

Grade 1 Physical Education

Canterbury Public Schools

Students are becoming much more coordinated and confident. In grade 1 students build upon the movement experiences developed in K while helping students become more confident, independent movers. Students continue developing locomotor, and manipulative skills while learning how movement contributes to a healthy lifestyle.

Throughout the year, students practice teamwork, sportsmanship, personal responsibility, and safe participation while participating in games, fitness activities, dance, and outdoor experiences. Literacy connections through engaging read-alouds help students understand perseverance, cooperation, healthy habits, and growth mindsets.

Subject	Physical Education
Grade Level	1
Unit	Unit 1 Ready, Set, Move! Building Movement Foundations- spatial awareness and locomotor movement Unit 2 Throw, Catch, Kick! Developing Manipulative skills - Toss, Catch, Volley Skills Unit 3 Move Together! Cooperation and Teamwork Unit 4 Fitness Fun! Healthy Hearts and Strong Bodies Unit 5 Rhythm, Dance and Creative Movement Unit 6 Outdoor Adventure And Lifetime Activities
Unit Goals	Unit 1 Overview: students begin the year by reviewing and strengthening the fundamental movement skills introduced in Kindergarten. They practice balancing, hopping, jumping, skipping, galloping, sliding, running, and changing directions while learning movement vocabulary and practicing safe participation. They begin setting simple movement goals and recognizing that practice helps improve skills. Students will demonstrate mature locomotor patterns while safely navigating self-space and general space at varying speeds and levels. Unit 2 Overview: students develop object-control skills by throwing, catching, kicking, rolling, dribbling, and striking a variety of equipment. Activities focus on accuracy, control, coordination, while encouraging persistence and teamwork. Students will maintain balance on various bases of support , execute basic weigh transfers and perform controlled body rolls Unit 3 Overview: students participate in partner and small-group games emphasizing

	communication, kindness, cooperation, sharing, and problem solving. Students begin to understand the importance of rules and respectful competition Unit 4 Overview: students explore the components of health-related fitness through engaging stations and games. They learn how exercise affects the heart, muscles, lungs, and overall health while developing positive attitudes toward lifelong physical activity. Unit 5 Overview: students express themselves through movement while learning rhythm, beat, patterns, creative dance, and cultural dances. Students build confidence through performance and collaboration. Master jump rope patterns Unit 6 Overview: students explore outdoor movement experiences while practicing teamwork, observation, safety, and appreciation for nature. Activities encourage lifelong participation in walking, hiking, playground game, fitness trails, and recreational activities
Pacing (# of weeks)	Unit 1 4 - 6 weeks Unit 2 4 - 6 weeks Unit 3 3- 4 weeks Unit 4 4 - 6 weeks Unit 5 4 - 6 weeks Unit 6 3 - 4 weeks
Standards	SHAPE America- National Physical Education Standards All units include all standards These units naturally align to the five national standards: Standard 1 Motor Skill Performance Standard 2 Applying Concepts and Strategies Standard 3 Engaging in Physical fitness Standard 4 Physical Fitness Standard 5 Responsible Behavior Standard 6 Benefits of Physical Activity SHAPE America National Physical Education Standard expectations: 1. Demonstrates competency in a variety of motor skills and movement patterns 2. Applies knowledge of concepts, principles, strategies, and tactics related to movement 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

	4. Exhibits responsible personal and social behavior that respects self and others 5. Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction
Content/Conceptual Knowledge (know)	Unit 1 Difference between personal space and general space Characteristics of basic locomotor skills Spatial directions and pathways Unit 2 Different ways to throw, catch, kick and roll objects How force changes how far an object travels Safety rules when using equipment Personal and general space How practice improves skills What makes a stable base of support Difference between static and dynamic balance Critical steps for throwing Catching cues Key safety procedures when working on mats and equipment Unit 3 Teamwork and cooperative games: Good teammates help each other Communication improves teamwork Rules make games fair Respect builds positive relationships Unit 4 Why exercise is so important Heart rate changes with activity Healthy activity habits Components of good health Importance of warming up and cooling down Unit 5 Rhythm is keeping time with music or a drum beat Jump rope cues Creative movement uses dynamic contrast Unit 6 Safe outdoor plan rules Ways to stay active outside of school Playground safety Nature can be a place for exercise

	Families can enjoy physical activity together Physical activity is part of a healthy lifestyle
Skills (be able to do)	Unit 1 Skip, gallop, hop on either foot, jump for distance, balance using different body shapes, change speed and direction, travel safely in shared space Unit 2 Throw overhand, throw underhand, catch with hands, roll accurately, kick stationary balls, dribble with hands, Hold a balanced pose Execute a safe pencil roll and egg roll Transfer weight from feet to hands safely Unit 3 Cooperative challenges, partner passing, group problem solving, listening skills, conflict resolution, encouraging classmates Unit 4 Participate in aerobic activities Stretch safely Build muscular endurance Monitor the effects of exercise Unit 5 Follow rhythmic patterns Perform simple dance moves Step, clap, or march Jumprope Linedance Create movement sequences Unit 6 Walk trails safely Complete nature scavenger hunts Participate in outdoor games Practice teamwork Follow safety rules Demonstrate environments responsibility
Essential Questions	Unit 1 How does practice improve movement? Why is it important to move safely? How can I challenge myself?

