

GRADE LEVEL: FIRST GRADE

SUBJECT: PHYSICAL EDUCATION

DATE: 2018-2019

GRADING PERIOD: QUARTER 1

MASTER COPY 1-8-19

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCAB | PRIORITY |
|---|---|--|---|--|----------|
| MOTOR SKILLS AND MOVEMENT | | | | | |
| Locomotor Skills <ul style="list-style-type: none"> • Hopping • Galloping • Running • Sliding • Skipping • Leaping • Walking • Running | 1.1.1.A: Performs mature patterns in locomotor skills in isolation. | <ul style="list-style-type: none"> • Performs mature patterns in locomotor skills in isolation. | <ul style="list-style-type: none"> • Teacher observation | <ul style="list-style-type: none"> • Jog • Run • Jump • Hop • Gallop • Slide | CRITICAL |
| <ul style="list-style-type: none"> • Jumping and landing patterns <ul style="list-style-type: none"> – Horizontal plane – Vertical plane | 1.1.2.A: Demonstrates two of the five critical elements for jumping and landing in a horizontal and vertical planes using 2-foot take-offs and landings. | <ul style="list-style-type: none"> • Demonstrates jumping in horizontal and vertical planes with 2 foot take offs. • Implements jumping with 2 of the 5 critical elements. • Demonstrates landing in horizontal and vertical planes. • Implements landing with 2 of the 5 critical elements. | <ul style="list-style-type: none"> • Teacher observation | | CRITICAL |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCAB | PRIORITY |
|---|--|--|---|---|-----------|
| <ul style="list-style-type: none"> Dance Rhythm Combinations | 1.1.3.A: Combines locomotor and non-locomotor skills in a teacher-designed dance. | <ul style="list-style-type: none"> Performs locomotor skills in a teacher designed dance. Performs non-locomotor skills in a teacher designed dance. | <ul style="list-style-type: none"> Teacher observation | | IMPORTANT |
| Non-locomotor Skills <ul style="list-style-type: none"> Bend Twist Turn Sway | 1.1.4.A: Performs mature pattern in non-locomotor skills, exploratory and a stable environment. | <ul style="list-style-type: none"> Demonstrates a mature pattern of non-locomotor skills in an exploratory environment. Demonstrates a mature pattern of non-locomotor skills in a stable environment. | <ul style="list-style-type: none"> Teacher observation | <ul style="list-style-type: none"> Bend Twist Sway | CRITICAL |
| <ul style="list-style-type: none"> Balance | 1.1.5.A: Maintains stillness on different bases of support with different body shapes. | <ul style="list-style-type: none"> Demonstrates stillness of body using different body shapes on various bases of support. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| <ul style="list-style-type: none"> Weight transfer | 1.1.6.A: Transfers weight from one body part to another in personal space. | <ul style="list-style-type: none"> Transfers weight from one body part to another. Transfers weight from one body part to another in personal space. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| Manipulative Skills <ul style="list-style-type: none"> Throw | 1.1.7.A: Throws underhand with different sizes and types of objects in a developing pattern. | <ul style="list-style-type: none"> Throws underhand with different sizes of objects in a developing pattern. Performs underhand throw with different types of objects in a developing pattern. | <ul style="list-style-type: none"> Teacher observation | <ul style="list-style-type: none"> Underhand | CRITICAL |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCABULARY | PRIORITY |
|--|--|---|---|---|------------|
| | 1.1.7.B: Throws overhand in an emerging pattern. | <ul style="list-style-type: none"> Demonstrates overhand throw with increasing skill. | <ul style="list-style-type: none"> Teacher observation | <ul style="list-style-type: none"> Overhand | IMPORTANT |
| <ul style="list-style-type: none"> Catch | 1.1.9.A: Catches a soft object from a self-toss before it bounces. | <ul style="list-style-type: none"> Tosses and catches a soft object that is self-thrown. | <ul style="list-style-type: none"> Teacher observation | | IMPORTANT |
| | 1.1.9.B: Catches various sizes of balls by a skilled thrower. | <ul style="list-style-type: none"> Catches a small ball thrown by a skilled thrower. Catches a large ball thrown by a skilled thrower. | <ul style="list-style-type: none"> Teacher observation Rubric | <ul style="list-style-type: none"> Inside foot | IMPORTANT |
| <ul style="list-style-type: none"> Foot Pass/Kick | 1.1.11.A: Demonstrates emerging pattern while approaching a stationary ball and passing or kicking it forward. | <ul style="list-style-type: none"> Passes a stationary ball forward using an emerging pattern on the approach. Kicks a stationary ball forward using an emerging pattern on the approach. | <ul style="list-style-type: none"> Teacher observation | <ul style="list-style-type: none"> Step kick Step pass | CRITICAL |
| <ul style="list-style-type: none"> Foot Dribble | 1.1.12.A: Demonstrates emerging pattern while dribbling a ball using the inside of the foot while walking in a general space. | <ul style="list-style-type: none"> Dribbles with inside foot. Dribbles with inside foot while walking in a general space. | | <ul style="list-style-type: none"> Inside foot Foot dribble | IMPORTANT |
| <ul style="list-style-type: none"> Foot Trap – Receive | 1.1.13.A: Performs emerging pattern while receiving with the preferred foot when stationary. | <ul style="list-style-type: none"> Receives with the preferred foot when stationary. | <ul style="list-style-type: none"> Teacher observation | <ul style="list-style-type: none"> Trap Give | |
| <ul style="list-style-type: none"> Jump Rope | 1.1.16.A: Jumps forward or backward consecutively using a self-turned rope. | <ul style="list-style-type: none"> Jumps consecutively forward with a self-turned rope. Jumps consecutively backward with a self-turned rope. | <ul style="list-style-type: none"> Teacher observation | | ADDITIONAL |
| | 1.1.16.B: Jumps with a long rope up to five times consecutively with | <ul style="list-style-type: none"> Jumps five times or more consecutively with a long | <ul style="list-style-type: none"> Teacher observation | | ADDITIONAL |

