

# 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 frame	Standard	Essential Questions	Concept/skill	Resources/ Materials	Assessment	Reassessment
			<i>Identify M/ R/ I</i>			
<b>Week 1-3</b>  <b>3 weeks</b>	<b>PE</b> <b>Elementary</b> <b>Standard 2</b>		<b>Class whistle, rules/procedures to include seating charts, hand signals movement flow (activity to activity), etc</b> (I) Class whistle (I) Class rules (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	Floor markings		
<b>Week 4-5</b>  <b>2 weeks</b>	<b>PE</b> <b>Elementary</b> <b>Standards 1 &amp;2</b>		<b>Locomotor Skills</b> (R) Crawl (R) Walk (R) Creep (R) Run (R) Jump (R) Hop (R) Gallop (R) Leaping (R) Skipping (R) Rolling (I) Sliding (sideways and forward)	Mats Floor markings		

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

[illegible]

<b>1 week</b>	<b>Standards 1 &amp;2</b>		(R) Safety Concepts (R) Balancing (I) Endurance (I) Movement (I) Creativity (I) Coordination	CDs		
<b>Week 14 1 week</b>	<b>PE Elementary Standards 1 &amp;2</b>		<b>Jump Ropes</b> (R) Safe use (I) Basic Rhythmic Jumping (I) Simple Stunts backwards sideswing cross	Jump rope CD Player CDs		
<b>Week 15 1 week</b>	<b>PE Elementary Standards 1,2 &amp;3</b>		<b>Fine-motor Skills</b> (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			
<b>Week 16 1 week</b>	<b>PE Elementary Standards 1&amp;2</b>		<b>Scarves</b> (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		
<b>Wks 17-20 4 weeks</b>	<b>PE Elementary Standards</b>		<b>Catch and Throw</b> (I) Item identification (I) Manipulation (I) Control	Fleece balls Bean bags Beach balls		

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

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

			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			
<b>Wks 36-39</b>  <b>2</b> <b>weeks</b>	<b>PE</b> <b>Elementary</b> <b>Standards</b> <b>1,2 &amp;3</b>		<b>Small Games</b> (I) Sportsmanship (R) Socialization (R) Cooperation (R) Follow Rules and Direction (R) Movement Awareness (R) Encourage participation in lifetime Sports and activities (R) Enjoyment and fun (R) Build fitness	Various equipment depending on game		
<b>Week 40</b> <b>1</b> <b>week</b>	<b>PE</b> <b>Elementary</b> <b>Standards</b> <b>1,2 &amp;3</b>		<b>Yard Games</b> (I) Engage in free play that could occur at recess, family gatherings or at home	Varies with games		

**M- Mastery**

**R- Reinforce**

**I – Introduce**

**\*skill assessed**