

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.			
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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
	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
	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 	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"> • 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

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 		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					
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 		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

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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 	<p>1.1.3.A: Combines locomotor and non-locomotor skills in a teacher-designed dance.</p>	<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
<p>Non-locomotor Skills</p> <ul style="list-style-type: none"> • Bend • Twist • Turn • Sway 	<p>1.1.4.A: Performs mature pattern in non-locomotor skills, exploratory and a stable environment.</p>	<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 	<p>1.1.5.A: Maintains stillness on different bases of support with different body shapes.</p>	<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 	<p>1.1.6.A: Transfers weight from one body part to another in personal space.</p>	<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
<p>Manipulative Skills</p> <ul style="list-style-type: none"> • Throw 	<p>1.1.7.A: Throws underhand with different sizes and types of objects in a developing pattern.</p>	<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

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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					
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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

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
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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