

Health and Physical Education

GRADE 1

STANDARD 1

The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness, and nutrition.

To meet this standard, the student will:

Benchmark 1.1.1: Develop fundamental physical skills and progress to complex movement activities as physically able

Indicators:

- 1.1.1.1 Skip forward using a mature pattern
- 1.1.1.2 Gallop forward using a mature pattern
- 1.1.1.3 Slide with either foot leading, using a mature pattern
- 1.1.1.4 Combine locomotion patterns in time to music
- 1.1.1.5 Move in a group without bumping and falling down
- 1.1.1.6 Balance with momentary stillness on a variety of body parts
- 1.1.1.7 Throw a ball using a mature underhand form
- 1.1.1.8 Catch a self-thrown object using the proper technique
- 1.1.1.9 Kick a rolling ball
- 1.1.1.10 Continuously strike an object with a paddle
- 1.1.1.11 Practice opposition when throwing an object
- 1.1.1.12 Participate in activities involving locomotion, non-locomotion and manipulation of objects in physical education class
- 1.1.1.13 Support body weight momentarily on hands
- 1.1.1.14 Perform locomotion patterns in time to music

Available Assessments:

Locomotor Assessments (pgs. 43-49)

Underhand Throwing (pg. 69)

Catching (pg. 71)

Striking w/ Paddle (pg. 76)

Striking (pg. 78)

Benchmark 1.1.2: Incorporate rules and safety procedures into physical activities

Indicators:

- 1.1.2.1 Identify and use personal space and empty space to move without bumping into others or falling
- 1.1.2.2 Use leg flexion to soften the landing on jumping
- 1.1.2.3 Respond positively to a reminder about a rule infraction
- 1.1.2.4 Respond to all signals and directions
- 1.1.2.5 Share equipment with others in group
- 1.1.2.6 Cooperate with classmates without regard to personal differences
- 1.1.2.7 Use equipment and space safely and properly

Available Assessments:

Self-space (pg. 61)

Jumping (pgs. 48-49)

Cooperation (pgs. 39-40)

****Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!!****

Key: 1 Grade 1 Standard 1.1 Benchmark 1.1.1 Indicator

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Benchmark 1.1.3: Understand the concepts of physical fitness and develop and monitor progress on personal fitness goals

Indicators:

- 1.1.3.1 Participate regularly in physical activity
- 1.1.3.2 Move each joint through a full range of motion
- 1.1.3.3 Recognize changes in the body during vigorous physical activity (e.g., sweating, increased heart rate, heavy breathing)
- 1.1.3.4 Practice picking up and lifting objects at any level using correct postural position
- 1.1.3.5 Practice healthy posture for sitting and standing
- 1.1.3.6 Perform exercises that strengthen the dynamic postural muscles
- 1.1.3.7 Perform safe stretching exercises that keep dynamic postural muscle groups and joints flexible

Available Assessments:

Heart Beat Effort (pg. 64)

Benchmark 1.1.4: Understand nutrition and food nutrients and how they physical performance and the body

Indicators:

- 1.1.4.1 Identify the value of exercise, fitness and nutrition
- 1.1.4.2 Develop knowledge of food and food groups
- 1.1.4.3 Why you need food eating habits

Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!!

Key: 1. Grade 1.1 Standard 1.1.1 Benchmark 1.1.1.1 Indicator

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STANDARD 2

The student acquires the knowledge and skills necessary to maintain a healthy life: recognize patterns of growth and development, reduce health risks, and live safely.

To meet this standard, the student will:

Benchmark 1.2.1: Recognize patterns of growth and development

Indicators:

- 1.2.1.1 Identify factors that affect growth process
- 1.2.1.2 Demonstrate knowledge of personal health habits

Benchmark 1.2.2: Understand the transmission and control of communicable and non-communicable diseases

Indicator:

- 1.2.2.1 Distinguish between safe vs. unsafe and health vs. unhealthy behaviors such as medicine vs. poison and being ill

Benchmark 1.2.3: Acquire skills to live safely

Indicators:

- 1.2.3.1 Develop safe and healthy behaviors
- 1.2.3.2 Identify various workers in the field of health

Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!

Key: 1 Grade 1 Standard 1.1 Benchmark 1.1.1 Indicator

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STANDARD 3

The student *analyzes and evaluates the impact of real-life influences on health.*

To meet this standard, the student will:

Benchmark 1.3.1: Understand how environmental factors affect one's health

Indicator:

1.3.1.1 Recognize that people need to respect our environment such as taking care of our Neighborhood

Benchmark 1.3.2: Gather and analyze health information

Indicator:

1.3.2.1 Identify healthy and unhealthy environments

Benchmark 1.3.3: Use social skills to protect health and safety in a variety of situations

Indicator:

1.3.3.1 Identify "Kelso's choices" and apply them to a variety of situations

Benchmark 1.3.4: Understand how emotions influence decision-making

Indicators:

1.3.4.1 Begin to express feelings constructively

1.3.4.2 Identify and label basic feelings

1.3.4.3 Identify appropriate situations in which to say no to peers

Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!

Key: 1 Grade 1.1 Standard 1.1.1 Benchmark 1.1.1.1 Indicator

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STANDARD 4

The student effectively analyzes health and safety information to develop health and fitness plans based on life goals.

To meet this standard, the student will:

Benchmark 1.4.1: Assess needs and resources

Indicator:

- 1.4.1.1 Identify performance strengths and weaknesses

Available Assessments:

Self-Assessment (pg. 28)

Benchmark 1.4.2: Develop a health and fitness plan and a monitoring system

Indicators:

- 1.4.2.1 Sustain moderate to vigorous physical activity
- 1.4.2.2 Improve performance weaknesses

Available Assessments:

Self-Assessment (pg. 28)

P.E. Summary Worksheet (pg. 33)

Setting Goals for Improvement (pg. 38)

****Note that all assessments listed are found in the Assessment Appendix under the page number indicated in the curriculum!****

Key: 1 Grade 1 Standard 1.1 Benchmark 1.1.1 Indicator

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