

**1<sup>st</sup> Grade**  
**Fundamental Movement, Activity and Sports Skills**  
*Throwing*

Timeframe 2 <sup>nd</sup> Trimester
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Description: Students will demonstrate mature form in underhand and overhand throwing.

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:</p> <ul style="list-style-type: none"> <li>-demonstrate critical elements necessary to toss and throw</li> <li>-demonstrate safe use of equipment and can respond quickly to “Stop” signal</li> <li>-demonstrate proper throwing form in a variety of games and activities</li> </ul> <p style="text-align: center;"><b>Activities that support assessment:</b></p> <ul style="list-style-type: none"> <li>*PE Metrics Skill Rubric</li> <li>*Bean Bag Activities</li> <li>*Ball Manipulative Unit</li> <li>*Catch and Capture</li> <li>*Derby Ball</li> <li>*Frog Pond</li> <li>*Oscar the Grouch</li> </ul>	<ul style="list-style-type: none"> <li>*PE Metrics Rubrics (<a href="#">link</a>)</li> <li>*www.pecentral.com</li> <li>*Cliff Carnes’ Books- “Awesome Elementary School Physical Education Activities” and “Awesome Primary Action Units”</li> <li>*“Ready to Use Motor Skills &amp; Movement Station Lesson Plans for Young Children” Landy and Burrige</li> <li>*“Adventure Curriculum for Physical Education- Elementary Curriculum”</li> </ul>	<p><a href="#">Click here</a> for a comprehensive glossary of Fitness &amp; Health vocabulary.</p> <p><b>Locomotor Skills:</b></p> <ul style="list-style-type: none"> <li>• Skip</li> <li>• Gallop</li> <li>• Slide</li> </ul> <p><b>Non-Locomotor Movements:</b></p> <ul style="list-style-type: none"> <li>• Twisting</li> <li>• Bending</li> <li>• Stretching</li> <li>• Swinging</li> <li>• Turning</li> </ul> <p><b>Movement Concepts and Awareness:</b></p> <ul style="list-style-type: none"> <li>• Space Awareness</li> <li>• Balance</li> <li>• Pathways</li> <li>• Accuracy</li> <li>• Force</li> </ul>

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
			<b>Manipulative Skills:</b> <ul style="list-style-type: none"> <li>• Throw</li> <li>• Strike</li> <li>• Catch</li> </ul>

**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?*