| | teacher assisted turning. | rope by a teacher. | | | |
|---|--|---|---|--|-----------|
| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCABULARY | PRIORITY |
| MOVEMENT CONCEPTS AND STRATEGIES | | | | | |
| Space | 1.2.1.A: Moves in personal space and general space in response to designated beats/rhythms. | <ul style="list-style-type: none"> • Responds to beats/rhythms while moving in a general space. • Responds to beats/rhythms while moving in personal space. | <ul style="list-style-type: none"> • Teacher observation | | IMPORTANT |
| Pathways, Shapes, Levels | 1.2.2.A: Travels demonstrating low, middle, and high levels. | <ul style="list-style-type: none"> • Demonstrates low levels while traveling. • Demonstrates middle levels while traveling. • Demonstrates high levels while traveling. | <ul style="list-style-type: none"> • Teacher observation | | CRITICAL |
| | 1.2.2.B: Travels demonstrating a variety of relationships with objects. | <ul style="list-style-type: none"> • Travels demonstrating a variety of relationships with objects. <ul style="list-style-type: none"> – Under objects – Over objects – Around objects – Through objects. | <ul style="list-style-type: none"> • Teacher observation | <ul style="list-style-type: none"> • Under • Over • Around • Through | CRITICAL |
| Speed, Direction, Force | 1.2.3.A: Differentiates between movements that are fast and slow speeds, and with strong and light force. | <ul style="list-style-type: none"> • Demonstrates fast movements. • Demonstrates slow movements. • Demonstrates movement with light force. • Demonstrates movement | <ul style="list-style-type: none"> • Teacher observation | <ul style="list-style-type: none"> • Fast • Slow • Strong • Light • Force | CRITICAL |

| | | | | | |
|--|--|--------------------|--|--|--|
| | | with strong force. | | | |
|--|--|--------------------|--|--|--|

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCABULARY | PRIORITY |
|-------------------------------------|---|---|---|--|------------|
| PHYSICAL ACTIVITY | | | | | |
| Physical Activity Knowledge | 1.3.1.A: Explains the benefits of being active and exercising and/or playing. | <ul style="list-style-type: none"> Describes the benefits of being active. Describes the benefits of exercising. Describes the benefits of playing. | <ul style="list-style-type: none"> Teacher discussion | <ul style="list-style-type: none"> Active Exercise Benefits | ADDITIONAL |
| Engages in Physical Activity | 1.3.2.A: Actively engages in physical education class. | <ul style="list-style-type: none"> Participates in physical education. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| FITNESS | | | | | |
| Nutrition | 1.3.6.A: Differentiates between healthy and unhealthy foods. | <ul style="list-style-type: none"> Discusses the differences between healthy and unhealthy foods. | <ul style="list-style-type: none"> Teacher discussion | <ul style="list-style-type: none"> Unhealthy Healthy | IMPORTANT |
| | 1.3.6.B: Explains “My Plate” | <ul style="list-style-type: none"> Describes “My Plate” and the categories. | <ul style="list-style-type: none"> Teacher discussion | <ul style="list-style-type: none"> “My Plate” | IMPORTANT |
| PERSONAL AND SOCIAL BEHAVIOR | | | | | |
| Personal Responsibility | 1.4.1.A: Accepts personal responsibility by using equipment and space appropriately. | <ul style="list-style-type: none"> Shows personal responsibility by appropriately using equipment. Shows personal responsibility by appropriately using space provided. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCABULARY | PRIORITY |
|--------------------------------------|---|--|---|------------|------------|
| | 1.4.1.B: Follows the rules and protocols of the learning environment. | <ul style="list-style-type: none"> Follows rules of the learning environment. Follows protocol of the learning environment. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| Accepting Feedback | 1.4.2.A: Responds appropriately to general feedback from the teacher. | <ul style="list-style-type: none"> Appropriately accepts feedback from the teacher. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| Working with Others | 1.4.3.A: Works independently with others in a variety of class activities. | <ul style="list-style-type: none"> Participates independently in class activities with others. | <ul style="list-style-type: none"> Teacher observation | | IMPORTANT |
| Rules and Etiquette | 1.4.4.A: Demonstrates following rules and protocols for class activities. | <ul style="list-style-type: none"> Demonstrates how to follow rules. Demonstrates how to follow protocol. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| Safety | 1.4.5.A: Follows teacher directions for safe participation and proper use of equipment with minimal teacher reminders. | <ul style="list-style-type: none"> Follows teacher directions. Uses safe participation skills. Uses equipment properly. Needs minimal teacher reminder when using equipment. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| VALUE OF PHYSICAL ACTIVITY | | | | | |
| Self-expression and Enjoyment | 1.5.3.A: Describes positive feelings that result from participating in physical activities. | <ul style="list-style-type: none"> Verbalizes positive feelings resulting from physical activity. | <ul style="list-style-type: none"> Teacher discussion | | IMPORTANT |
| Social Interaction | 1.5.4.A: Identifies that physical activity promotes opportunity for social interaction. | <ul style="list-style-type: none"> Discusses that physical activity promotes social interaction. | <ul style="list-style-type: none"> Teacher discussion | | ADDITIONAL |

