
PE

Syllabus: Grade 1

Course Description

The primary objectives of this class are to improve physical fitness, increase knowledge and skills of lifetime sports, and develop awareness of healthy practices. Therefore, the physical education course is designed to provide students at this grade level with the opportunity to explore and understand the benefits of physical education for a lifetime. At this grade level students will participate in various physical activities and learn a variety of fitness habits that promote and develop fundamental skills, manipulative skills, and movement experience. The teaching at this level focuses on basic skills, values of being physically fit, and the ability to display appropriate behaviors during social situation. This class is designed to meet the physical, mental, and social needs of the whole student.

Standards

The ministry of education adopted 7 standards for quality physical education learning outcome published by the National Association of Sports and Physical Education and added an eighth to include rules, strategy and safety. The eight standards run throughout the eight grade levels.

Competency Level

Each competency is a direct reflection of the standard of the curriculum. They are the means for achieving the curriculum standards at each grade level. The competencies are designed to be general enough for flexibility, but specific enough for the teacher to create specific lessons plans.

Objective

The suggested objectives in the curriculum are written to serve as an example of ways in which objectives can be written. Teachers are free to create their own objective to achieve the desired outcomes of each competency.

Resources/Books

Ministry of Education Physical Education Curriculum
Spark PE curriculum resource
Open Physed. Resources and website
Fitness gram (physical fitness testing)

Curriculum Standards:

I: Movement Form

II: Movement Concept

III: Physical Activity

IV: Physical Fitness

V: Responsible Behavior

VI: Respect for Others

Contact Hours:

Daily (Monday to Friday)

Class length: 45 min.

Class Rules

Students are expected to:

1. Come to class prepared
2. Give best effort
3. Follow directions
4. Demonstrate good listening skills
5. Follow rules during activities
6. Show good sportsmanship
7. Behave respectfully towards self, others, and PE equipment

Grading

Effort and Behavior & Activity

- 1 - Outstanding
- 2 - Satisfactory
- 3 - Needs Improvement
- 4 - Unsatisfactory

VII: Understanding Challenge

VIII: Decision Making

Course Requirements

1. **Special Condition** – Students with special conditions that will limit or prohibit them from participation in PE class should have a note form a doctor or a medical form to allow teacher to structure class for participation or to excuse the student.
2. **Absent** – A student that is absent must turn in a valid excuse in order for him/her to receive a make up assignment from PE teacher. If unexcused, student will be given a 1point and will not be given a make up assignment.
3. **Clothing** – All students are required to attend physical education in their school PE uniform.
4. **Shoes** – Flat rubber soled only (sports shoes) no elevated soles, sandals, or slip-ons.
5. **Jewelry** – Students should remove all jewelries before participation in PE.
6. **Water Bottles** – All students are required to bring water bottle to PE class.

Content Theme

Gross Motor Development	Emotional & Behavioral Self Regulation	Relationship with others	Cognitive learning
Travels with balance using a variety of locomotor skills in dynamic environments.	Describes positive feelings that result from physical activity participation.	Discusses the reasons for participating in physical activity with friends.	Discusses the benefits of being active and exercising / playing.
Safely moves demonstrating a variety of relationships with people / objects.	Follows directions for safe participation and proper use of equipment without reminders.	Safely moves demonstrating a variety of relationships with people / objects.	Recognizes physical activity is important of good physical, emotional, and mental health.
Participates in physical activity outside of the school environment.	Exhibits the established protocols for class activities without reminders.	Safely moves demonstrating a variety of relationships with people and objects.	Identifies the heart as a muscle that grows stronger with exercise/play and physical activity.
	Describes positive feelings that result from physical activity participation.		Recognizes physical activity is important of good physical, emotional, and mental health.
			Identifies foods that promote good health.

Sample activities

Kids Athletics	Instant Activities	Flag Tag	Movement & Rhythmic
Dance	locomotor & manipulatives	Soccer	Building foundation
Foot skills Jump Rope	Kickball	Dodgeball	