

MONROE COUNTY COMMUNITY SCHOOL CORPORATION
CURRICULUM GUIDE

**ELEMENTARY PHYSICAL EDUCATION
GRADE 1**

PROFICIENCY 1: STUDENTS SHOULD SHOW AN INITIAL UNDERSTANDING AND PERFORMANCE OF BASIC LOCOMOTOR AND NON-LOCOMOTOR SKILLS

1.1.1 Perform basic locomotor skills demonstrating an initial proficiency in the following:

- walking
- hopping
- skipping
- galloping
- running
- jumping
- leaping
- landing
- jogging
- sliding (side step)
- crossovers
- grapevine, cariokas

1.1.2 Perform basic non-locomotor skills demonstrating an initial proficiency in the following:

- bending
- stretching
- twisting
- turning
- swaying
- swinging
- directionality (up/down, right/left, behind/in front of, over/under, etc.)
- speed/force/level/intensity
- concepts (in/out, on top of/underneath, through/around)

PROFICIENCY 2: STUDENTS WILL DEMONSTRATE AN ABILITY TO PERFORM STABILITY SKILLS

2.1.1 Perform weight transference

- rocking
- rolling

- flight (jumping, leaping)
- approach

2.1.2 Perform dynamic balance

- balance beam
- landing
- leaping
- mule kick

2.1.3 Perform static balance

- single support balance (stork stand)
- multiple support balance (head stands, tripods)

2.1.4 Perform basic tumbling skills

- simple rolls (log roll, egg roll, forward roll, backward roll)
- cartwheel

2.1.5 Demonstrate simple stunts

- individual challenges (thread the needle)
- partner challenges (rocking chair, partner get up)

PROFICIENCY 3: STUDENTS WILL DEMONSTRATE THE ABILITY TO MANIPULATE OBJECTS

3.1.1 Demonstrate the ability to manipulate objects using the hands

- eye/hand coordination
 - throwing with emphasis to opposition (to target, to partner, to self)
 - striking (by hand, implement)
 - volleying (balloons, beach balls)
 - rolling
 - bouncing/dribbling
 - self tossing/catching (scarves, bean bags, balloons, wands)
 - jumping (long and short ropes, hoops)

3.1.2 Demonstrate the ability to manipulate objects using the feet

- eye/foot coordination
 - kicking (stationary, rolling, to target)
 - dribbling
 - trapping

- passing

PROFICIENCY 4: STUDENTS WILL DEMONSTRATE THE ABILITY TO PERFORM RHYTHMICALLY

4.1.1 Demonstrate the ability to recognize and repeat a pattern

- folk dances (Hokey Pokey, Chicken Dance, Kinder Polka)
- line dances (Grapevine step)
- creative movement

4.1.2 Demonstrate the ability to manipulate an object rhythmically

- hoops
- parachutes
- balls
- scarves
- long and short jump ropes and rhymes

PROFICIENCY 5: STUDENTS WILL DEMONSTRATE SAFE AND APPROPRIATE PRACTICES IN THE CLASSROOM

5.1.1 Show appropriate care for the following

- equipment
- facilities
- self and others

PROFICIENCY 6: STUDENTS WILL DEMONSTRATE A REASONABLE LEVEL OF UNDERSTANDING OF HEALTH RELATED FITNESS

6.1.1 Understand the relationship between a healthy heart and vigorous activity

6.1.2 Know the relationship between diet and fitness

6.1.3 Know the relationship between rest and fitness

**PROFICIENCY 7: STUDENTS WILL HAVE AN OPPORTUNITY TO PARTICIPATE IN
GAME-LIKE ACTIVITIES**

7.1.1 Participate in age-appropriate, game-like activities

- playground games
 - hopscotch
 - two square and/or four square
- short and long jump rope skills, rhymes
- low organized games
- tag games
- running and fleeing games