

ASD Academic Plan

Physical Education: 1st Grade

Grade Level: 1st grade	Course Description: This course provides a positive learning environment in which all children can experience a sequentially based and developmentally appropriate physical education program. The concepts of lifelong movement skills and wellness are organized thematically by “strands” and “skill/concepts” within each strand. At each grade level, students build upon skills learned at previous levels.
Length: Year	
Prerequisites: None	
Repeatable for additional credits: N/A	

Year At a Glance

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
Establish Routines/Learning Environment	Rolling/Weight Transfer	Outdoor Winter Activities	Throw/Catch
Spatial Awareness/Traveling	Jumping/Landing/Balance	Rhythms with Implements	Kicking & Punting
Relationships with Others/Equipment	Throwing & Catching	Volleying	Striking
Chasing & Fleeing	Adventure Education/Initiatives	Striking	Jump/Land/Travel
Dribbling – Feet	Native Youth Olympics	Creative & Sequenced Dance	Fitness Concepts
Kicking	Creative Movement/Dance	Fitness Concept: Strength	Optional – to be determined at each site, as appropriate
Fitness Concept: Cardiovascular	Fitness Concept: Flexibility/Coordination/Agility	Optional – to be determined at each site, as appropriate	
Optional – to be determined at each site, as appropriate	Optional – to be determined at each site, as appropriate		

**Quarterly Essential Concepts are required to be completed by the end of the term indicated. Weekly pacing may vary due to the equipment, facilities, and/or available community resources.