GRADE LEVEL: FIRST GRADE

SUBJECT: PHYSICAL EDUCATION

DATE: 2018-2019

GRADING PERIOD: QUARTER 2

MASTER COPY 1-8-19

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCAB | PRIORITY |
|---|---|--|---|-------|-----------|
| MOTOR SKILLS AND MOVEMENT | | | | | |
| Locomotor Skills <ul style="list-style-type: none"> • Hopping • Galloping • Running • Sliding • Skipping • Leaping • Walking • Running | 1.1.1.A: Performs mature patterns in locomotor skills in isolation. | <ul style="list-style-type: none"> • Performs mature patterns in locomotor skills in isolation. | <ul style="list-style-type: none"> • Teacher observation | | IMPORTANT |
| <ul style="list-style-type: none"> • Jumping and landing patterns <ul style="list-style-type: none"> – Horizontal plane – Vertical plane | 1.1.2.A: Demonstrates two of the five critical elements for jumping and landing in a horizontal and vertical planes using 2-foot take-offs and landings. | <ul style="list-style-type: none"> • Demonstrates jumping in horizontal and vertical planes with 2 foot take offs. • Implements jumping with 2 of the 5 critical elements. • Demonstrates landing in horizontal and vertical planes. • Implements landing with 2 of the 5 critical elements. | <ul style="list-style-type: none"> • Teacher observation | | IMPORTANT |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCAB | PRIORITY |
|---|--|--|---|-------|-----------|
| <ul style="list-style-type: none"> Dance Rhythm Combinations | 1.1.3.A: Combines locomotor and non-locomotor skills in a teacher-designed dance. | <ul style="list-style-type: none"> Performs locomotor skills in a teacher designed dance. Performs non-locomotor skills in a teacher designed dance. | <ul style="list-style-type: none"> Teacher observation | | IMPORTANT |
| Non-locomotor Skills <ul style="list-style-type: none"> Bend Twist Turn Sway | 1.1.4.A: Performs mature pattern in non-locomotor skills, exploratory and a stable environment. | <ul style="list-style-type: none"> Demonstrates a mature pattern of non-locomotor skills in an exploratory environment. Demonstrates a mature pattern of non-locomotor skills in a stable environment. | <ul style="list-style-type: none"> Teacher observation | | IMPORTANT |
| <ul style="list-style-type: none"> Balance | 1.1.5.A: Maintains stillness on different bases of support with different body shapes. | <ul style="list-style-type: none"> Demonstrates stillness of body using different body shapes on various bases of support. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| <ul style="list-style-type: none"> Weight transfer | 1.1.6.A: Transfers weight from one body part to another in personal space. | <ul style="list-style-type: none"> Transfers weight from one body part to another in personal space. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| Manipulative Skills <ul style="list-style-type: none"> Throw | 1.1.7.A: Throws underhand with different sizes and types of objects in a developing pattern. | <ul style="list-style-type: none"> Throws underhand with different types of objects in a developing pattern. Performs underhand throw with different size objects in a developing pattern. | <ul style="list-style-type: none"> Teacher observation | | IMPORTANT |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCABULARY | PRIORITY |
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| | 1.1.7.B: Throws overhand in an emerging pattern. | <ul style="list-style-type: none"> Demonstrates overhand throw with increasing skill. | <ul style="list-style-type: none"> Teacher observation | <ul style="list-style-type: none"> Overhand | CRITICAL |
| <ul style="list-style-type: none"> Catch | 1.1.9.A: Catches a soft object from a self-toss before it bounces. | <ul style="list-style-type: none"> Tosses and catches a soft object that is self-thrown. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
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| <ul style="list-style-type: none"> Foot Dribble | 1.1.12.A: Demonstrates emerging pattern while dribbling a ball using the inside of the foot while walking in a general space. | <ul style="list-style-type: none"> Dribbles with inside foot. Dribbles with inside foot while walking in a general space. | <ul style="list-style-type: none"> Teacher observation | <ul style="list-style-type: none"> Inside foot Foot dribble | CRITICAL |
| <ul style="list-style-type: none"> Foot Trap – Receive | 1.1.13.A: Performs emerging pattern while receiving with the preferred foot when stationary. | <ul style="list-style-type: none"> Receives with the preferred foot when stationary. | <ul style="list-style-type: none"> Teacher observation | <ul style="list-style-type: none"> Trap Give | CRITICAL |
| <ul style="list-style-type: none"> Jump Rope | 1.1.16.A: Jumps forward or backward consecutively using a self-turned rope. | <ul style="list-style-type: none"> Jumps consecutively forward with a self-turned rope. Jumps consecutively backward with a self-turned rope. | <ul style="list-style-type: none"> Teacher observation | | ADDITIONAL |
| | 1.1.16.B: Jumps with a long rope up to five times consecutively with teacher assisted turning. | <ul style="list-style-type: none"> Jumps five times or more consecutively with a long rope by a teacher. | <ul style="list-style-type: none"> Teacher observation | | ADDITIONAL |

