

K-1-2 Physical Education						
Movement Skills and Concepts	Strategy	Sportsmanship, Rules and Safety	Fitness, Sports and Physical Activity	Responsibility, Cooperation, Respect for Self and Others	Interdisciplinary Instruction	Special Units of Study
<p>Develops and refines gross motor skills. (e.g. hopping, galloping, jumping and running)</p> <p>Develops and refines fine motor skills (e.g. gradually completes more complex puzzles, uses small manipulatives during play)</p> <p>Uses objects and props to develop spatial and coordination skills (e.g. throws and catches balls and Frisbees, twirls a hula hoop about the hips, walks a</p>	<p>Differentiates when to use competitive and cooperative strategies in games, sports, and other movement activities.</p> <p>Explains the difference between offensive and defensive strategies (player positioning, faking, dodging, creating open areas, defending space).</p> <p>Determines how attitude impacts physical performance.</p>	<p>Explains what it means to demonstrate good sportsmanship.</p> <p>Demonstrates basic activity and safety rules and explains how they contribute to moving in a safe environment.</p> <p>Understands and can explain that rules exist for the purpose of making games safe, fair and fun for all participants.</p>	<p>Develop and refine gross motor skills. (e.g. hopping, galloping, jumping and running) and marching)</p> <p>Develop and refine fine motor skills (e.g. gradually completes more complex puzzles, uses small manipulatives during play)</p> <p>Explains the role of regular physical activity in relation to personal, family and community health.</p>	<p>Recognizes inherent and assigned roles within the group or activity (e.g. leader, follower).</p> <p>Performs appropriately given an assigned role.</p> <p>Listens to and follow directions.</p> <p>Actively participates.</p> <p>Cooperates with others.</p> <p>Takes turns.</p> <p>Remains on task through duration of activity.</p>	<p>Connects physical education experiences with concepts taught in other disciplines</p>	<p>Track and Field Day</p> <p>Talent show performances</p> <p>Low Ropes Course</p>

<p>balance beam)</p> <p>Explains and performs movement skills with developmentally appropriate control in isolated settings and applied settings.</p> <p>Demonstrates changes in time, force and flow, while moving in personal and general space at different levels, directions, ranges and pathways.</p> <p>Responds in movement to changes in tempo, beat, rhythm, or musical style.</p> <p>Corrects movement errors in response to teacher feedback.</p>	<p>Demonstrates strategies to enable team members to achieve goals.</p> <p>Acknowledges the contributions of team members and chooses appropriate ways to motivate and cheer accomplishments.</p>		<p>Explains what it means to be physically fit and engages in moderate to vigorous age-appropriate activities that promote fitness.</p>	<p>Offers positive encouragement to peers.</p> <p>Uses body in respectful interaction with others.</p> <p>Demonstrates awareness of thoughtful body usage while interacting with others.</p>		
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