

Queen of Angels Catholic School
Physical Education Grade 1 Curriculum

Student Name _____

Big Ideas are indicted in bold. Related **Essential Learnings** are indicted in regular type. **PA Standards for Health, Safety, and Physical Education** are indicted with numbers.

Learning of Goals Assessed with Rubric Indictors- An “S” indicates skill Secured.
- A “D” indicates a skill is Developing

Demonstrate an understanding of self space and general space by performing the locomotor and nonlocomotor movements with control utilizing the concept of space awareness of various directions, ranges, and pathways.	
<ul style="list-style-type: none"> • Terminology for space awareness: Directions-forward, backward, up, down, sideways. • Pathways-curved, straight ,zig sag • Ranges-near to, far from. 	
10.5.3C –Know the function of practice	
<ul style="list-style-type: none"> • Locomotor movements (walking, running, jumping, hopping, galloping, skipping, sliding) • Nonlocomotor movements (bending, stretching, twisting, turning, pushing, pulling, swing, swaying, shaking, straining) 	
10.4.3D –Identify likes and dislikes related to participation in physical activities	
<ul style="list-style-type: none"> • Manipulative movements (rolling, kicking a ball, throwing(underhanded, overhanded, sidearm, bouncing, catching a ball, striking a ball using a short or long handle implement) • Roll a ball with balance and body control utilizing the concept of space awareness of various directions. Pathways and ranges • When rolling a ball with one or two hands in the standing position emphasize the “rule of the opposites” • Jumping rope-stationary and moving. 	