

**Department:** Physical Education  
**Course Name:** First Grade Physical Education

**Course Description:**

Our students will demonstrate an understanding of the significant role of physical education, fitness, and health play in our personal lives and in society. They will possess the skills necessary to maintain fitness and body control through various physical activities. A major emphasis will be placed on improving locomotor skills (running, skipping, galloping, sliding, jumping, hopping, walking) and the non-locomotor skills (twisting, turning, pushing, pulling, swinging, dodging, bending, stretching). Our program is to improve skill acquisition and physical fitness to develop healthy behaviors to promote lifelong wellness.

**Content:**

Locomotor Skills  
Toss and catch with and without equipment  
Spatial Awareness  
Dribbling  
Non-Locomotor Skills  
Striking with and without equipment  
Throwing  
Rhythm  
Volleying  
Floor Hockey  
Soccer  
Basketball  
Bowling  
Tennis  
Chasing  
Fleeing  
Dodging  
Tagging

**Skills:**

Develop locomotor skills (running, skipping, galloping, sliding, jumping, hopping, walking, leaping)  
Toss and catch a variety of shape and size balls  
Kick and block soccer balls  
Use beanbags, hula hoops, scooters, and scoopers properly  
Move throughout areas with a juggling scarf  
Pass and shoot a soccer ball, basketball, handball, and hockey puck  
Move with and without music to engage rhythm  
Develop non-locomotor skills (twisting, turning, pushing, pulling, swinging, swaying, dodging, bending, stretching)  
Develop problem solving skills while learning to collaborate and team build  
Move through space while dodging people and objects

**Text and Materials:**

Tennis Shoes are required to participate

Individual refillable water bottle

**Methods of Instruction:**

Individual and group activities

Teacher directed instruction

**Methods of Evaluation:**

Teacher Observation

