



## Course Outcome Summary

### Course Information: **Physical Education**

**Description:** This course is about students exploring locomotor skills and ball skills while demonstrating safe, respectful, and responsible behaviors during active participation.

**Instruction Level:** Grade 1

### Course Standards:

- **Standard 1** - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2** - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3** - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4** - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

### Unit

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1. **Trimester 1: Safe Movers**
2. **Trimester 2: Rolling and Throwing for Happy Hearts**
3. **Trimester 3: Foot Fun**

### Unit Outlines

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#### 1. **Trimester 1: Safe Movers**

**Standards:** Standards 1, 2, and 4.

#### **Essential Questions:**

- What are some different ways to move?
- Can you show me how to run, gallop, slide?

- What are some different ways you can change the way you move?
- Why is it important to be able to identify critical elements of different movement patterns?
- How can you be safe, respectful, responsible, movers in Physical Education?
- What are some ways you can solve problems safely?

**Essential Knowledge:**

- Locomotor Skills (Run, Gallop, Slide)
- Pathways (Curvy, Zig-Zag, Straight)
- Behavior (Respectful, Responsible, and Safe)

**2. Trimester 2: Rolling and Throwing for Happy Hearts**

**Standards:** Standards 1, 3, and 4.

**Essential Questions:**

- Can you show me how to underhand roll and underhand throw?
- Why is it important to be able to identify critical elements of underhand rolling and underhand throwing?
- Can you name physical activities that make your heart beat faster?
- How can you be safe, respectful, responsible, movers in Physical Education?
- What are some ways you can solve problems safely?

**Essential Knowledge:**

- Ball Skills (Rolling and Underhand Throw)
- Health Related Fitness (Heart, Muscle, Strong, Physical Activity)
- Behavior (Respectful, Responsible, and Safe)

**3. Trimester 3: Foot Fun**

**Standards:** Standard 1 and 4

**Essential Questions:**

- Can you show me how to kick a stationary ball and dribble with your feet?
- Why is it important to be able to identify critical elements of kicking and foot dribbling?
- Can you show me how to underhand roll and underhand throw?
- Why is it important to be able to identify critical elements of underhand rolling and underhand throwing?

**Essential Knowledge:**

- Ball Skills (Kicking and Foot Dribbling)
- Behavior (Respectful, Responsible, and Safe)