



Diocese of Greensburg Curriculum Physical Education Grade 1

Unit	Standards	Content	Skills
<p>Physical Fitness</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities</p> <p>D. Identify likes and dislikes related to participation in physical activities.</p> <p>E. Identify reasons why regular participation in physical activities improves motor skills.</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Movement • Physically fit • Aerobic activity 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Strive to participate daily in some form of physical activity • Engage in sustained physical activity that causes an increased heart rate • Participate in exercises to increase strength • Move various joints through a full range of motion
<p>Movement</p>	<p>PA: Health, Safety & Physical Ed PA: Grade K</p> <hr/> <p>10.5 Movement 10.5 Concepts, Strategies and the Principles of Movement</p> <p>A. Recognize and use fundamental motor skills and movement concepts</p> <p>C. Know, recognize and demonstrate relationship movement concepts (e.g., narrow, wide, over, under, leading, following)</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Directions (forward, backward, up , down, sideways, diagonal) • Basic movement skills 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Move using locomotor movement ex..(walking, galloping, skipping, running, hopping, and jumping) in different pathways

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<p>Locomotor</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Basic locomotor moves 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Walk, run, skip, gallop, hop, and jump while participating in activities • Demonstrate body control • Demonstrate balance • Demonstrate arm and leg coordination
<p>Non-locomotor</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities</p> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum</p>	<ul style="list-style-type: none"> • Movement Skills • Non-Locomotor movements • Manipulative movements 	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate non-locomotor skills while utilizing the concept of space awareness (direction/ranges) <ul style="list-style-type: none"> ○ Bend/stretch ○ Twist/turn ○ Swing/ sway ○ Push/ pull

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	<p>potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p>Skills</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade 3</p> <hr/> <p>10.4 Physical Activity</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>E. Identify reasons why regular participation in physical activities improves motor skills.</p> <p>F. Recognize positive and negative interactions of small group activities. • roles (e.g., leader, follower) • cooperation/sharing • on task participation</p> <p>10.5 Movement</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts. • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative</p>	<ul style="list-style-type: none"> • Basic movement skills • Hand-eye coordination • Foot-eye coordination 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Follow the rules of the game • Travel safely around the gym • Follow directions • Demonstrate being a good sport • Throw and kick balls • Throw and catch to self • Throw at a target with accuracy • Throw and catch with a partner • Dribble basketball balls and soccer balls • Juggle scarves • Strike objects using a bat, hockey stick, or hand

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	<p>movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force)</p> <p>F. Recognize and describe game strategies using appropriate vocabulary. • faking/dodging • passing/receiving • move MOVING to be open • defending space • following rules of play</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p>Throwing and Catching</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>E. Identify reasons why regular participation in physical activities improves motor skills.</p> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts. • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways,</p>	<ul style="list-style-type: none"> • Eye /hand coordination • Balance and body control • Transferring weight/ opposite rule 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Throw overhand (ball near ear) or underhand (ball near waist) to their partners. • Demonstrate proper posture and stance for throwing

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	<p>directions)</p> <ul style="list-style-type: none"> • effort (e.g., speed, force) <p>C. Know the function of practice.</p> <p>E. Know and describe scientific principles that affect movement and skills using appropriate vocabulary.</p> <ul style="list-style-type: none"> • gravity • force production/absorption • balance • rotation <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p>Kicking</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.5 Movement</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>B. Recognize and describe the concepts of motor skill development using appropriate vocabulary.</p> <ul style="list-style-type: none"> • form • developmental differences • critical elements • feedback <p>C. Know the function of practice.</p>	<ul style="list-style-type: none"> • Eye/ foot coordination • Balance and body control 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Kick a ball using all parts of their foot(heel, toes, inside, outside, laces) • Kick the ball in different directions • Kick a ball while moving in different directions and speeds • Run and kick a ball

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Striking	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>E. Identify reasons why regular participation in physical activities improves motor skills.</p> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>C. Know the function of practice.</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Hand /eye coordination • Transferring weight • Balance and body control 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Strike a ball using their hands • Strike a ball using a short handle implement • Strike a ball using a long handle implement
Bounce and Catch	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/>	<ul style="list-style-type: none"> • Eye / hand coordination 	<p>The students will be able to:</p>

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<p>Ball Skills (Rolling)</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>E. Identify reasons why regular participation in physical activities improves motor skills.</p>	<ul style="list-style-type: none"> • Transferring weight/ opposite rule • Balance • Body control 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Roll a ball on a flat surface(the ball needs to make contact with the floor at all times) • Roll a ball with knees bent • Demonstrate the 4 step approach.(the step, push away, back swing, and release)

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<p>Dance</p>	<p>PA: Health, Safety & Physical Ed</p> <p>PA: Grade 3</p> <hr/> <p>10.4 Physical Activity</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>D. Identify likes and dislikes related to participation in physical activities.</p> <p>10.5 Movement</p>	<ul style="list-style-type: none"> • Types of dances • Balance and body control • Coordination 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate the formation of the dances • Demonstrate the directions of the dances • Perform a dance step

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<p>Spatial Awareness</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.4 Physical Activity</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities</p> <p>10.5 Movement</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) 	<p>Spatial awareness</p>	<p>The students will be able to</p> <ul style="list-style-type: none"> • Move in different pathways (straight, curved, and zigzag) • Demonstrate body control while moving

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	<ul style="list-style-type: none"> • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p>Directions</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<p>Basic Directions</p>	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate locomotor movement(walking, running, galloping, skipping, jumping, and hopping) using different directions

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<p>Transferring Weight</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.5 Movement</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>C. Know the function of practice.</p> <p>E. Know and describe scientific principles that affect movement and skills using appropriate vocabulary.</p> <ul style="list-style-type: none"> • gravity • force production/absorption • balance • rotation <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<p>Transferring of body weight</p>	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Perform log rolls, egg rolls • Demonstrate weight transfer • Demonstrate forward rolls through a series of progressions (leap frog, rocky horse) • Demonstrate safety procedures when working on a mat.(only one person on a mat, if group member is near edge of mat to say stop)

