

Course Description:

Physical Education 1 (1 of 2) builds on the skills developed in kindergarten and helps students develop greater competency in movements and motor skills. The course explores exercises to warm up and cooldown like bending, stretching, twisting, and curling. Topics include more advanced skills in running, skipping, hopping, leaping, jumping, and galloping, dance and creating dance routines, gymnastics, obstacle courses, and the importance of nutrition.

Course Objectives:

- Create and perform various sequences, including a gymnastics routine, workout routine, obstacle course, and creative dance.
- Describe balancing and perform various balancing skills, such as walking on a beam, weight transfer, and body rolls.
- Define and describe how practicing can help improve skill and performance.
- Define and perform chasing, dodging, and fleeing.
- Describe and perform various locomotor and non-locomotor skills.
- Describe different pathways, levels, and speeds and travel using the different pathways, levels, and speeds.
- Identify and describe examples of cooldown and warm-up exercises.
- Identify and describe how the body and heart rate change during different exercise intensities.
- Identify and describe physical activities that are enjoyable and their benefits.
- Identify technology that can be used during physical activity.
- Identify, describe, and play games inside and outside of school while following the rules.
- Move or clap to the rhythm and beat in a song.
- Travel skillfully and safely in space and in relationship to objects.

Required Materials:

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- items to build an obstacle course such as cones, hula hoops, rope, hurdles, etc.
- music
- pencil
- playground ball
- smartwatch or fitness tracker
- stairs
- stopwatch
- tape or chalk

Optional:

- hoop
- low balance beam
- rope
- toy

Course Overview:

This course is made up of 6 units. Each unit has five lessons. Lesson are made of up activities that include the following types of learning:

- **Warm-Ups** allow for practice of skills or concepts taught in previous lessons. These are graded activities.
- **Instruction** activities provide modeling of new skills and concepts. These are not graded activities.
- **Practice** activities allow for practice of a skill without support. These are graded activities.
- **Checkpoints** test mastery of skills from lessons. These are graded activities.
- **Projects** provide an opportunity for practice of more complex skills across several activities or lessons within a unit. These activities require a final graded submission.