

Grade Level Analysis

Grade: One

First graders have a love for movement. They enjoy repetition and show a great deal of pleasure in performance mastery.

The physical education environment will offer many of the same goals and objectives as kindergarten. However, further development transpires in first grade allowing students to become more self-directed.

Content goals and objectives:

Students will:

1. Be able to identify and improve locomotor (walking, running, hopping, skipping, galloping, dodging, jumping, sliding, and leaping) and non-locomotor skills (bending, stretching, twisting, turning, balance, and rolling).
2. Further improve strength and endurance.
3. Continue to develop rhythmic skills.
4. Further develop social skills through play.
5. Develop healthy attitudes towards physical activity.
6. Improve body and space awareness.
7. Further develop manipulative skills (throwing, catching, striking with one hand, rolling, aiming, and dribbling with hands and feet).

Evaluation

Basic teacher observation and verbal feedback.

Teacher observation critical cues checklist.

Report card grade.

Learning Activities (such as):

Individual and partner skill work

Low organized games

Rhythmic activities

Climbing

Playground and classroom recess games

Relays

Strength and endurance activities

Interdisciplinary games and activities