## Sullivan West Elementary School Curriculum Map-Physical Education First Grade

Continually used resources: Texts - Ready to Use PE Activities Grades K-2

**Awesome Primary Action Units** 

Multicultural Games

Physical Education for Children

5/23/08

Time	Standard	Essential	Concept/skill	Resources/	Assessme	Reassessment
frame		Questions	•	Materials	nt	
			Identify M/ R/ I			
			Class whistle, rules/procedures to include			
<b>Week 1-3</b>			seating charts, hand signals movement flow			
			(activity to activity), etc			
3 weeks	PE		(I) Class whistle	Floor markings		
	Elementary		(I) Class rules			
	Standard 2		(I) Class procedures			
			(I) Jump Rope Management & Safety			
			(I) Seating charts			
			(I) Hand signals			
			(I) Basic class movement (activity to activity)			
			(I) Safety			
			(I) Listening			
			(I) Follow class directions			
			Locomotor Skills			
<b>Week 4-5</b>			(R) Crawl			
			(R) Walk			
	PE		(R) Creep	Mats		
2	Elementary		(R) Run	Floor markings		
weeks	Standards		(R) Jump			
	1 &2		(R) Hop			
			(R) Gallop			
			(R) Leaping			
			(R) Skipping			
			(R) Rolling			
			(I) Sliding (sideways and forward)			

		(I) Stopping		
Week 6-7 2 weeks	PE Elementary Standards 1 &2	Sequencing  (I) Clock (clockwise, counterclockwise)  (I) Squad  (I) Identify 0 – 12 numbers  Colors, Counting, Shapes  Identify colors  (R) Primary (Red, Blue, Yellow)  (R) Neutral (Black, white, gray)  (I) Secondary (green, orange, purple)  (I) Tints (Pink)  Identify shapes  (R) Circle  (I) Square  (I) Triangle  Reinforce sequencing with numbers	Room clock Written numbers Manual hand held Clock Floor markings Construction paper Pictures Foam shapes Cones Markers Fingers Participants Ropes	
Week 8  1 week	PE Elementary Standards 1 &2	Brain Gym  (I) Space Awareness (I) Body Parts (I) Body Awareness (I) Balance (I) Weight Bearing (I) Weight Transfer (I) Body Control (I) Cross Lateral Mymnts/Combinations (I) Mirroring Activities (I) Sequencing (I) Transitioning (I) Fundamental Rhythms (I) Left/Right Discrimination	Sound system CDs Floor markings Scarves Beanbags Fleece balls Manipulatives	
Wk 9-10		Space Awareness (proprioception) (I) Safety (I) Travel on floor markings (I) Travel on apparatus (I) Directions and Pathways	Hula hoops Jump ropes Mats Floor markings	

2	PE	(I) Hand Signals		
weeks	Elementary	(I) Explore levels of height		
	Standards 1 &2	(I) Explore ranges and boundaries		
	1 42	Personal Space Skills		
		(I) Flights and landing	Mats	
		(I) Locomotor movements	Hula hoops	
		(I) Rocking and rolling	Jump ropes	
		(I) Body part to body part	Floor markings	
		(I) Simple stunts (ex. Donkey kicks)	Bean bags	
		(I) Twisting and turning	Fleece balls	
		(I) Body shapes		
		(I) Static balance		
		(I) Dynamic balance		
		(I) Using Manipulatives		
		(I) Lift and Carry		
		(I) Introduce stretching concepts		
		* emphasize how safety is affected by correct		
		procedure throughout this unit		
		Body Parts		
		(I) Anatomy (Identification of Body Parts)	CD Player	
		(I) Exploring Mymnt. through Kinesiology	CDs	
		(I) Relationships		
		Balance	Benches	
Week 11	PE	(I) Static	Mats	
1	Elementary	(I) Dynamic	Lines	
week	Standards	* emphasize how safety is affected by correct		
	1 &2	procedure throughout this unit	Playground equipment	
Week 12	PE	Rhythms/Dance (I) Listening	CD Players	
1	Elementary	(I) Listening (I) Tempo	CD Flayers	
week	Standards	(I) Even and Uneven Rhythms	Drums	
WCCK	1 &2	(I) Singing and Participation Songs	Rhythm sticks	
	1 42	Flat Rope/Straight Ropes	Turjum bucks	-
Week 13	PE	(R) Listening	Ropes	
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		(21) Spare and Dody IIII are in the		

1 week	Standards 1 &2	(R) Safety Concepts (R) Balancing (I) Endurance (I) Movement (I) Creativity (I) Coordination  Jump Ropes	CDs	
Week 14 1 week	PE Elementary Standards 1 &2	(R) Safe use (I) Basic Rhythmic Jumping (I) Simple Stunts backwards sideswing cross	Jump rope CD Player CDs	
Week 15 1 week	PE Elementary Standards 1,2 &3	Fine-motor Skills  (I) Shoe tying (I) Buttoning (I) Zippering (I) Buckling (I) Parachute activities (I) Demonstrating finger control (I) Counting with fingers (I) Tracking with fingers (I) Manipulatives (I) Mimicking		
Week 16 1 week	PE Elementary Standards 1&2	R) Toss and Catch (R) Cross bdy (brain gym) (I) Visual Tracking (I) Manual Dexterity (I) Partners/Cooperation (I) Conditioning/Movement (R) Sequencing (R) Transitioning	Scarves CD Player CDs	
Wks 17-20 4 weeks	PE Elementary Standards	Catch and Throw  (I) Item identification  (I) Manipulation  (I) Control	Fleece balls Bean bags Beach balls	

