

1st Trimester PE Curriculum Map

Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<p>Movement Skill</p> <p>Movement Concepts 1.1 Demonstrates an awareness of personal space, general space, and boundaries while moving in different directions and at high, medium, and low levels in space.</p> <p>Throwing 1.10 Demonstrate the underhand movement (throw) pattern. 1.11 Demonstrate the overhand movement (throw) pattern.</p> <p>Catching 1.13 Catch, showing proper form, a gently thrown ball. 1.14 Catch a self-tossed ball.</p> <p>Fitness Concepts 3.1 Participate in physical activities that are enjoyable and challenging. 3.3 Demonstrate, for increasing periods of time, a “v” sit position, and push-up position with arms extended. 3.6 Stretch arms, shoulders, back, and legs without hyperflexing or hyperextending the joints.</p> <p>Knowledge</p> <p>Throwing 2.5 Identify examples of underhand and overhand movement patterns.</p> <p>Locomotor Movement 2.4 Distinguish between a jog and a run, a hop and a jump.</p>	<p>Movement Skill</p> <p>Movement Concepts 1.1 Move to open spaces within boundaries while traveling at increasing rates of speed. 1.6 Skip and leap, using proper form.</p> <p>Throwing 1.7 Roll a ball for distance, using proper form. 1.8 Throw a ball for distance, using proper form.</p> <p>Catching 1.9 Catch a gently thrown ball above the waist, reducing the impact force. 1.10 Catch a gently thrown ball below the waist reducing the impact force.</p> <p>Fitness Concepts 3.1 Participate in enjoyable and challenging physical activities for increasing periods of time. 3.3 Perform abdominal curl-ups, modified push-ups, and triceps push-ups from a bench to enhance muscle efficiency.</p> <p>Knowledge</p> <p>Movement Concepts 2.1 Define open space.</p> <p>Throwing 2.6 Identify opportunities to use underhand and overhand movement (throw) patterns.</p>	<p>Movement Skill</p> <p>Movement Concepts 1.1 Chase, flee and move away from others in changing environments.</p> <p>Throwing/Catching 1.7 Catch, while traveling, an object thrown by a stationary partner 1.8 Roll a ball for accuracy. 1.9 Overhand throw with increasing accuracy.</p> <p>1.10 Throw and catch with a partner increasing distance and maintaining accuracy.</p> <p>Fitness Concepts 3.4 Perform increasing number of exercises: abdominal curl-ups, push-ups. 3.7 Sustain continuous movement for increasing periods of time while participating in moderate to vigorous physical activity.</p> <p>Knowledge</p> <p>Throwing/Catching 2.2 Explain and demonstrate the correct hand position when catching a ball above/below the waist, near the middle of the body, and away from the body. Throwing/Catching 2.3 Explain the difference between throwing to a stationary partner and throwing to a moving partner.</p>	<p>Movement Skill</p> <p>Movement Concepts 1.2 Change direction quickly to maintain the spacing between two players. 1.3 Change direction quickly to increase the spacing between two players.</p> <p>Throwing/Catching 1.6 Throw and catch an object with a partner while both partners are moving. 1.7 Throw overhand at increasingly smaller targets, using proper follow through. 1.8 Throw a disc for distance using the backhanded movement pattern.</p> <p>Kicking 1.12 Punt a ball dropped from the hands.</p> <p>Fitness Concepts 3.4 Perform increasing numbers of abdominal curl-ups and push-ups. 3.7 Sustain continuous movement for increasing periods of time while participating in moderate to vigorous physical activity.</p> <p>Knowledge</p> <p>Movement Concepts 2.1 Explain the difference between offense and defense.</p> <p>Fitness Concepts 4.3 Set personal short term goals for aerobic endurance, muscular strength and endurance, and flexibility. Monitor progress by recording personal fitness scores.</p>	<p>Movement Skill</p> <p>Throwing/Catching 1.5 Throw a flying disc accurately at a target and to a partner, using the backhand movement pattern. 1.6 Throw and catch an object underhand and overhand while avoiding an opponent.</p> <p>Kicking 1.8 Punt a ball, dropped from the hands at a target.</p> <p>Fitness Concepts 3.7 Sustain continuous movement for an increasing period of time while participating in moderate to vigorous physical activities.</p> <p>Knowledge</p> <p>Movement Skills/Concepts 2.1 Explain the importance of open space in playing sport-related games.</p> <p>Fitness Concepts 4.3 Develop and describe three short-term and three long term fitness goals.</p>

<p>Catching 2.9 Describe the proper hand and finger position for catching a ball.</p>		<p>Fitness Concepts 4.1 Identify the body's normal reactions to moderate to vigorous physical activity. 4.15 Explain why a particular stretch is appropriate preparation for a particular physical activity.</p>		
<p>Self/Social/Group Responsibility 5.1 Participate willingly in new physical activities. 5.3 Demonstrate the characteristics of sharing and cooperation in physical activity.</p>	<p>Self/Social/Group Responsibility 5.2 Accept responsibility for one's own behavior in a group activity. 5.5 Demonstrate respect for self, others, and equipment during physical activity.</p>	<p>Self/Social/Group Responsibility 5.2 Collect data and record progress toward mastery of a motor skill 5.5 Demonstrate respect for individual differences in physical abilities.</p>	<p>Self/Social/Group Responsibility 5.2 Collect data and record progress toward attainment of a personal fitness goal. 5.3 Accept responsibility for one's own performance without blaming others. 5.4 Respond to winning and losing with dignity and respect. 5.5 Include others in physical activities and respect individual differences in skill and motivation.</p>	<p>Self/Social/Group Responsibility 5.2 Work toward a long-term physical activity goal and record data on one's progress. 5.4 Act in a safe and healthy manner when confronted with negative peer pressure during physical activity. 5.5 Contribute ideas and listen to the ideas of others in cooperative problem-solving activities. 5.7 Accommodate individual differences in others' physical abilities in small-group activities.</p>

**This Curriculum Map identifies focus standards for teachers. Variables beyond the teacher's control may affect attainment of the standards.*