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| MOVEMENT CONCEPTS AND STRATEGIES | | | | | |
| Space | 1.2.1.A: Moves in personal space and general space in response to designated beats/rhythms. | <ul style="list-style-type: none"> • Responds to beats/rhythms while moving in a general space. • Responds to beats/rhythms while moving in personal space. | <ul style="list-style-type: none"> • Teacher observation | | IMPORTANT |
| Pathways, Shapes, Levels | 1.2.2.A: Travels demonstrating low, middle, and high levels. | <ul style="list-style-type: none"> • Demonstrates low levels while traveling. • Demonstrates middle levels while traveling. • Demonstrates high levels while traveling. | <ul style="list-style-type: none"> • Teacher observation | | IMPORTANT |
| | 1.2.2.B: Travels demonstrating a variety of relationships with objects. | <ul style="list-style-type: none"> • Travels demonstrating a variety of relationships with objects. <ul style="list-style-type: none"> – Under objects – Over objects – Around objects – Through objects. | <ul style="list-style-type: none"> • Teacher observation | <ul style="list-style-type: none"> • Under • Over • Around • Through | IMPORTANT |
| Speed, Direction, Force | 1.2.3.A: Differentiates between movements that are fast and slow speeds, and with strong and light force. | <ul style="list-style-type: none"> • Demonstrates fast movements. • Demonstrates slow movements. • Demonstrates movement with light force. • Demonstrates movement with strong force. | <ul style="list-style-type: none"> • Teacher observation | <ul style="list-style-type: none"> • Fast • Slow • Strong • Light • Force | CRITICAL |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCABULARY | PRIORITY |
|-------------------------------------|---|---|---|--|------------|
| PHYSICAL ACTIVITY | | | | | |
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| Engages in Physical Activity | 1.3.2.A: Actively engages in physical education class. | <ul style="list-style-type: none"> Participates in physical education. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| FITNESS | | | | | |
| Nutrition | 1.3.6.A: Differentiates between healthy and unhealthy foods. | <ul style="list-style-type: none"> Discusses the differences between healthy and unhealthy foods. | <ul style="list-style-type: none"> Teacher discussion | <ul style="list-style-type: none"> Unhealthy Healthy | IMPORTANT |
| | 1.3.6.B: Explains “My Plate” | <ul style="list-style-type: none"> Describes “My Plate” and the categories. | <ul style="list-style-type: none"> Teacher discussion | <ul style="list-style-type: none"> “My Plate” | IMPORTANT |
| PERSONAL AND SOCIAL BEHAVIOR | | | | | |
| Personal Responsibility | 1.4.1.A: Accepts personal responsibility by using equipment and space appropriately. | <ul style="list-style-type: none"> Shows personal responsibility by appropriately using equipment. Shows personal responsibility by appropriately using space provided. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCABULARY | PRIORITY |
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| | 1.4.1.B: Follows the rules and protocols of the learning environment. | <ul style="list-style-type: none"> Follows rules of the learning environment. Follows protocol of the learning environment. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| Accepting Feedback | 1.4.2.A: Responds appropriately to general feedback from the teacher. | <ul style="list-style-type: none"> Appropriately accepts feedback from the teacher. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| Working with Others | 1.4.3.A: Works independently with others in a variety of class activities. | <ul style="list-style-type: none"> Participates independently in class activities with others. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| Rules and Etiquette | 1.4.4.A: Demonstrates following rules and protocols for class activities. | <ul style="list-style-type: none"> Shows how to follow rules. Shows how to follow protocol. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| Safety | 1.4.5.A: Follows teacher directions for safe participation and proper use of equipment with minimal teacher reminders. | <ul style="list-style-type: none"> Follows teacher directions. Uses safe participation skills. Uses equipment properly. Needs minimal teacher reminder when using equipment. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| VALUE OF PHYSICAL ACTIVITY | | | | | |
| Self-expression and Enjoyment | 1.5.3.A: Describes positive feelings that result from participating in physical activities. | <ul style="list-style-type: none"> Verbalizes positive feelings resulting from physical activities. | <ul style="list-style-type: none"> Teacher discussion | | IMPORTANT |
| Social Interaction | 1.5.4.A: Identifies that physical activity promotes opportunity for social interaction. | <ul style="list-style-type: none"> Discusses that physical activity promotes social interaction. | <ul style="list-style-type: none"> Teacher discussion | | ADDITIONAL |

