

# Physical Education

## First Grade

### **Objectives:** Moving Through Space and Time

Requirements: California P.E. standards for grades 1-6 require a minimum of 200 minutes each 10 days of Physical Education. This includes physical activity, understanding games and rules, personal hygiene, nutritious food choice and healthy living choices.

### **Children will:**

- Move in different directions quickly and in response to a signal.
- Travel in relation to objects, under, through, around, and behind.
- Place the body and limbs in different directions demonstrating high, medium, low.
- Toss and catch a ball alone and with a partner.
- Recognize changes in their bodies such as height, weight.
- Learn to use equipment safely and responsibly.
- Develop responsibility for expected behaviors in a group setting,
- Understand that the body needs oxygen and food to be used as fuel.
- Learn that the circulatory system is moving blood through their bodies.
- Understand that nutrition and exercise is essential to physical strength and energy.
- Understand that sleep helps bodies and brains to function well.

Children should be encouraged to explore, discover and express themselves through movement. Example activities would be hopping on the non-preferred foot, marching, sliding and other pattern and non-patterned forms of movement. Vocabulary such as higher, lower, time, space, fast, slow, etc., should be used and reinforced so the child may understand purposeful movement. Nutritious snacks and meals should be made available to children with an explanation of how and why nutritious food gives bodies energy. Personal hygiene should be monitored for correct form. For example teeth brushing for two minutes, using floss, hand-washing with warm soapy water after restroom usage and before eating, etc