

1st Grade – Physical Education Curriculum

Updated 7/22/2025

2.2.2.MSC.1-8, 2.2.2.PF.1-5, 2.2.2.LF.1-5, 2.3.2.PS.1, 2.3.5.PS.4, 2.3.2.PS.5, 2.3.2.PS.6

- perform movement skills (loco motor, non-loco motor and manipulative skills) with developmentally
- appropriate control in games, sports, dance and recreational settings (• respond to changes in tempo, beat, rhythm, or musical style)
- respond to verbal and visual cues during physical activity
- differentiate between competitive and cooperative strategies
- explain why good sportsmanship is important and demonstrate positive behaviors during participation
- follow basic activity and safety rules and explain why they are important
- explain that practice and being healthy contribute to safe and improved performance
- explain that mental attitude influences physical performance
- understand sportsmanship, rules and safety; explain why good sportsmanship is important and
- demonstrate positive behaviors during participation in sports and cooperative recreational activities
- follow basic activity and safety rules and explain why they are important
- explain that practice and being healthy contribute to safe and improved performance
- apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle
- identify the components of health-related and skill-related fitness and exercise and identify physical
- activities that develop each component
- identify body responses associated with moderate to vigorous physical activity including sweating, a fast heart rate, and heavy breathing
- explain that participation in regular physical activity contributes to wellness and explain that too much or not enough exercise can be harmful
- engage in moderate to vigorous physical activity that develops all components of fitness including
- monitoring and its various applications

Extended Activities

1. Locomotor Relay Races - practice different locomotor skills (ie skip, gallop, slide and hop) The class will be divided into small teams. Cones will be placed around the gym for each team to run to and back. The teacher will call out different locomotor movements for each round/race. Objects will be incorporated as students display a mastery of skills like ‘carry a bean bag on your head’ or walk ‘backwards’.
2. Scooter Board Highway - the objective is to develop core strength, coordination and spatial awareness. Students will use scooter boards (either seated or on stomach) to follow the highway. Different signs like yield, stop, gas stations etc... Variations to the game will include ‘missions’ like ice cream delivery or pizza pickup.

Gifted and Talented

1. Fitness Tag - Animal Edition - The person leading the game will explain the rules and call out 5 different animals for the round. The objective is to build cardiovascular endurance and incorporate fitness elements. Whenever a player gets ‘tagged’ they freeze and do 5 animal movements (ie frog jumps, bear or crab crawls, duck walk, gorilla or elephant walk)