GRADE LEVEL: FIRST GRADE

SUBJECT: PHYSICAL EDUCATION

DATE: 2018-2019

GRADING PERIOD: QUARTER 3

MASTER COPY 1-8-19

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCAB | PRIORITY |
|---|---|--|---|-------|------------|
| MOTOR SKILLS AND MOVEMENT | | | | | |
| Locomotor Skills <ul style="list-style-type: none"> • Hopping • Galloping • Running • Sliding • Skipping • Leaping • Walking • Running | 1.1.1.A: Performs mature patterns in locomotor skills in isolation. | <ul style="list-style-type: none"> • Performs mature patterns in locomotor skills in isolation. | <ul style="list-style-type: none"> • Teacher observation | | ADDITIONAL |
| <ul style="list-style-type: none"> • Jumping and landing patterns <ul style="list-style-type: none"> – Horizontal plane – Vertical plane | 1.1.2.A: Demonstrates two of the five critical elements for jumping and landing in a horizontal and vertical planes using 2-foot take-offs and landings. | <ul style="list-style-type: none"> • Demonstrates jumping in horizontal and vertical planes with 2 foot take offs. • Implements jumping with 2 of the 5 critical elements. • Demonstrates landing in horizontal and vertical planes. • Implements landing with 2 of the 5 critical elements. | <ul style="list-style-type: none"> • Teacher observation | | ADDITIONAL |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCAB | PRIORITY |
|---|--|--|---|-------|------------|
| <ul style="list-style-type: none"> Dance Rhythm Combinations | 1.1.3.A: Combines locomotor and non-locomotor skills in a teacher-designed dance. | <ul style="list-style-type: none"> Performs locomotor skills in a teacher designed dance. Performs non-locomotor skills in a teacher designed dance. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| Non-locomotor Skills <ul style="list-style-type: none"> Bend Twist Turn Sway | 1.1.4.A: Performs mature pattern in non-locomotor skills, exploratory and a stable environment. | <ul style="list-style-type: none"> Demonstrates a mature pattern of non-locomotor skills in an exploratory environment. Demonstrates a mature pattern of non-locomotor skills in a stable environment. | <ul style="list-style-type: none"> Teacher observation | | ADDITIONAL |
| <ul style="list-style-type: none"> Balance | 1.1.5.A: Maintains stillness on different bases of support with different body shapes. | <ul style="list-style-type: none"> Demonstrates stillness of body using different body shapes on various bases of support. | <ul style="list-style-type: none"> Teacher observation | | IMPORTANT |
| <ul style="list-style-type: none"> Weight transfer | 1.1.6.A: Transfers weight from one body part to another in personal space. | <ul style="list-style-type: none"> Transfers weight from one body part to another. Transfers weight from one body part to another in personal space. | <ul style="list-style-type: none"> Teacher observation | | IMPORTANT |
| Manipulative Skills <ul style="list-style-type: none"> Throw | 1.1.7.A: Throws underhand with different sizes and types of objects in a developing pattern. | <ul style="list-style-type: none"> Performs underhand throw with different types of objects. Performs underhand throw with different size objects in a developing pattern. | <ul style="list-style-type: none"> Teacher observation | | ADDITIONAL |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCABULARY | PRIORITY |
|--|--|--|---|--|------------|
| | 1.1.7.B: Throws overhand in an emerging pattern. | <ul style="list-style-type: none"> Demonstrates overhand throw with increasing skill. | <ul style="list-style-type: none"> Teacher observation | <ul style="list-style-type: none"> Overhand | ADDITIONAL |
| <ul style="list-style-type: none"> Catch | 1.1.9.A: Catches a soft object from a self-toss before it bounces. | <ul style="list-style-type: none"> Tosses and catches a soft object that is self-thrown. | <ul style="list-style-type: none"> Teacher observation | | ADDITIONAL |
| | 1.1.9.B: Catches various sizes of balls by a skilled thrower. | <ul style="list-style-type: none"> Catches a small ball thrown by a skilled thrower. Catches a large ball thrown by a skilled thrower. | <ul style="list-style-type: none"> Teacher observation | | ADDITIONAL |
| <ul style="list-style-type: none"> Hand Dribble | 1.1.10.A: Dribbles continuously in personal space using the preferred hand. | <ul style="list-style-type: none"> Dribbles with preferred hand. Dribbles continuously with preferred hand. Dribbles with preferred hand in personal space. | <ul style="list-style-type: none"> Teacher observation | | IMPORTANT |
| <ul style="list-style-type: none"> Strike/Volley <ul style="list-style-type: none"> Hands Arms | 1.1.14.A: Volleys an object with an open palm, sending it upward. | <ul style="list-style-type: none"> Volleys an object with an open palm. Volleys an object in an upward motion. | <ul style="list-style-type: none"> Teacher observation | <ul style="list-style-type: none"> Volley | IMPORTANT |
| <ul style="list-style-type: none"> Strike with Implement | 1.1.15.A: Strikes a ball with a short-handled implement, sending it upward. | <ul style="list-style-type: none"> Hits a ball with a short-handled implement. Hits a ball upward with a short-handled implement. | <ul style="list-style-type: none"> Teacher observation | | IMPORTANT |
| <ul style="list-style-type: none"> Jump Rope | 1.1.16.A: Jumps forward or backward consecutively using a self-turned rope. | <ul style="list-style-type: none"> Jumps forward with a self-turned rope. Jumps backward with a self-turned rope. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCABULARY | PRIORITY |
|---|--|---|---|--|------------|
| | 1.1.16.B: Jumps with a long rope up to five times consecutively with teacher assisted turning. | <ul style="list-style-type: none"> Jumps five times or more consecutively with a long rope by a teacher. | <ul style="list-style-type: none"> Teacher observation | | IMPORTANT |
| MOVEMENT CONCEPTS AND STRATEGIES | | | | | |
| Space | 1.2.1.A: Moves in personal space and general space in response to designated beats/rhythms. | <ul style="list-style-type: none"> Responds to beats/rhythms while moving in a general space. Responds to beats/rhythms while moving in personal space. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| Pathways, Shapes, Levels | 1.2.2.A: Travels demonstrating low, middle, and high levels. | <ul style="list-style-type: none"> Demonstrates low levels while traveling. Demonstrates middle levels while traveling. Demonstrates high levels while traveling. | <ul style="list-style-type: none"> Teacher observation | | ADDITIONAL |
