

Course Description:

Physical Education 1 (2 of 2) reinforces manipulative skills and provides practice and repetition to develop mature movement patterns. Topics include manipulative skills such as dribbling with hands, dribbling with feet, kicking, tossing, throwing overhand, catching, and striking with short and long-handled implements. The course reinforces and expands on short and long rope jumping skills as well as the benefits of being active, following directions, food choices, food groups, the functions of the heart, trying challenging activities, accepting feedback, and playing well with others.

Course Objectives:

- Compare active versus inactive lifestyles, describe habits that are bad for health, and identify how technology can help with physical activity.
- Compare light and strong force and use light and strong force to kick a ball.
- Create a game that includes equipment and boundaries, then play the game.
- Describe reasons why it is good to be active and why physical activity is enjoyable.
- Dribble a ball correctly with your hands, with control, and in different spaces.
- Identify the dominant hand or foot used for kicking, volleying, throwing, and striking.
- Learn about and identify the rules of soccer, including boundaries.
- Learn about and identify various nutrition concepts, such as how food relates to energy, healthy versus unhealthy foods, and food groups.
- Learn about start and stop signals and follow the rules for starting and stopping.
- Learn about the heart, including its location, functions, how to make it stronger, and how it feels at rest and while active.
- Learn and describe how muscles and bones help you move.
- Learn and identify reasons why it is good to be challenged and identify a challenging activity.
- Learn and practice skills needed to play soccer, including dribbling on the move with the inside of the foot and kicking a ball to score.
- Learn how to use various types of equipment safely, like a soccer ball, a paddle or racket, or a long-handled implement.
- Perform jump roping skills, such as jumping and landing on two feet, turning a short rope (forward and backward), jumping a short rope (forward and backward), and jumping a long rope.
- Practice good sportsmanship by fixing problems, identifying reasons why it is good to work with others, and responding to feedback.
- Self-toss and catch, throw underhand, throw overhand, and catch a partner's toss with good form and with different objects.
- Use a long-handled implement to strike a stationary object.
- Use a short-handled implement to strike a ball upward.
- Use the hand to volley an object upward.

Required Materials:

Students will need:

Required:

- basket
- basketball or playground ball

- beach ball or balloon
- camera or device to take a photo
- cones
- cup
- fitness tracker or smartwatch
- golf ball
- golf club
- long jump rope
- printer and printer paper for printables (see Course Syllabus for link)
- racket or paddle
- short jump rope
- small ball, such as a ping-pong ball or whiffle ball
- small ball, such as a tennis ball or foam ball
- soccer ball or playground ball
- stopwatch
- video recording device

Optional:

- pencil

Course Overview:

This course is made up of 6 units. Each unit has three lessons. Lessons 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.