

1st Grade Physical Education & Health Pacing Guide

Overarching

	PEL 4.1.2	Share equipment with a partner or group
	PEL 4.1.3	Understand that sharing is an essential element for a productive group settings
	HW 8.1.1	Understand consequences of choices
	PEL 4.1.1	Exhibits both verbal and nonverbal indicators of enjoyment
	PEL 1.1.15	Participate in low-organized games that utilize basic motor skills

First Nine Weeks

Unit: Novice Skills	PEL 2.1.8	Demonstrate that safe stretches are held for a short period of time without bouncing (eg, teacher led stretches for 10 seconds)
	PEL 1.1.4	Move in various directions and through various pathways in regard to other students and objects (ie, obstacle course)
	PEL 1.1.5	Apply locomotor movement in various activities (eg, rhythms, relays)
	PEL 1.1.6	Perform any combination of the following non-locomotor movements (eg, bend and stretch, twist and turn, push and pull)
Unit: PE: Striking	PEL 1.1.10	Move a ball using either foot while keeping the ball in control
	PEL 1.1.2	Move toward a stationary ball and kick using the dominant foot
	PEL 1.1.13	Demonstrate side orientation and proper grip when striking an object

Unit: Health: Handling Emergencies	HW 10.1.13	Demonstrate Stop, Drop, and Roll when clothing is on fire
	HW 10.1.12	Discuss ways to respond appropriately to emergency situations:
		*fire
		* bike
		* water
		* boating
		* car
		* gun
		* weather
	HW 10.1.10	Identify and practice school safety rules for the following:
* playground		
* bus		
* classroom		
*tornado drills		
*earthquake drills		
* fire drills		
*dangerous objects and weapons (eg, broken glass, needles, body fluid)		
*food consumption		
HW 10.1.9	Know and apply traffic rules for the following: crossing street, seat belts, helmets riding a bicycle, signs and signals	
HW 10.1.11	Recognize procedures for obtaining emergency assistance and information	
Unit: Health: Communication	HW 8.1.4	Discuss methods of communication with friends and family
	HW 8.1.3	Discuss the qualities of friendship
	HW 10.1.1	Identify personal feeling and acceptable behaviors
	HW 8.1.2	Identify the benefits of healthy relationships
Unit: Health: Body Systems	PEL 1.1.1	Distinguish between upper, lower, left, and right body parts
	PEL 2.1.5	Understand that body mass is composed of muscles, bones, fluid, organs, and fat
	HW 5.1.3	Describe the changes of the body that occur as a result of growth and development (eg, height, loss of primary teeth)
	HW 5.1.2	Discuss five senses and functions
	PEL 2.1.3	Recognize the change in breathing, heart beat, and body temperature during moderate and vigorous activity
	HW 5.1.1	Understand that a system consists of body parts working together

Unit: Health: Personal Hygiene	HW 6.1.1	Recognize the presence of germs and where they can be found
	HW 6.1.2	Describe ways to prevent the spread of germs and illness
		* wash hands
		* cover sneeze/cough
	* bathing	
HW 10.1.4	Identify good personal grooming habits	
Second Nine Weeks		
Unit: PE: Fitness Testing	PEL 2.1.7	Participate in a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of body composition (e.g., body mass index (BMI), body fat percentage, waist-hip ratio, skin fold assessment)
	PEL 2.1.13	Participate in a nationally recognized health-fitness assessment for the purpose of setting age appropriate personal goals and improving muscular endurance (e.g., curl-ups, partial curl-ups)
	PEL 2.1.11	Participate in a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving muscular strength (e.g., push-ups, modified push-ups, pullups, bicep strength, grip strength)
	PEL 2.1.9	Participate in a nationally recognized health-fitness assessment for the purpose of setting age-appropriate personal goals and improving levels of flexibility (e.g., v-sit, back-saver, sit and reach, trunk lift, shoulder stretch)
	PEL 2.1.4	Participate in an age-appropriate activity, exercise, or game that encourages pacing to develop cardiorespiratory endurance
Unit: PE: Fitness	PEL 2.1.12	Discuss benefits related 34 to muscular endurance
	PEL 2.1.10	Discuss benefits related to muscular strength (e.g., good posture, strong arms, strong legs, endurance)
Unit: PE: Throwing and Catching	PEL 1.1.8	Step using the foot opposite of the throwing hand
Unit: Health: Stress	HW 10.1.2	Identify coping skills to manage emotions
Unit: Health: Tobacco, Drugs and Alcohol	HW 9.1.4	Name forms of tobacco:
		* cigarettes
		* cigar
		* pipes
		* smokeless tobacco
	HW 9.1.5	Identify how tobacco products are harmful to health:
		* breathing
		* diseases
	* stained teeth	
HW 9.1.6	Recognize that alcoholic beverages are unhealthy and illegal for children	
HW 9.1.7	Understand that some drugs are illegal	
HW 9.1.8	Identify ways to say "NO"	
Unit: Health: Violence	HW 10.1.15	Identify sources to report abuse, harassment, violence, and injury
	HW 10.1.3	Identify trusted adults to notify for help
	HW 10.1.14	Describe the difference between appropriate and inappropriate touch

Third Nine Weeks

Unit: PE: Heart	PEL 2.1.1	Show where the heart is located and describe its approximate size and shape
	PEL 2.1.2	Understand that the heart is a muscle that pumps blood throughout the body
Unit: PE: Dribbling	PEL 1.1.11	Dribbling with one hand in self space while keeping control of the ball
	PEL 1.1.9	Catch a bouncing ball from a thrower
Unit: PE: Integration	PEL 3.1.1	Recognize health benefits of active play:
		* strong muscles,
		* oxygen to the brain
		* sense of well being
Unit: Health: Nutrition	HW 11.1.1	Illustrate a health snack from each food group (eg, role play, drawing, cut)
	HW 11.1.4	Place foods in the appropriate groups using MyPyramid guide
	PEL 2.1.6	Understand that the body needs the right amount of fuel to function (eg, serving size)
	HW 11.1.2	Discuss factors that influence food choices
	HW 11.1.3	Recognize that there are different kinds of nutrients:
		* carbohydrates
		* protein
		* fats
		* vitamins
		* minerals
		* water
Unit: Health: Medication	HW 9.1.2	Discuss safe use of medicine
	HW 9.1.1	Know that medicines are drugs and can be harmful or helpful
Unit: Health: Oral Health	HW 10.1.7	Identify primary and permanent teeth
	HW 10.1.6	Recognize positive and negative oral health habits:
		* positive (brush teeth, flossing, choosing healthy snacks)
		* negative (eg. thumb sucking, nail biting)
	HW 10.1.8	Know the importance of dental check ups
	HW 10.1.5	Discuss the results of having healthy teeth:
* eating is easier		
	* nicer smile	
Unit: PE: Rhythms	PEL 1.1.2	Dramatize various movements of body parts to music
	PEL 1.1.3	Apply basic body movements patterns using verbal cues or music (eg, "Hokey Pokey", alphabet shapes)
	PEL 1.1.7	Express body movement through music, beat, and rhythm

	PEL 3.1.2	Understand that rhyme, rhythm, and repetition are reading readiness skills (eg, spelling words while exercising, skip count while moving)
Fourth Nine Weeks		
Unit: PE: Volley	PEL 1.1.14	Volley an object maintaining control with the hands, arms, or racquet
Unit: Health: Environment	HW 7.1.2	Identify types of pollution