

Northwestern School Corporation
Physical Education Curriculum
Course Outline
1st Grade

Movement Forms

Students will:

- Demonstrate the ability to perform locomotor and non-locomotor skills.
- Perform basic balance skills.
- Manipulate a variety of objects while moving or standing
- Perform basic rhythmic skills.

Movement Concepts and Motor Skills

Students will:

- Identify relationships with objects using directionality and laterality.
- Identify the characteristics of mature locomotor, non-locomotor, and manipulative skills.
- Explore variations in force/effort, pathways, or level and tempo.
- Identify major body parts.

Physically Active Lifestyle

Students will:

- Participate in health enhancing physical activity.
- Students document activities and length of activities in which they participate.

Health-enhancing Levels of Physical Fitness

Students will:

- Demonstrate how increasing the intensity of activities will increase heart rate.
- Demonstrate an understanding of the effect of exercise on the muscles.
- Identify various parts of the body that are affected by exercise.
- Identify activities that increase cardiovascular endurance.
- Distinguish between activities that increase muscular strength and those that increase muscular endurance
- Demonstrate a stretch that will increase the range of motion of a joint.
- Participate in the majority of class activities necessary for improved fitness.

Responsible Personal and Social Behaviors

Students will:

- Identify personal space and maintain activities in won space.
- Demonstrate a willingness to work with others toward a common goal.
- Follow rules and directions for all activities.
- Identify personal goals for physical activities
- Accept responsibility for own class participation.
- Accept constructive criticism from teacher and classmates.

Understanding and Respect for Differences Among People in Physical Activity Settings

Students will:

- Demonstrate a willingness to help a fellow student who has difficulty completing a skill.
- Develop an appreciation for individual physical differences.
- Choose to participate in activities with partners of varying abilities.

Physical Activity Provides Opportunity for Enjoyment, Challenge, Self-Expression, and Social Interaction

Students will:

- Select activities that are difficult to accomplish
- Set short-term goals that will require practice and work to achieve
- Demonstrate creativity in an activity setting.
- Identify personal feelings when participating in physical activities.