

PETERS TOWNSHIP SCHOOL DISTRICT
CORE BODY OF KNOWLEDGE (CBK)

PHYSICAL EDUCATION

GRADE 1

For each of the sections that follow, students may be required to understand, apply, analyze, evaluate or create the particular concepts being taught.

COURSE DESCRIPTION

Physical Education in First Grade in the Peters Township School District is a vital part of the total educational process of each individual student. Through physical activity, the program will help students obtain a balance in all areas of well-being: physical, mental/emotional, intellectual, and social.

STUDENT EXPECTATIONS

- Through instruction, practice, and assessment the student will be able to develop fundamental skills in each of the units of instruction
- The student may be asked to supplement the learning and practice by completing additional work and practice work at home.
- Good sportsmanship.
- Appropriate dress, effort, participation, positive attitude, cooperation, and respect.

MAJOR UNIT THEMES:

- **MOVEMENT EXPLORATION**
 - Tumbling and balancing skills
 - Animal walks
 - Individual self-testing stunts
 - Locomotor skills
- **HAND-EYE COORDINATION (such as basketball, soccer, hockey, etc.)**
 - Throwing
 - Catching
 - Dribbling
 - Shooting
 - Kicking
 - Punting
 - Trapping
 - Striking

- **PHYSICAL FITNESS**
 - Physical conditioning activities
 - Station Training
 - Interval Training
 - Daily Warm-up
 - Presidential Youth Fitness Program
 - Aerobic Capacity
 - Body Composition
 - Abdominal Strength & Endurance
 - Trunk Extensor Strength & Flexibility
 - Upper Body Strength & Endurance
 - Flexibility

- **GAMES**
 - Rules
 - Game strategies
 - Teamwork
 - Sportsmanship
 - Participation

MATERIALS (and Supplemental materials used in course):

- Presidential Youth Fitness Program
- PSAHPERD
- Shape America
- NFL Play 60
- Assessment Strategies for Elementary Physical Education
- No Standing Around in My Gym
- P.E Teacher's Skill by Skill Activities Program

Revised September 2014