	Unit 2 How do my eyes and hands work together? How does practice improve my control? How can I help a partner succeed? How does my body stay balanced when I stand on one foot or hold a pose? What shapes can my body make when stretching or curling? Unit 3 What makes a good teammate? Who can we solve problems together? Why do games have rules? Unit 4 Why is exercise important? What happens to my body when I move? What healthy choices help me grow? Unit 5 How can movement tell a story? What is rhythm? How can music inspire movement? What is the secret timing for jumping rope? Unit 6 outdoor What can I do outside? What are some outside safety rules? How can natural things be a place for exercise? What can I do with my family outdoors?
Enduring Understandings	Unit 1 Practice improves movement skills Everyone develops skills at their own pace Safe movement helps everyone enjoy physical activity Respecting personal and shared space keeps everyone safe while moving Body awareness allows us to move efficiently in different environments Unit 2 Developing object control skills takes practice, patience, and perseverance Using the correct technique helps improve accuracy, control, and confidence Working cooperatively with a partner makes learning more enjoyable and successful Physical activity helps develop coordination and prepares us for many sports and recreational activities

	Everyone can improve their skills through effort and positive practice Unit 3 Successful teams work together by communicating, encouraging one another and showing respect Good sportsmanship means treating others fairly whether we win or lose Every person has strengths that contribute to the success of a group Cooperation and kindness make physical activity more enjoyable for everyone Following rules helps games remain safe, fair, and fun Good balance and body control help us move safely and confidently Our bodies can move in many different ways using different levels, pathways, and shapes Practicing balance and coordination strengthens our muscles and improves movement skills Safe movement allows everyone to participate and enjoy physical activity Every person develops movement skills at their own pace Unit 4 Regular physical activity helps keep our hearts, muscles, bones, and bodies healthy Exercise can be fun and should be part of our everyday lives Warming up and cooling down help prepare and protect our bodies Healthy choices, including exercise, support lifelong wellness Everyone can participate in activities that improve personal fitness Unit 5 Rhythm and dance provide a fun way to stay active and express feelings Timing and coordination are essential for rope jumping Unit 6 Physical activity can happen anywhere and should be part of a healthy lifestyle Exploring the outdoors encourages movement, curiosity, and appreciation for nature Being active with family and friends builds healthy habits and positive relationships Safety is an important responsibility during outdoor activities and recreation Lifelong physical activity supports both physical and emotional well-being
Vocabulary	Unit 1 Personal space, general space, locomotor, gallop, hop, skip, slide, pathway, level Unit 2 Throw, catch, kick, bounce, target, accuracy, force, partner, control, dribble, trap, underhand, overhand, follow-through Unit 3 teamwork, cooperate, respect, share, communicate, encourage, fair, rules,

	team, partner, responsibility, sportsmanship Unit 4 Exercise, fitness, healthy, heart, strong, stretch, warm-up, cool-down, muscles, endurance, flexibility Unit 5 Rhythm, beat, tempo, sequence, steps, jump rope, Unit 6 Outdoors, adventure, explore, hike, nature safe, trial, challenge, recreation, active, field day, playground, lifetime activity
Common Learning Experiences	General activities as appropriate to topic Parachute games Partner relays Team-building challenges Hula hoop cooperation games Human knot Jump rope Scooter races Stretching routines Animal fitness circuit Cardio game Dance breaks Warm-up tag Balance stations Animal walks Yoga poses Obstacle courses Beanbag balancing Mats exploration Freeze dance Shape challenges Balance dance freeze Use visual balance points for individual work Beanbag toss stations Balloon volleyball Partner tossing with scarves and beanbags Underhand and overhand tossing

	Kicking stationary balls Soccer dribbling through cones Target throwing games Bowling activities Partner catching activities and challenges Cooperative striking games with paddles Scavenger hunts Walking trails Field day activities Playground challenges Frisbee golf Bubble movement games Water safety discussion
Assessments	General assessments used throughout the year; Movement checklists, obstacle course performance Skills checklists based on focus of units Throwing technique rubric Catching success record Success through obstacle courses Kicking accuracy Exit tickets Field day stations
Resources	For all units as appropriate to topic The Most Magnificent Thing by Ashley Spires Jabari Jumps by Gaia Cornwall Giraffes Can't Dance by Giles Andreae The Dot by Peter H. Reynolds I Can Do It by Pat Thomas Morris Mole by Dan Yaccarino The Girl Who Never Made Mistakes by Mark Pett Whistle for Willie by Ezra Jack Keats Pete the Cat: Play Ball Throw Your Tooth on the Roof by Selby Beeler What If Everybody Did That? By Ellen Javernick The Recess Queen by Alexis O'Neill Stick and Stone by Beth Ferry

	The Invisible Boy by Trudy Ludwig From Head to Toe by Eric Carle The Busy Body Book by Lizzy Rockwell I Will Never Not Ever Eat a Tomato by Lauren Child Gregory, The Terrible Eater by Mitchell Sharmat The Berenstain Bears and Too Much Junk Food Barn Dance! By Bill Martin Jr. Zin! Zin! Zin! A Violin Joseph Had a Little Overcoat Never Play Music Right Next to the Zoo We're Going on a Bear Hunt by Michael Rosen Last Stop on Market Street by Matt de la Pena Outside In by Deborah Underwood Not a Stick by Antoinette Portis GoNoodle Sworkit Kids Cosmic Kids Yoga The PE Specialist OPEN Phys Ed Adventure to Fitness Activity videos Bean bags, cones, foam balls, scarves, hoops, scooter boards, parachute, balance beams rhythm sticks, beach balls
--	---