

1st Grade
Fundamental Movement, Activity and Sports Skills
Locomotor Movements

Timeframe 1 st Trimester
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Description: Students will demonstrate mature forms while performing the following locomotor movements.

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
<p>PS 1.1.1: Demonstrates mature form in locomotor skills that contribute to movement proficiency.</p> <p>PS 1.1.2: Demonstrates mature form in non-locomotor skills that contribute to movement proficiency.</p> <p>PS 1.1.5: Understands movement concepts.</p> <p>PS 1.2.1: Understands safety rules and procedures in a variety of physical activities necessary to maintain a safe-learning environment.</p> <p>PS 1.2.2: Applies social skills necessary for effective participation in physical activities.</p>	<p>Students: -demonstrate the skip, gallop, and slide in open and closed environments.</p> <p>-apply safety rules while moving around open space, group and individual space.</p> <p>Activities that support assessment: *PE Metrics Rubric *Go Hunting *Buffalo Round Up *Music-based Activities *Locomotor Go Fish *Spiders and Flies</p>	<p>*PE Metrics Rubrics (link)</p> <p>*www.pecentral.com</p> <p>*Cliff Carnes’ Books- “Awesome Elementary School Physical Education Activities” and “Awesome Primary Action Units”</p> <p>*“Ready to Use Motor Skills & Movement Station Lesson Plans for Young Children” Landy and Burrige</p> <p>*“Adventure Curriculum for Physical Education- Elementary Curriculum”</p>	<p>Click here for a comprehensive glossary of Fitness & Health vocabulary.</p> <p>Locomotor Skills:</p> <ul style="list-style-type: none"> • Skip • Gallop • Slide <p>Non-Locomotor Movements:</p> <ul style="list-style-type: none"> • Twisting • Bending • Stretching <p>Movement Concepts and Awareness:</p> <ul style="list-style-type: none"> • Space Awareness • Balance • Pathways • Accuracy

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary

Curriculum Guide:

- The curriculum guide gives an overview of the entire year.
- The curriculum guide provides a look at the learning targets and resources for a larger audience, therefore learning targets and description of evidence may be summarized with less detail.
- The curriculum guide is a public document on the district website.
- The curriculum guide answers the question – *What does a student learn in this course/content over the course of a year?*