

Grade 1 P.E. (Master)

Essential Questions		Content	Skills
Fall	How do rules affect your safety and what are the benefits?	A. Back to school orientation -Rules -Safety -Expectations	A. Apply good listening skills
	How do locomotor and non-locomotor movements affect me? Why do we have weekly fitness day? How do various movements impact your games? Why is safety important?	A. Locomotor & Non-locomotor -Spatial awareness -Personal space -General space -Cardiovascular fitness -Cooperation -Sportsmanship B. Weekly Fitness Day -Increase aerobic capacity -Body mechanics/running form -Individual pacing C. Field Games -Cooperation -Sportsmanship D. Safety	A. Develop locomotor skills: walk, run, skip, gallop, hop, leap, slide, and dodge A. Develop non-locomotor skills: tag, bend, stretch, twist, turn, push, pull, swing, sway, and grapevine A. Develop listening skills and sportsmanship skills B. Develop fast walk, jog, run, and sprint C. Develop tag, dodge, throw, catch, carry, dribble, kick and pass C. Identify and apply rules, listening skills, and sportsmanship D. Follow directions, rules and safe play
	How does rope jumping affect your fitness level? Why do we have a weekly fitness day? How does ball handling improve your eye-hand coordination? Why is safety important?	A. Rope Jumping -Cardiovascular fitness -Coordination -Rope turning -Types of jumps -Choosing a proper rope B. Weekly Fitness Day -Increase aerobic capacity -Body mechanics/running form -Individual pacing C. Ball Handling -Form -Eye-Hand coordination -Control -Accuracy D. Safety	A. Jump over various rope movements A. Step over a turned rope A. Develop jump timing when turning a rope A. Develop short rope jumps: forward, backward, single beat and double beat A. Develop listening skills B. Develop fast walk, jog, run, and sprint C. Develop overhand throw, underhand toss, controlled bounce/dribble, eye-hand coordination, throw for accuracy, catching skills, proper footwork, ball striking skill with object, scooping skills C. Identify and apply listening skills and sportsmanship skills D. Follow directions, rules and safe play

	Essential Questions	Content	Skills
	<p>How does rope climbing affect overall body strength?</p> <p>Why do we have a weekly fitness day?</p> <p>What are the overall benefits of stunts and tumbling?</p> <p>Why is safety important?</p>	<p>A. Strength Development -Rope climbing -Strength stations</p> <p>B. Weekly Fitness Day -Increase aerobic capacity -Body mechanics -Individual pacing</p> <p>C. Stunts and Tumbling -Individual and/or partner rolls -Balances -Animal walks -Stunts</p> <p>D. Safety</p>	<p>A. Demonstrate and explain each of the stations A. Increase upper body strength, body awareness and body control A. Develop listening skills</p> <p>B. Develop fast walk, jog, run, and sprint</p> <p>C. Develop individual and/or partner rolls, balances, animal walks, and stunts C. Identify and apply listening skills, and sportsmanship skills</p> <p>D. Follow directions, rules, and safe play</p>
Winter	<p>How does rope climbing affect overall body strength?</p> <p>Why do we have a weekly fitness day?</p> <p>What are the overall benefits of stunts and tumbling?</p> <p>Why is safety important?</p>	<p>A. Strength Development -Rope climbing -Strength stations</p> <p>B. Weekly Fitness Day -Increase aerobic capacity -Body mechanics -Individual pacing</p> <p>C. Stunts and Tumbling -Individual and/or partner rolls -Balances -Animal walks -Stunts</p> <p>D. Safety</p>	<p>A. Demonstrate and explain each of the stations A. Increase upper body strength, body awareness and body control A. Develop listening skills</p> <p>B. Develop fast walk, jog, run, and sprint</p> <p>C. Develop individual and/or partner rolls, balances, animal walks, and stunts C. Identify and apply listening skills, and sportsmanship skills</p> <p>D. Follow directions, rules, and safe play</p>
	<p>What are the benefits of dance?</p> <p>Why do we have a weekly fitness day?</p> <p>Why is it important to know how your body moves in space?</p> <p>Why is safety important?</p>	<p>A. Dances -Rhythm -Movement -Patterns</p> <p>B. Weekly Fitness Day -Increase aerobic capacity -Body mechanics -Individual pacing</p> <p>C. Body Control</p>	<p>A. Perform basic dance steps A. Illustrate movements and patterns in rhythm to the music A. Develop listening skills</p> <p>B. Develop fast walk, jog, run, and sprint</p> <p>C. Develop and maintain body control while changing speeds, force, pathways, and directions C. Demonstrate body position to start, stop and jump C. Identify and apply listening skills, rules and sportsmanship skills</p>

