

**Building – Elementary School
Grade Level – 1st Grade
Subject – Physical Education**

Date Semester	IL Learning Standards	Unit and/or Essential Question Content and/or Skills	Assessments and/or Products
3-4 weeks	19 A,B,C 20 B 21 A,B 22 A 24 A	Boys and Girls - Football Essential Questions Demonstrate and explain correct form when passing, catching, hiking, kicking, and punting. Recite basic rules and instructions of flag football games. Review basic safety precautions of football.	Pass for distance Punt for distance Pass/catch competition Visual evaluation of student form
3-4 weeks	19 A,B,C 20 A,B 21 A,B 22 A 24 A	Boys and Girls - Soccer Essential Questions Explain and demonstrate the skills needed to play soccer. What rules and expectations do I need to know to keep soccer practice and games safe? Explain what effects soccer has on the body's physical fitness. How does soccer help me develop team-building skills?	Checklists for proper form Skills Tests Passing against Wall Figure 8 Dribbling Controlling Punting Goal Shooting
4- 6 weeks	19 A,B,C 20 A,B 21 A,B 22 A 24 A	Boys and Girls – Basketball Essential Questions Demonstrate proper technique when performing various basketball skills. How does basketball help me develop team-building skills? Explain what effects basketball has on the body's physical fitness?	Checklists for proper form Skills Tests Ball Handling Straight Dribble Figure 8 Dribble Wall Pass Test Baskets made in 30 sec. Free Throws
2 weeks	19 A,B,C 21 A	Boys and Girls – Bowling Essential Questions Demonstrate proper bowling technique. Can I start to keep score in bowling, by entering the number of pins knocked down?	Visual evaluation of proper form Bowl a game Keep track of number of pins knocked down
2-3 weeks	19 A,B,C 20 B 21 A,B	Boys and Girls – Badminton Essential Questions What precautions do I need to take to keep myself and others	Checklists for proper form Badminton tournament Skills Tests

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	22 A 24 A	safe? Can I recognize different hits in badminton? How does badminton help me develop my team building skills as well as my spatial awareness? Demonstrate proper technique when serving and when performing underhand and overhead hits. How does badminton affect my physical fitness?	Individual consecutive hits Partner Volleys Serving
3 weeks	19 A,B,C 20 B 21 A,B 22 A 24 A	Boys and Girls – Volleyball Essential Questions Demonstrate proper technique when performing various volleyball skills. Explain basic volleyball rules. Distinguish when to perform an underhand versus an overhead pass. How does volleyball affect my physical fitness?	Checklists for proper form Skills Tests Serving Wall bumps
2 weeks	19 A,B,C 20 B 21 A,B 22 A 24 A	Boys and Girls – Horseshoes Essential Questions Review and list the safety precautions of horseshoes. Demonstrate and practice proper technique of throwing a horseshoe. Explain how the game of horseshoes affects our body's physical fitness.	Checklists for proper form Visual Observation
4 weeks	19 A,B,C 20 B 21 A,B 22 A 24 A	Boys and Girls – Wiffleball/Softball Essential Questions What precautions do I need to take to keep my teammates and myself safe when practicing and playing softball? Demonstrate proper form when performing various softball skills. Can I identify the basic rules of softball?	Checklists for proper form Skills Tests Target Throwing Catching

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2-3 weeks	19 A,B,C 20 B 21 A,B 22 A 24 A	Boys and Girls – Jump Rope Essential Questions Why is jump rope good for my body? Recognize good rope turning technique. Can I jump in while the rope is turning?	Skills Test Checklist of skills to perform.
2 weeks	19 A,B,C 20 A,B 21 A,B,C 22 A	Boys and Girls – Fitness Stations and Physical Fitness Testing Essential Questions What are the five components of physical fitness? Identify the fitness benefit of each station. Why is physical activity good for our bodies? How do you find your heart rate?	Heart Rate Visual Observation Fitness Testing Arm Hang; Pull-ups; Push-ups; Shuttle Run; Long Distance Run; Standing Long Jump; Wall-Sit; Sit-and-Reach; Sit-ups
1 week	19 A,B,C 21 A,B 22 A 24 A	Boys and Girls – Roller-Skating Essential Questions What are the physical fitness benefits of roller-skating? What precautions do I need to take to keep myself and others safe? Explain and demonstrate the proper technique of sitting, stopping, standing, and falling when skating.	Visual observation of safety procedures and proper technique.
Weekly	19 A,B,C 20 B 21 A,B	Boys and Girls – Miscellaneous Group Games Essential Questions How does my individual participation affect the game and my teammates? Am I working together with my team to play the game? Recognize the fitness benefits of each game.	Visual Observation