

KINDERGARTEN AND FIRST GRADE PHYSICAL EDUCATION CURRICULUM MAP – 2/08

Month	Content What topic(s) is being covered and what is the important vocabulary? What do students need to know		Skills What do students have to be able to do connected to the Content?	Essential Questions What are fundamental, enduring questions that will guide study and instruction?	Standards/ Benchmarks What benchmarks are met through this topic?	Instruction What activities are used to develop the skills and knowledge?	Resources What materials, texts, videos, internet, software, or human resources support instruction?	Assessment What evidence (products and/or performances) is collected to establish that the Content and Skills have been learned?
Throughout the Year	Topic: Personal & Social Skills	Vocabulary: Personal Space	<ul style="list-style-type: none"> • Understands importance of being aware of one's surroundings and acting in a safe manner. • Demonstrates following directions by instructor or leader. • Identify appropriate behaviors for participating with others. • Understands importance of healthy living and participates in fitness activities. 	<ul style="list-style-type: none"> • Explain space awareness • Explain how we use space and equipment in a safe and appropriate manner. 	1,5	<ul style="list-style-type: none"> • Daily reinforcement of activity and rules • Role playing 	Guest speaker	Teacher observation
	Physical Fitness	Heart Rate	<ul style="list-style-type: none"> • Understands that physical activity procedures feelings of pleasure. • Knows that the body benefits from physical activity. 	<ul style="list-style-type: none"> • Explain changes in breathing rate, after participation in sustained physical activity. 	6,3,4	<ul style="list-style-type: none"> • Safe stretching • Fitness exercises • Fitness games 		Teacher observation
	Cooperative / group games	Cooperation	<ul style="list-style-type: none"> • Demonstrates cooperation with others in group and partner activities. 	<ul style="list-style-type: none"> • Describe responsible and caring behavior during group participation. 	5	<ul style="list-style-type: none"> • Low organization games • Partner activities 		Teacher observation

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September	<i>Topic:</i> Orientation	<i>Vocabulary:</i>	<ul style="list-style-type: none"> Identify fire and Tornado drill procedures Identify class rules and procedures Understands grading procedure 	<ul style="list-style-type: none"> Explain the importance of following directions. 	5	<ul style="list-style-type: none"> Practice fire and tornado drill Introduce and explain importance of following directions and safety rules. Explain grading system 	Parent Handout and newsletter	Student demonstration of safety drills
	Locomotor Skills	Accelerate Decelerate	<ul style="list-style-type: none"> Executes basic locomotor patterns Moves in response to rhythm Combine locomotor movements 		2,3	<ul style="list-style-type: none"> Moving to a beat or music 		Teacher observation
October	<i>Topic:</i> Continue Locomotor Skills	<i>Vocabulary:</i>	<ul style="list-style-type: none"> Manipulative skills: - throwing - catching 	<ul style="list-style-type: none"> Explain the importance of stepping out with the opposite leg. 	2,3	<ul style="list-style-type: none"> Throwing and catching various objects with different sizes. 		Teacher observation
	Ball Handling Skills							
November	<i>Topic:</i> Modified Soccer	<i>Vocabulary:</i> Sole-Trap Dribble	<ul style="list-style-type: none"> Manipulative skills: - Dribbling with feet - Stopping a ball with the feet. 	<ul style="list-style-type: none"> Explain why the insides & outsides of the feet are used to dribble a ball 	1,2 3	<ul style="list-style-type: none"> Dribble different size balls Kicking and stopping balls 		Teacher observation

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December	Topic: Striking with Implement	Vocabulary: Dribble	<ul style="list-style-type: none"> Manipulative Skills: tapping and striking a ball 		1,2	Individual and partner activities with different size balls and implements		Teacher observation
January	Topic: Ropes Modified Basketball	Vocabulary: Turners Dribble	<ul style="list-style-type: none"> Jump over stationary ropes Jump over pendulum swing of the rope Overhead turning of the rope Manipulative skills -bouncing & catching -dribbling with the hands 	<ul style="list-style-type: none"> Describe the correct way to land on the feet while jumping Explain the difference between bouncing & dribbling. 	1,2 1,2	<ul style="list-style-type: none"> Individual rope jumping Overhead turning in pairs Stations Bouncing different size balls. Dribble different size balls. 		Teacher observation Teacher observation
February	Topic: Continue Modified Basketball Balance Activities	Vocabulary: Support - body-weight	<ul style="list-style-type: none"> Balancing on different body parts 	<ul style="list-style-type: none"> Explain why it is important that visual fixation should 	1,2	Stations with different balance		Teacher observation

			<ul style="list-style-type: none"> Balancing on low beam 	be straight ahead while balancing on a beam		apparatus		
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March	Topic: Introduction to Fitness Testing	Vocabulary Muscle Stretching	<ul style="list-style-type: none"> Develop correct technique and form when performing fitness items 	<ul style="list-style-type: none"> Explain why a jerking motion during stretching is harmful 	4 1 2,3	<ul style="list-style-type: none"> Introduce and practice fitness items i.e., sit & reach, 6 minute run and pull-ups 		Teacher observation
	Modified Track & Field	Standing & Sprinter Start	<ul style="list-style-type: none"> Demonstrate Field Day events Demonstrate Team Tug of War 	<ul style="list-style-type: none"> Identify Start Line, Lane and Finish Line 	1,2,3	<ul style="list-style-type: none"> Practice Field Day events Practice Team Tug of War 	Parents Parapros	Teacher observation
April	Topic: Continue Introduction to Fitness Testing Continue Track & Field	Vocabulary:			4 1,2			
May	Topic: Modified Volleyball	Vocabulary:	<ul style="list-style-type: none"> Manipulative skills: -tapping a balloon consecutively -underhand strike---after a bounce 	<ul style="list-style-type: none"> Describe finger direction when underhand hitting 	1,2	<ul style="list-style-type: none"> Throw and catch over a line Bouncing and striking a ball over a line Balloon activities 		Teacher observation
	Water Safety	Personal Flotation Device	<ul style="list-style-type: none"> Develop a safety awareness in and around the water 	<ul style="list-style-type: none"> Explain the importance of swimming in a supervised area. 	1,2,3	<ul style="list-style-type: none"> Lecture Demonstration of safety techniques Safety video 	American Red Cross Video	Class discussion