| | 1.2.2.B: Travels demonstrating a variety of relationships with objects. | <ul style="list-style-type: none"> Travels demonstrating a variety of relationships with objects. <ul style="list-style-type: none"> Under objects Over objects Around objects | <ul style="list-style-type: none"> Teacher observation | | ADDITIONAL |
| Speed, Direction, Force | 1.2.3.A: Differentiates between movements that are fast and slow speeds, and with strong and light force. | <ul style="list-style-type: none"> Differentiates between movements that are fast and slow speeds. Differentiates between movements with strong and light force. | <ul style="list-style-type: none"> Teacher observation | <ul style="list-style-type: none"> Fast Slow Strong Light Force | IMPORTANT |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCABULARY | PRIORITY |
|-------------------------------------|--|--|---|--|----------|
| PHYSICAL ACTIVITY | | | | | |
| Physical Activity Knowledge | 1.3.1.A: Explains the benefits of being active and exercising and/or playing. | <ul style="list-style-type: none"> Describes the benefits of being active. Describes the benefits of exercising. Describes the benefits of playing. | <ul style="list-style-type: none"> Teacher discussion | <ul style="list-style-type: none"> Active Exercise Benefits | CRITICAL |
| Engages in Physical Activity | 1.3.2.A: Actively engages in physical education class. | <ul style="list-style-type: none"> Participates in physical education. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| FITNESS | | | | | |
| Fitness Knowledge | 1.3.3.A: Identifies the heart as a muscle that grows stronger when you exercise, play, and are physically active. | <ul style="list-style-type: none"> Explains that the heart is a muscle. Explains that the heart grows stronger with exercise. Explains that the heart grows stronger with play. Explains that the heart grows stronger when you are physically active. | <ul style="list-style-type: none"> Teacher discussion | <ul style="list-style-type: none"> Heart Muscle | CRITICAL |
| Body Systems | 1.3.5.A: Recognizes basic structure and function of the muscular and skeletal system. | <ul style="list-style-type: none"> Discusses basic structure of the muscular system. Discusses basic structure of the skeletal system. Discusses basic function of the muscular system. Discusses basic function of the skeletal system. | <ul style="list-style-type: none"> Teacher discussion | <ul style="list-style-type: none"> Muscular Skeletal | CRITICAL |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCABULARY | PRIORITY |
|-------------------------------------|---|---|---|--|----------|
| Nutrition | 1.3.6.A: Differentiates between healthy and unhealthy foods. | <ul style="list-style-type: none"> Discusses the differences between healthy and unhealthy foods. | <ul style="list-style-type: none"> Teacher discussion | <ul style="list-style-type: none"> Unhealthy Healthy | CRITICAL |
| | 1.3.6.B: Explains “My Plate” | <ul style="list-style-type: none"> Describes “My Plate” and the categories. | <ul style="list-style-type: none"> Teacher discussion | <ul style="list-style-type: none"> “My Plate” | CRITICAL |
| PERSONAL AND SOCIAL BEHAVIOR | | | | | |
| Personal Responsibility | 1.4.1.A: Accepts personal responsibility by using equipment and space appropriately. | <ul style="list-style-type: none"> Shows personal responsibility by appropriately using equipment. Shows personal responsibility by appropriately using space provided. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| | 1.4.1.B: Follows the rules and protocols of the learning environment. | <ul style="list-style-type: none"> Follows rules of the learning environment. Follows protocol of the learning environment. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| Accepting Feedback | 1.4.2.A: Responds appropriately to general feedback from the teacher. | <ul style="list-style-type: none"> Appropriately accepts feedback from the teacher. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| Working with Others | 1.4.3.A: Works independently with others in a variety of class activities. | <ul style="list-style-type: none"> Participates independently in class activities with others. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| Rules and Etiquette | 1.4.4.A: Demonstrates following rules and protocols for class activities. | <ul style="list-style-type: none"> Shows how to follow rules. Shows how to follow protocol. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCABULARY | PRIORITY |
|--------------------------------------|---|--|---|------------|------------|
| Safety | 1.4.5.A: Follows teacher directions for safe participation and proper use of equipment with minimal teacher reminders. | <ul style="list-style-type: none"> Follows teacher directions. Uses safe participation skills. Uses equipment properly. Needs minimal teacher reminder when using equipment. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| VALUE OF PHYSICAL ACTIVITY | | | | | |
| Health | 1.5.1.A: Identifies physical activity as a component of good health. | <ul style="list-style-type: none"> Identifies component of good health. Identifies physical activity as good health. | <ul style="list-style-type: none"> Teacher discussion | | IMPORTANT |
| Challenge | 1.5.2.A: Recognizes that challenge in physical activities can lead to success. | <ul style="list-style-type: none"> Understands that successes can come from a challenge in physical activities. | <ul style="list-style-type: none"> Teacher discussion | | IMPORTANT |
| Self-expression and Enjoyment | 1.5.3.A: Describes positive feelings that result from participating in physical activities. | <ul style="list-style-type: none"> Verbalizes positive feelings from activity. | <ul style="list-style-type: none"> Teacher discussion | | IMPORTANT |
| Social Interaction | 1.5.4.A: Identifies that physical activity promotes opportunity for social interaction. | <ul style="list-style-type: none"> Discusses that physical activity promotes social interaction. | <ul style="list-style-type: none"> Teacher discussion | | ADDITIONAL |