	Essential Questions	Content	Skills
		<ul style="list-style-type: none"> -Move in different pathways -Distinguish left from right -Control body in space <p>D. Safety</p>	<p>D. Follow directions, rules, and safe play</p>
	<p>How does object handling improve your eye-hand coordination?</p> <p>Why do we have a weekly fitness day?</p> <p>What is the value of working with others during activities?</p> <p>Why is safety important?</p>	<p>A. Object Handling (roll/slide/bounce)</p> <ul style="list-style-type: none"> -Proper form <p>B. Weekly Fitness Day</p> <ul style="list-style-type: none"> -Increase aerobic capacity -Body mechanics -Individual pacing <p>C. Low Organized Games</p> <ul style="list-style-type: none"> -Body control -Body speed -Performance -Cooperation -Manipulate objects -Rules <p>D. Safety</p>	<p>A. Develop roll, slide and bounce of various size of objects</p> <p>A. Develop proper footwork and balance</p> <p>A. Roll and/or slide an object with correct amount of force at a target</p> <p>A. Identify and apply listening skills and sportsmanship</p> <p>B. Develop fast walk, jog, run, and sprint</p> <p>C. Develop tag, run, dodge, stop, pick up, carry, aim, proper footwork</p> <p>C. Identify and apply listening skills and sportsmanship</p> <p>D. Follow directions, rules, and safe play</p>
Spring	<p>How do manipulative skills help your overall coordination?</p> <p>Why do we have a weekly fitness day?</p> <p>How can you make your body move?</p> <p>Why is safety important?</p>	<p>A. Manipulative Skills (throw and catch)</p> <ul style="list-style-type: none"> -Throw -Proper form -Accuracy -Hand-eye coordination -Catch <p>B. Weekly Fitness Day</p> <ul style="list-style-type: none"> -Increase aerobic capacity -Body mechanics -Individual pacing <p>C. Rhythmic and Creative Activities</p> <ul style="list-style-type: none"> -Imitate movement -Creative expression -Communicate through movement <p>D. Safety</p>	<p>A. Develop overhand/underhand throw and catch with proper form and accuracy</p> <p>A. Develop proper footwork</p> <p>A. Identify and apply listening skills and sportsmanship</p> <p>B. Develop fast walk, jog, run, and sprint</p> <p>C. Develop locomotor movements, dance, rhythm, hula hoop skills and parachute skills</p> <p>D. Follow directions, rules, and safe play</p>
	<p>How does rope jumping affect your fitness level?</p>	<p>A. Rope Jumping (part 2)</p> <ul style="list-style-type: none"> -Rope selection -Types of jumps 	<p>A. Develop proper turn with a long rope and a partner</p> <p>A. Jump a turning rope</p> <p>A. Jump for a period of time</p>

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<p>Why do we have a weekly fitness day?</p> <p>How does kicking improve my eye-foot coordination?</p> <p>Why is safety important?</p>	<p>-Cardiovascular affect</p> <p>-Coordination</p> <p>-Rope turning-long and short</p> <p>B. Weekly Fitness Day</p> <p>-Increase aerobic capacity</p> <p>-Body mechanics</p> <p>-Individual pacing</p> <p>C. Kicking Activities</p> <p>-Proper form</p> <p>-Coordination</p> <p>-Control</p> <p>D. Safety</p>	<p>A. Develop short rope skills: forward, backward, single beat, double beat, bell jump, ski jump, cross leg, travel (jog step) and sustained jump</p> <p>A. Identify and apply listening skills</p> <p>B. Develop fast walk, jog, run, and sprint</p> <p>C. Develop kick and/or lifting a stationary ball and moving ball</p> <p>C. Develop punt a ball</p> <p>C. Develop pitch (roll) a ball</p> <p>C. Develop proper footwork</p> <p>C. Identify and apply listening skills and sportsmanship</p> <p>D. Follow directions, rules, and safe play</p>	
<p>Why is it important to check fitness levels?</p> <p>Why do we have a weekly fitness day?</p> <p>How do striking skills improve hand-eye coordination?</p> <p>Why is safety important?</p>	<p>A. Intro to Fitness Testing</p> <p>-Abdominal strength</p> <p>-Flexibility</p> <p>-Upper body strength</p> <p>-Cardio endurance</p> <p>B. Weekly Fitness Day</p> <p>C. Striking Activities</p> <p>-Form</p> <p>-Eye-Hand coordination</p> <p>-Rules</p> <p>D. Safety</p>	<p>A. Demonstrate fitness levels on fitness tests:</p> <p>-abdominal curls</p> <p>-sit and reach</p> <p>-pull ups</p> <p>-endurance run</p> <p>B. Develop proper technique of the endurance run</p> <p>B. Pace performance during long distance run</p> <p>C. Develop the ability to strike a stationary or moving ball using a bat and/or paddle</p> <p>D. Follow directions, rules, and safe play</p>	
<p>How do track and field activities help physical development?</p> <p>Why do we have a weekly fitness day?</p> <p>Why is safety important?</p>	<p>A. Track and Field</p> <p>-Form</p> <p>-Cardiovascular</p> <p>-Strength</p> <p>-Cooperation</p> <p>-Speed</p> <p>B. Weekly Fitness Day</p> <p>C. Safety</p>	<p>A. Develop proper technique:</p> <p>-sprint</p> <p>-long jump</p> <p>-baton relays</p> <p>-ball throw</p> <p>-other field day activities</p> <p>B. Demonstrate proper technique of the weekly run</p> <p>B. Demonstrate pace during long distance run</p> <p>C. Follow directions, rules, and safe play</p>	