

First Grade Physical Education Pacing Guide

August 2015

1 st Nine Weeks	2 nd Nine Weeks	3 rd Nine Weeks	4 th Nine Weeks
<p>1.1</p> <ul style="list-style-type: none"> ● Locomotor skills ● Toss and catch ● Soccer dribble with feet. ● Body Balances ● Weight Transfer ● Jumping/landing ● Kick for distance ● Effort and force <p>1.2</p> <ul style="list-style-type: none"> ● Moving using a variety of pathways. ● Dribble and kick to a target. ● Step and kick ● Toss, catch, and move <p>1.3</p> <ul style="list-style-type: none"> ● Daily warm-ups ● Tag games ● Chase and flee 	<p>1.1</p> <ul style="list-style-type: none"> ● Basketball dribble using left and right hands. ● Striking balloons ● Striking with paddles ● Toss and catch bean bags ● Follow the leader <p>1.2</p> <ul style="list-style-type: none"> ● Strike balloons a high, medium, and low levels. ● Locomotor movements at high, medium, and low levels. ● Individual jump rope ● Partner jump rope ● Scarf juggling using different patterns. 	<p>1.1</p> <ul style="list-style-type: none"> ● Throw under and overhand at a target ● Move to basic rhythmic patterns. ● Log roll and forward roll ● Control while using balance beam. <p>1.2</p> <ul style="list-style-type: none"> ● Throw and catch with a partner using a variety of different objects. ● Strike balloons with a partner. ● Use of a variety of objects to help hand and eye coordination as well as balance. 	<p>1.1</p> <ul style="list-style-type: none"> ● Striking from a batting tee. ● Jumping or leaping a moving rope ● Overhand throw for distance ● Sprinting in a straight pathway. <p>1.2</p> <ul style="list-style-type: none"> ● Kick to a partner ● Dodge a thrown ball. ● Leaping over hurdles. ● Catch a thrown ball.

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1.4 <ul style="list-style-type: none"> • Take heart rate before and after physical activity. 			→
1.5 <ul style="list-style-type: none"> • Cooperative activities • Skill stations • Variations of the skill being taught. 			→
1.6 <ul style="list-style-type: none"> • Skill based lessons and concepts. • Movement lessons and concepts. • Daily warm up activities. 			→