|---------------------|-------------------------------------|-----------|-------------------------------|-------------------|
- I can recognize that decisions have consequences.  
- I can demonstrate motor skills while participating in low organized games.  
- I can demonstrate appropriate social skills. | What is the difference between personal space and general space?  
Why is it important to follow the rules of activities and games?  
Why is body awareness important while playing a game involving movement?  
Why is it important to use good social skills when cooperating with others?  
Show me: H/PE 2  
H/PE 4  
2.2, 2.3  
4.6, 4.4 |
## Subject Area: Physical Education
**Grade:** First Grade

<table>
<thead>
<tr>
<th>Unit</th>
<th>Pacing/Calendar</th>
<th>Standards</th>
<th>Big Ideas/“I Can” Statements</th>
<th>Essential Questions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topic: Intermediate</td>
<td>Priority Standard</td>
<td><strong>Non-Locomotor S1.E7.1</strong></td>
<td>Demonstrates competency in a variety of skills and movement patterns through weight balance and weight transfer.</td>
<td><strong>What are physical activities that promote wellness?</strong></td>
</tr>
</tbody>
</table>
| Unit 2 | 2-4 weeks | National:  
S1.E7.1  
S1.E8.1  
S1.E9.1  
S1.E10.1  
S1.E11.1 | • 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. | **What are some different motor skills that you can demonstrate in general space?**  
**What are some stunts and tumbling skills that students can perform?**  
**Can students demonstrate a variety of relationships using a variety of objects?**  
**Can students demonstrate rhythm using various objects?**  
**What are some activities that increase heart rate and respiratory rate?** |
| **Show Me:** |  | H/PE 4  
4.4,4.6 | | |
|-----------------------|------------------|-----------|-------------------------------|--------------------|
• 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. | Why are bones and muscles important to movement?  
Can you identify a bone and muscle in each region of the body?  
What can you do to increase your overall fitness?  
Why is it important to eat from a variety of food groups?  
What manipulative skills are used in large muscle movements. |