

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</p> <p>5.1 Participate willingly in new physical activities.</p> <p>5.3 Demonstrate the characteristics of sharing and cooperation in physical activity.</p>	<p>Self/Social/Group Responsibility</p> <p>5.2 Accept responsibility for one's own behavior in a group activity.</p> <p>5.5 Demonstrate respect for self, others, and equipment during physical activity.</p>	<p>Self/Social/Group Responsibility</p> <p>5.2 Collect data and record progress toward mastery of a motor skill</p> <p>5.5 Demonstrate respect for individual differences in physical abilities.</p>	<p>Self/Social/Group Responsibility</p> <p>5.2 Collect data and record progress toward attainment of a personal fitness goal.</p> <p>5.3 Accept responsibility for one's own performance without blaming others.</p> <p>5.4 Respond to winning and losing with dignity and respect.</p> <p>5.5 Include others in physical activities and respect individual differences in skill and motivation.</p>	<p>Self/Social/Group Responsibility</p> <p>5.2 Work toward a long-term physical activity goal and record data on one's progress.</p> <p>5.4 Act in a safe and healthy manner when confronted with negative peer pressure during physical activity.</p> <p>5.5 Contribute ideas and listen to the ideas of others in cooperative problem-solving activities.</p> <p>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.*