Week 1	1,2 &3	(I) Visual Tracking	Foam shapes
Balloons	1,2 43	(I) Rolling ad Collecting	Balloons
Week 2		(I) Partner Work/Cooperation	Banoons
Beach Balls		(I) Form and Technique	
Week 3		` '	
FleeceBalls Week 4			
Ban Bags		(I) Accuracy	
Buil Bugs		(I) Dexterity	
		Right and Left	
		Manual	
		Eye-Hand Coordination	Bats
Week 21	PE	(I) Manipulation of objects with the	Rackets
1	Elementary	extension of the arm	Sticks
week	Standards	(I) Depth Perception	Various balls
	1,2 &3	(I) Timing/contact/control	
Wks 22-23	PE	Eye-Foot Coordination	
	Elementary	(I) Manipulation of objects with either fo	oot Various balls
2	Standards	(I) Depth perception	
weeks	1,2 &3	(I) Timing/contact/control	
Week 24	PE	Eye-Foot-Hand Coordination	Various balls
	Elementary	(I) Juggling Activities	Scarves
1	Standards	(I) Scarf Activities	
week	1,2 &3		
		Hula Hoops	
Week 25	PE	(R) Body Awareness	
	Elementary	(R) Balancing	Hula hoops
1	Standards	(R) Manipulation	CD Player
week	1 &2	Hula	CDs
		Weight Bearing	
		Spinning and rolling technique	ue
		(R) Spatial Awareness	
		(R) Cooperation	
		(I) Agility	
		Parachute	
Wks 26-27	PE	(I) Safety and listening	
	Elementary	(I) Various Grips	Parachute
2	Standards	(I) Various body positions	CD Player
weeks	1 &2	(I) Strength	CDs
	1 02	(1) Suchgui	CDO

		(I) Cooperation	Various balls	
		• • • • • • • • • • • • • • • • • • • •	various bans	
		(I) Alertness/control		
		(I) Manipulative		
		(I) Rhythmical movement		
		(I) Inflation Technique		
****	PE	Multi-Cultural Dance/Games		
Wks 28-29	Elementary	(I) Topic theme will change due to current	CD Player	
2	Standards	events, school themes or	CD	
weeks	1,2 &3	interdisciplinary needs	Poster supplies	
		Fitness		
Wks 30-31	PE	(I) Basic Terminology	Charts	
	Elementary	(I) Fitness Concepts	CD Player	
2	Standards	Proper form and techniques	CDs	
weeks	1 &2	(I) Aerobic/rhythm movement		
		(I) Physiological Concepts		
		Small Games		
Week 32	PE	(I) Sportsmanship	Various equipment	
	Elementary	(R) Socialization	depending on game	
1	<b>Standards</b>	(R) Cooperation	depending on game	
week	1,2 &3	(R) Follow Rules and Direction		
	1,2 &3			
		(R) Encourage participation in lifetime		
		Sports and activities		
		(R) Enjoyment and fun		
		(R) Build fitness		
	PE	Jumping/Landing, Climbing		
Week 33	Elementary	(I) Springing and landing techniques	Mats	
1	Standards	(I) Climbing to support own body weight	Playground	
week	1,2 &3	(I) Landing from various heights		
		(I) Falling techniques		
		Stunts/Tumbling		
VVII 24 26		(I) Safety		
Wk 34-36	PE	Listening	Mats	
2	Elementary	Following Directions	Floor	
3	Standards	Procedures	Incline	
weeks	1,2 &3	Sequential Compliance		
		(R) Weight bearing		
		upright		
		h white		

		inverted (Monkey kick)		
		(R) Locomotive		
		(R) Balance and support		
		Static and Dynamic		
		(R) Body Control		
		(R) Coordination		
		(R) Flexibility		
		(I) Forward Rotation		
		(I) Sequence-building		
		*Students will proceed on a individual basis		
		Participation is encouraged but voluntary		
		Small Games		
Wks 36-39	PE	(I) Sportsmanship	Various equipment	
2	Elementary	(R) Socialization	depending on game	
2	Standards	(R) Cooperation		
weeks	1,2 &3	(R) Follow Rules and Direction		
		(R) Movement Awareness		
		(R) Encourage participation in lifetime		
		Sports and activities		
		(R) Enjoyment and fun		
		(R) Build fitness		
Week 40	PE	Yard Games		
1	Elementary	(I) Engage in free play that could occur	Varies with games	
week	Standards	at recess, family gatherings or		
	1,2 &3	at home		

M- Mastery R- Reinforce

I – Introduce

\*skill assessed