

# Grade 1 Physical Education Timeline

Content Area: **Physical Education**

Course(s):

Time Period: **36 Weeks**

Length: **72 Days**

Status: **Published**

## Mandated Course of Study/Topical Outline with Timeline

Unit	Topic	Days
01. Introduction to Physical Education	<ul style="list-style-type: none"> <li>• Class Expectations</li> <li>• Wellness</li> <li>• Movement Education</li> </ul>	10 Days
02. Movement Education and Rhythm	<ul style="list-style-type: none"> <li>• Movement Education</li> <li>• Wellness</li> <li>• Cooperative Activities</li> </ul>	14 Days
03. Wellness and Manipulative Skills	<ul style="list-style-type: none"> <li>• Manipulative Skills</li> <li>• Spatial and Coordination Skills</li> <li>• Cooperative Activities</li> </ul>	14 Days
04. Locomotor and Non Locomotor Skills	<ul style="list-style-type: none"> <li>• Locomotor Skills</li> <li>• Non Locomotor Skills</li> <li>• Directions and Pathways</li> <li>• Body Management Skills</li> </ul>	10 Days
05. Cooperative Games	<ul style="list-style-type: none"> <li>• Cooperative Games</li> <li>• Sports</li> <li>• Sportsmanship</li> </ul>	14 Days
06. The Arts and Culture	<ul style="list-style-type: none"> <li>• Recognize that every student has a cultural background and dance is part of it.</li> <li>• Compare and contrast dances from various cultures.</li> </ul>	10 Days

## Optional Course of Study/Topical Outline with Timeline

Unit	Topic	Days