GRADE LEVEL: FIRST GRADE

SUBJECT: PHYSICAL EDUCATION

DATE: 2018-2019

GRADING PERIOD: QUARTER 4

MASTER COPY 1-8-19

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCAB | PRIORITY |
|---|---|--|---|-------|------------|
| MOTOR SKILLS AND MOVEMENT | | | | | |
| Locomotor Skills <ul style="list-style-type: none"> • Hopping • Galloping • Running • Sliding • Skipping • Leaping • Walking • Running | 1.1.1.A: Performs mature patterns in locomotor skills in isolation. | <ul style="list-style-type: none"> • Performs mature patterns in locomotor skills in isolation. | <ul style="list-style-type: none"> • Teacher observation | | ADDITIONAL |
| <ul style="list-style-type: none"> • Jumping and landing patterns <ul style="list-style-type: none"> – Horizontal plane – Vertical plane | 1.1.2.A: Demonstrates two of the five critical elements for jumping and landing in a horizontal and vertical planes using 2-foot take-offs and landings. | <ul style="list-style-type: none"> • Demonstrates jumping in horizontal and vertical planes with 2 foot take offs. • Implements jumping with 2 of the 5 critical elements. • Demonstrates landing in horizontal and vertical planes. • Implements landing with 2 of the 5 critical elements. | <ul style="list-style-type: none"> • Teacher observation | | ADDITIONAL |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCAB | PRIORITY |
|---|--|--|---|--|------------|
| <ul style="list-style-type: none"> Dance Rhythm Combinations | 1.1.3.A: Combines locomotor and non-locomotor skills in a teacher-designed dance. | <ul style="list-style-type: none"> Performs locomotor skills in a teacher designed dance. Performs non-locomotor skills in a teacher designed dance. | <ul style="list-style-type: none"> Teacher observation | | ADDITIONAL |
| Non-locomotor Skills <ul style="list-style-type: none"> Bend Twist Turn Sway | 1.1.4.A: Performs mature pattern in non-locomotor skills, exploratory and a stable environment. | <ul style="list-style-type: none"> Demonstrates a mature pattern of non-locomotor skills in an exploratory environment. Demonstrates a mature pattern of non-locomotor skills in a stable environment. | <ul style="list-style-type: none"> Teacher observation | | ADDITIONAL |
| <ul style="list-style-type: none"> Balance | 1.1.5.A: Maintains stillness on different bases of support with different body shapes. | <ul style="list-style-type: none"> Demonstrates stillness of body using different body shapes on various bases of support. | <ul style="list-style-type: none"> Teacher observation | | ADDITIONAL |
| <ul style="list-style-type: none"> Weight transfer | 1.1.6.A: Transfers weight from one body part to another in personal space. | <ul style="list-style-type: none"> Transfers weight from one body part to another. Transfers weight from one body part to another in personal space. | <ul style="list-style-type: none"> Teacher observation | | ADDITIONAL |
| Manipulative Skills <ul style="list-style-type: none"> Throw | 1.1.7.B: Throws overhand in an emerging pattern. | <ul style="list-style-type: none"> Demonstrates overhand throw with increasing skill. | <ul style="list-style-type: none"> Teacher observation | <ul style="list-style-type: none"> Overhand | IMPORTANT |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCABULARY | PRIORITY |
|--|---|--|---|--|------------|
| | 1.1.9.B: Catches various sizes of balls by a skilled thrower. | <ul style="list-style-type: none"> Catches a small ball thrown by a skilled thrower. Catches a large ball thrown by a skilled thrower. | <ul style="list-style-type: none"> Teacher observation | | ADDITIONAL |
| <ul style="list-style-type: none"> Hand Dribble | 1.1.10.A: Dribbles continuously in personal space using the preferred hand. | <ul style="list-style-type: none"> Dribbles with preferred hand. Dribbles continuously with preferred hand. Dribbles with preferred hand in personal space. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| <ul style="list-style-type: none"> Strike/Volley <ul style="list-style-type: none"> Hands Arms | 1.1.14.A: Volleys an object with an open palm, sending it upward. | <ul style="list-style-type: none"> Volleys an object with an open palm. Volleys an object in an upward motion. | <ul style="list-style-type: none"> Teacher observation | <ul style="list-style-type: none"> Volley | CRITICAL |
