

What is it we expect students to learn? Identifying Essential Standards

Grade Level: First Grade

Subject: Physical Education

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1. Standard/Description	2. Evidence of Proficiency	3. Prior Skills Needed	4. Common Summative Assessment	5. When Taught?	6. Enrichment Standards
Recognize signs associated with physical activity (e.g., fast heart rate, heavy breathing, perspiration) (PA1C1)	Heavy breathing, increased heart rate, perspiration, and a “burning” feeling in the muscles	No prior skills required	Peer demonstration	August and ongoing	
Demonstrate all locomotor skills (walk, run, leap, jump, hop, slide, gallop, skip) (HM1A1)	Jumping Preliminary crouch, full arm swing, extension at takeoff and body weight forward on landing	Familiarity with the locomotor skills practiced in Kindergarten	<u>Linda Carson Skill Evaluations</u>	August and ongoing	
Demonstrate a variety of manipulative skills while stationary and moving (HM1C1)	Overhand and underhand throwing, sidearm throwing (frisbee), catching with hands, striking with a body part, striking with an object, hand and eye coordination (juggling)	Familiarity with the manipulative skills practiced in Kindergarten	<u>Linda Carson Skill Evaluations: Throwing</u>	August and ongoing	
Demonstrate introductory stunts	Egg Roll Rolling is	No prior skills required	<u>Kidnastics: Chapter Four</u>	August and ongoing	

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and tumbling skills (e.g., log, forward, egg rolls) (HM1D1)	asymmetrical, Continues rolls, rolling occurs on all body parts, rolling stays on the mat			
Demonstrate static and dynamic balance activities (e.g., stork stand, lame dog) (HM1D1)	Stork Stand Eyes focus forward Body is upright Arms are to the side One foot is placed on the inside of the knee	Familiarity with the balance skills practiced in Kindergarten	<u>Kidnastics: Chapter Six</u>	August and ongoing
Identify and demonstrate a variety of relationships (over, under, through) with objects (e.g., wands, hula hoops) (HM1E1)	Successful crawl through a Hula Hoop three times without touching the hoop	No prior skills required	<u>Linda Carson Skill Evaluation: Spatial Awareness</u>	August and ongoing
Demonstrate a variety of pathways, speeds, directions and levels using locomotor movements (HM1E1)	Safe navigation through a crowd of peers using varied locomotor movements on command	No prior skills required	<u>Missouri GLE Movement Concepts Rubric</u>	August and ongoing
Demonstrate fine motor skills while manipulating small objects (e.g., juggling scarves, small bean bags) (HM1C1)	Scarves Student will be able to rhythmically throw three colored scarves and can catch the colors in sequential order	No prior skills required	Teacher Observation	August and ongoing

1. Standard: What is the essential standard to be learned? Describe in student-friendly vocabulary
2. Example/ Rigor: What does the proficient student work look like? Provide an example and/or description.
3. Prior skills needed: What prior knowledge, skills, and/or vocabulary is needed for a student to master this standard?

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4. Common Assessment: What assessments(s) will be used to measure the student mastery?
5. When will this standard be taught?
6. Enrichment: What supplementary standards/ skills enrich the essential standard?

Mattos, Buffum, Weber, 2010