, S3.E3.2a, S4.E3.1, S4.E4.1, S4.E5.1, S4.E6	
PA Content Area Standards: 10.3.3D, 10.4.3A, 10.4.3C, 10.5.3A, 10.5.3B	
PA Core Standards: CC.1.2.1.J, CC.1.4.1.W, CC.1.5.1.A, CC.1.5.1.C, CC.1.5.1.G	
Essential Questions: <ul style="list-style-type: none">• Why should you be physically active?• What happens to our bodies when we are physically active?	Understandings: Students will understand THAT . . . <ul style="list-style-type: none">• Discover the relationship between physical fitness and good health.• Our bodies change when we are physically active
Knowledge: <ul style="list-style-type: none">• State the safe tagging rules• Identify safety rules• Recall parachute Cues• React to DrumFit Cues• Discover the importance of pacing• Discover the importance of Teamwork• Recognize the importance of being physically fit• Recognize the physical signs of a healthy heart activity	Skills: <ul style="list-style-type: none">• Tag Games• ¼ Mile Walk/Jog• Animal Walks• Jumping Jacks & various warm-up exercises• Scooter Activities• Parachute Activities• Hippity Hop Balls• DrumFit• Climbing Wall• Carpet Squares