| <ul style="list-style-type: none"> Strike with Implement | 1.1.15.A: Strikes a ball with a short-handled implement, sending it upward. | <ul style="list-style-type: none"> Hits a ball with a short-handled implement. Hits a ball upward with a short-handled implement. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| <ul style="list-style-type: none"> Jump Rope | 1.1.16.A: Jumps forward or backward consecutively using a self-turned rope. | <ul style="list-style-type: none"> Jumps consecutively forward with a self-turned rope. Jumps consecutively backward with a self-turned rope. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| | 1.1.16.B: Jumps with a long rope up to five times consecutively with teacher assisted turning. | <ul style="list-style-type: none"> Jumps five times or more consecutively with a long rope by a teacher. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCABULARY | PRIORITY |
|---|--|---|---|--|-----------|
| MOVEMENT CONCEPTS AND STRATEGIES | | | | | |
| Speed, Direction, Force | 1.2.3.A: Differentiates between movements that are fast and slow speeds, and with strong and light force. | <ul style="list-style-type: none"> • Demonstrates fast movements. • Demonstrates slow movements. • Demonstrates movement with light force. • Demonstrates movement with strong force. | <ul style="list-style-type: none"> • Teacher observation | <ul style="list-style-type: none"> • Fast • Slow • Strong • Light • Force | IMPORTANT |
| PHYSICAL ACTIVITY | | | | | |
| Engages in Physical Activity | 1.3.2.A: Actively engages in physical education class. | <ul style="list-style-type: none"> • Participates in physical education. | <ul style="list-style-type: none"> • Teacher observation | | CRITICAL |
| PERSONAL AND SOCIAL BEHAVIOR | | | | | |
| Personal Responsibility | 1.4.1.A: Accepts personal responsibility by using equipment and space appropriately. | <ul style="list-style-type: none"> • Shows personal responsibility by appropriately using equipment. • Shows personal responsibility by appropriately using space provided. | <ul style="list-style-type: none"> • Teacher observation | | CRITICAL |
| | 1.4.1.B: Follows the rules and protocols of the learning environment. | <ul style="list-style-type: none"> • Follows rules of the learning environment. • Follows protocol of the learning environment. | <ul style="list-style-type: none"> • Teacher observation | | CRITICAL |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCABULARY | PRIORITY |
|--------------------------------------|---|--|---|------------|-----------|
| Accepting Feedback | 1.4.2.A: Responds appropriately to general feedback from the teacher. | <ul style="list-style-type: none"> Appropriately accepts feedback from the teacher. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| Working with Others | 1.4.3.A: Works independently with others in a variety of class activities. | <ul style="list-style-type: none"> Participates independently in class activities with others. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| Rules and Etiquette | 1.4.4.A: Demonstrates following rules and protocols for class activities. | <ul style="list-style-type: none"> Shows how to follow rules. Shows how to follow protocol. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| Safety | 1.4.5.A: Follows teacher directions for safe participation and proper use of equipment with minimal teacher reminders. | <ul style="list-style-type: none"> Follows teacher directions. Uses safe participation skills. Uses equipment properly. Needs minimal teacher reminder when using equipment. | <ul style="list-style-type: none"> Teacher observation | | CRITICAL |
| VALUE OF PHYSICAL ACTIVITY | | | | | |
| Health | 1.5.1.A: Identifies physical activity as a component of good health. | <ul style="list-style-type: none"> Identifies component of good health. Identifies physical activity as good health. | <ul style="list-style-type: none"> Teacher discussion | | CRITICAL |
| Challenge | 1.5.2.A: Recognizes that challenge in physical activities can lead to success. | <ul style="list-style-type: none"> Understands that successes can come from a challenge in physical activities. | <ul style="list-style-type: none"> Teacher discussion | | CRITICAL |
| Self-expression and Enjoyment | 1.5.3.A: Describes positive feelings that result from participating in physical activities. | <ul style="list-style-type: none"> Verbalizes positive feelings from activity. | <ul style="list-style-type: none"> Teacher discussion | | IMPORTANT |

| CONTENT | STANDARD INDICATORS | SKILLS | ASSESSMENT | VOCABULARY | PRIORITY |
|---------------------------|--|---|--|------------|------------|
| Social Interaction | 1.5.4.A: Identifies that physical activity promotes opportunity for social interaction. | <ul style="list-style-type: none">• Discusses that physical activity promotes social interaction. | <ul style="list-style-type: none">• Teacher discussion | | ADDITIONAL |