First and Second Grade PE students at St. Patrick's will develop physical education skills and concepts. As an important part of the elementary school program that uniquely contributes to the school's overall goals, physical education emphasizes the total development of the child (i.e., physical, motor, cognitive, social, and emotional development). It is critical at the elementary level that students be guided through a series of developmentally appropriate experiences and activities that promote a desire to engage in physical activities, promote a sense of self worth, encourage cooperation and self-control, and lead to choices that promote a healthy life style.

	Standards/Goals	**Instructional Tools**	**Assessment Tools**
1.1 Motor Skills	a. Demonstrate skills of chasing, fleeing, and dodging to avoid others. b. Combine locomotor patterns in time to music (rhythms). c. Demonstrate control (symmetrical and asymmetrical shapes) while balancing on a variety of body parts. d. Catch and throw an object with a partner. e. Strike a ball repeatedly with a paddle. f. Volley an object, maintaining control with hands, arms, or racquet.	Tag games Scoops and balls Aerobics Gymnastics/Tumbling Lead-up games, soccer, basketball, volleyball, softball, hockey Racquets/paddles and Balloons Beach balls/nerf balls/playground balls	Tests Daily Work Timed Tests Teacher Observation
1.2 Application	a. Use concepts of space awareness and movement control to run, hop, and skip in different ways in a large group without bumping into others or falling. b. Identify four characteristics of a mature throw. c. Identify and demonstrate the major characteristics of mature movement (e.g., walking, running, hopping).	Obstacle course Partner activities: kicking, catching, and throwing Scooters	Tests Daily Work Teacher Observation
1.3 Active Living	a. Seek participation in gross motor activity of a moderate to vigorous nature. b. Participate in a wide variety of *activities that involve locomotion (e.g., skip, hop, jump, gallop, leap, slide, run, walk), non-locomotion (e.g., twist, turn, balance), and manipulation of objects outside of physical education class (e.g., dribble, jump rope).	Out of school/community *activities (e.g., biking, hiking, organized sports) Sharing activities students have participated in outside of class	Tests Daily Work Teacher Observation

	Standards/Goals	Instructional Tools	Assessment Tools
1.4 Physical Fitness	a. Engage in appropriate activity that results in the development of muscular strength. b. Sustain activity for longer periods of time while participating in chasing, fleeing, or traveling activities in physical education and/or on the playground. c. Identify changes in the body during vigorous physical activity. d. Support body weight for climbing, hanging, and momentarily taking weight on hands. e. Move each joint through a full range of motion.	Tension bands/tubing (strength building) Maintaining aerobic activity for a specified time Description of changes in body after vigorous activity by student	Tests Daily Work Teacher Observations
1.5 Personal and Social Skills	a. Use equipment and space safely and properly. b. Respond positively to reminder about a rule infraction. c. Practice specific skills as assigned until the teacher signals the end of practice. d. Stop activity immediately at the signal to do so. e. Report the results of work honestly. f. Invite a peer to take his/her turn at a piece of apparatus before repeating a turn. g. Assist partner by sharing observations about skill performance during practice.	Red light/green light Fitness stations Tumbling Scooters Problem solving games and activities	Daily Work Teacher Observations
1.6 Value of Exercise	a. Appreciate the benefits that accompany cooperation and sharing. b. Display consideration of others in physical activity settings. c. Demonstrate the elements of socially acceptable conflict resolution. d. Accept the feelings resulting from challenges, successes, and failures in physical activity. e. Try new activities.	"Outside the gym" (e.g., swimming, hiking) Project Adventure activities	Daily Work Teacher Observations