



Sedalla School District #200

Subject Area: Physical Education			Grade: First Grade	
Unit	Pacing/ Calendar	Standards	Big Ideas/ "I Can" Statements	Essential Questions

Topic: Introductory	Priority Standard Locomotor S1.E1.1 - Demonstrates competency in a variety of motor skills and movement patterns through hopping, galloping, jogging and slides using mature patterns.			
	Unit 1 10-12 weeks	<u>National:</u> S1.E3.1 S1.E2 S5.E2.1 S4.E6.1 S4.E3.1 <u>Show me:</u> H/PE 2 H/PE 4 2.2, 2.3 4.6, 4.4	<ul style="list-style-type: none">• I can tell the difference between general space awareness and personal space awareness.• I can recognize that decisions have consequences.• I can demonstrate motor skills while participating in low organized games.• I can demonstrate appropriate social skills.	<p>What is the difference between personal space and general space?</p> <p>Why is it important to follow the rules of activities and games?</p> <p>Why is body awareness important while playing a game involving movement?</p> <p>Why is it important to use good social skills when cooperating with others?</p>



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Topic: Intermediate	Priority Standard Non-Locomotor S1.E7.1 - Demonstrates competency in a variety of skills and movement patterns through weight balance and weight transfer.			
	Unit 2 2-4 weeks	National: S1.E7.1 S1.E8.1 S1.E9.1 S1.E10.1 S1.E11.1 Show Me: H/PE 4 4.4,4.6	<ul style="list-style-type: none">• I can identify a variety of physical activities that promote wellness.• I can demonstrate all locomotor skills.• I can demonstrate non-locomotor skills in a variety of activities.• I can demonstrate introductory stunts and tumbling skills• I can identify and demonstrate a variety of relationships with objects.• I can demonstrate rhythmic activities.• I can recognize that physical activity increases heart and respiratory rate.• I can recognize signs associated with physical activity.	<p>What are physical activities that promote wellness?</p> <p>What are some different motor skills that you can demonstrate in general space?</p> <p>What are some stunts and tumbling skills that students can perform?</p> <p>Can students demonstrate a variety of relationships using a variety of objects?</p> <p>Can students demonstrate rhythm using various objects?</p> <p>What are some activities that increase heart rate and respiratory rate?</p>



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Topic: Advanced Skills	Priority Standard Manipulative-S1.E13.1 -Demonstrates competency in a variety of motor skills and movement patterns through using an object.			
	Unit 3 12-16 Weeks	<u>National:</u> S1. E13.1 S1.E14.1 S1.E16.1 S1. E17.1 S1.E18.1 <u>Show Me:</u> H/PE 4 4.4,4.6	<ul style="list-style-type: none">• I can demonstrate a variety of manipulative skills while stationary and moving.• I can tell why muscles and bones are important to movement.• I can name three ways to stay fit.• I can identify a muscle in each region of the body.• I can identify a bone in each region of the body.• I can show the cause and effect of healthy behaviors.• I can recognize that food fits into different groups and that different amounts are needed from each food group for healthy eating.	<p>Why are bones and muscles important to movement?</p> <p>Can you identify a bone and muscle in each region of the body?</p> <p>What can you do to increase your overall fitness?</p> <p>Why is it important to eat from a variety of food groups?</p> <p>What manipulative skills are used in large muscle movements.</p>